



YONGE EGLINTON COMMUNITY CENTRE

160 Eglinton Avenue East, Toronto, Ontario, M4P 3B5

Phone: 416-392-0511, ext. 237 Fax: 416-392-0514

E-mail: olderadults@yongeeglintoncc.com Website: www.yongeeglintoncc.com

50+ PROGRAM CALENDAR

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

JULY & AUGUST 2026

Opening Registration Date: Wednesday, June 24th

TO REGISTER:

Please visit the front desk or phone
416-392-0511, ext. 0
during office hours:

YECC Hours of Operation

Monday - Thursday: 9:00 am - 9:30 pm

Friday: 9:00 am - 4:00 pm

Saturday: 10:00 am - 4:30 pm

(Closed for lunch Saturday: 12:30 pm - 1:00 pm)

YECC will be CLOSED

Wednesday, July 1, 2026 - Canada Day

Monday, August 3, 2026 - Civic Day

All programs take place on the 3rd floor




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July

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p>  <p>Happy Canada DAY CENTRE CLOSED</p>	<p>2</p> <p>Gentle Fitness 11 am Intermediate Fitness 2:45 pm</p>	<p>3</p> <p>Walk and Talk 9:45 am Gentle Fitness 11 am</p>
<p>6</p> <p>Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm</p>	<p>7</p> <p>Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm</p>	<p>8</p> <p>Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm</p>	<p>9</p> <p>Morning Café 9:45 am Gentle Fitness 11 am Netflix: World View - South India 1:30 pm Intermediate Fitness 2:45 pm</p>	<p>10</p> <p>Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Reading Buddies 2:30 pm</p>
<p>13</p> <p>Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm</p>	<p>14</p> <p>Osteo Fitness 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm</p>	<p>15</p> <p>Gentle Fitness 11 am Knitting 1 pm Vibrant Presentation 2:45 pm</p>	<p>16</p> <p>Morning Café 9:45 am Gentle Fitness 11 am Netflix: World View – African Civilizations 1:30 pm Intermediate Fitness 2:45 pm</p>	<p>17</p> <p>Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Reading Buddies 2:30 pm</p>
<p>20</p> <p>Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm</p>	<p>21</p> <p>Osteo Fitness 9:45 am Gentle Fitness 11 am Mosaic: Blue Zones 1:30 pm</p>	<p>22</p> <p>Gentle Fitness 11 am Edwards Gardens 12 pm Knitting 1 pm</p>	<p>23</p> <p>Morning Café 9:45 am Gentle Fitness 11 am Netflix: World View - Nicaragua's Hidden Treasures 1:30 pm Intermediate Fitness 2:45 pm</p>	<p>24</p> <p>Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Reading Buddies 2:30 pm</p>
<p>27</p> <p>Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm</p>	<p>28</p> <p>Osteo Fitness 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm</p>	<p>29</p> <p>Gentle Fitness 11 am Knitting 1 pm Vibrant Presentation 2:45 pm</p>	<p>30</p> <p>Morning Café 9:45 am Gentle Fitness 11 am Netflix: World View – Cape Verde Islands 1:30 pm Intermediate Fitness 2:45 pm</p>	<p>31</p> <p>Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Reading Buddies 2:30 pm</p>

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
3  HAPPY Civic Day CENTRE CLOSED	4 Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm	5 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	6 Morning Café 9:45 am Gentle Fitness 11 am Netflix: Work View – Secrets of Malta 1:30 pm Intermediate Fitness 2:45 pm	7 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Reading Buddies 2:30 pm
10 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	11 Osteo Fitness 9:45 am Gentle Fitness 11 am Canadian Hearing Services 1:30 pm	12 Gentle Fitness 11 am Knitting 1 pm Dr. Gupta - Optimizing Your Daily Routine 2:45 pm	13 Morning Café 9:45 am Gentle Fitness 11 am Netflix: World View - Albania 1:30 pm Intermediate Fitness 2:45 pm	14 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Reading Buddies 2:30 pm
17 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	18 Osteo Fitness 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm	19 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	20 Morning Café 9:45 am Gentle Fitness 11 am Men's Sheds 1 pm Intermediate Fitness 2:45 pm	21 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Reading Buddies 2:30 pm
24 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	25 Osteo Fitness 9:45 am Hearing Screening Clinic 10 am (2 nd floor) Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm	26 Gentle Fitness 11 am Allan Gardens 12 pm Knitting 1 pm	27 Gentle Fitness 11 am Potluck: Scrumptious Salads 1:30 pm	28 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Reading Buddies 2:30 pm
31 Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm				

Ongoing Programs

Gentle Fitness (In-Person)

Daily

Time: 11 am – 12 pm

**Starting: Thursday, July 2 – Monday, Aug. 31
(no class July 1 and August 3)**

**Join us for a fun session of chair workouts.
Increase your flexibility, strength, balance
and endurance.**

Tech Time (In-Person)

Dates: Mondays, July 6, 13 and Aug. 10, 17

Time: 1 pm – 2 pm

**Together we'll play a variety of puzzles,
memory, and word games intended to
strengthen cognition.**

iPad will be provided.



Bingo (In-Person)

Dates: Mondays, July 20, 27 and Aug. 24, 31

Time: 1 pm – 2 pm

**Join us in this social activity that will
sharpen your attention
skills and hand-eye coordination. There will
be several prizes to choose from!**

Current Events (Virtual/Phone-In/In-Person)

Dates: Mondays, July 6 – Aug. 31

(no class Aug. 3)

Time: 2:45 pm – 3:45 pm

**A safe space to share your views on current
happenings here and abroad.
*Refreshments provided.***

Game Lounge (In-Person)

Dates: Tuesdays, July 7 – Aug. 25)

(no class July 21 or Aug. 11)

Time: 1 pm – 2:30 pm



Whether you enjoy the challenge of a jigsaw or word puzzle, or the strategic moves of a board game, there's something for everyone. You are welcome to bring your own games.

Intermediate Fitness

(In-Person)

Dates: Tuesdays, July 7 – Aug. 25

(no class July 21 and Aug. 11)

Thursdays, July 2 – Aug. 20

Time: 2:45 pm – 3:45 pm

Enjoy a full body standing workout to vibrant music. Includes brief seated components.



Knitting with Cindy

(In-Person)

Dates: Wednesdays, July 8 – Aug. 26

Time: 1 pm - 2:30 pm

Bring your yarn, needles, and patterns.

All skill levels welcome.

You are welcome to bring refreshments.



Trivia and Riddles

(Virtual/Phone-In/In-Person)

Dates: Wednesdays, July 8 and Aug. 5, 19

Time: 2:45 pm – 3:45 pm

Test your smarts and memory with trivia questions and tricky riddles.

Topics include: geography, history, science and more!



Morning Café

(In-Person)

Dates: Thursdays, July 9 – Aug. 20

Time: 9:45 am – 10:45 am

Spend your time building new friendships and expanding your horizons!



Potluck: Scrumptious Salads

(In-Person)

Dates: Thursday, August 27

Time: 1:30 pm – 3 pm

Get creative! Bring your favourite salad.

Chicken salad, pasta salad, tuna salad, egg salad, garden salad, Caesar salad - don't forget the dessert salad!

Kindly refrain from salad with nuts.



Calming Corner

(In-Person)

Dates: Fridays, July 10 – Aug. 28

Time: 1 pm – 2 pm

Tap into your creativity with Adult Colouring and soft music.

Improves focus and reduces stress.

Please bring your own coloring materials.



Reading Buddies

(In-Person)

Dates: Fridays, July 10 – Aug. 28

Time: 2:30 pm – 3:15 pm

Become a YECC Reading Buddy and share the magic of your favorite stories with an energetic young reader, aged 4-5 years old from our Summer Camp.

It's more than just a book—it's a chance to spark a lifelong friendship, swap incredible life stories, and be the mentor a child will always remember!

Cooking Connections



Join us for *Cooking Connections* - a fun and engaging intergenerational program bringing together participants from our Older Adult, EarlyON, and Summer Camp Program. Together, we'll prepare and enjoy healthy, nutritious meals while sharing skills, stories, and great company.

Interested in joining? Please contact Stacey G., or Amanda Young, Program Manager at amanda@yongeeglintoncc.com with any questions or to register.

Netflix Screenings (In-Person)

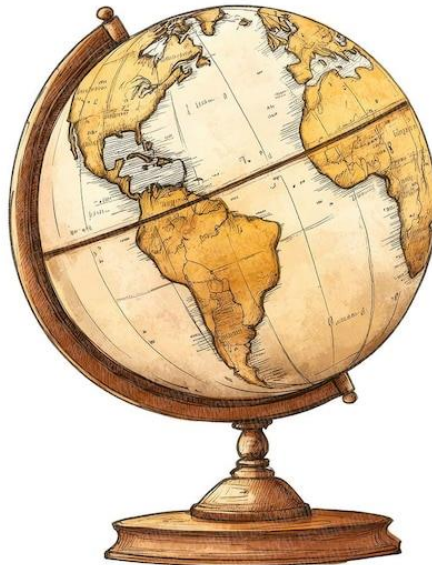
World View Series

Dates: Thursdays, July 9 – Aug. 13

Time: 1:30 pm – 2:30 pm

Embark on an immersive docuseries, covering every corner of the planet.

This series focuses on (in sequence): South India's Vibrant Traditions, Africa's Great Civilizations, Nicaragua's Hidden Treasures, Cape Verde's Mixed Culture, Secrets of Malta, and Albanian History.



Instructor-led Programs

Osteo Fitness

**Dates: Mondays, July 13 – Aug. 24 (no class Aug. 3) and Tuesdays, July 14 – Aug. 25
(no class Aug. 4)**

Time: 9:45 am – 10:45 am

You may choose one day only: Monday or Tuesday

Fitness Instructor Catherine will lead exercises useful for joints & flexibility.

Class includes seated and standing components, as well as mindfulness meditation

Walk & Talk Club

Dates: Fridays, July 3 – Aug. 28

Time: 9:45 am – 12 pm

9:00 am – 12:30 pm for bus trips

Meeting location: We will meet on the 3rd floor at 9:45 am for local walks.

For bus trips please meet in front of YECC at 9:00 am.

Get your steps in, build up endurance and form friendships with others who enjoy walking. We'll explore local routes, city parks and trails. Local walks will end at a coffee shop, where complementary beverages will be provided.

Unless scheduled, all walks will take place locally.

Please provide the Front Desk with your email address so that we can send you information about the upcoming walk and a route map.

Presentations



Vibrant Community Health

**Anne Crasto, Health Promoter from Vibrant Community Health,
will be discussing the following topics:**

Your Health Matters! Know Your Rights!

Date: Wednesday, July 15

Time 2:45 pm - 3:45 pm

**Reclaim ownership of your health; you are a stakeholder and collaborator in your treatment.
Learn strategies for communicating effectively with medical health professionals to make the
most out of your visit.**

Advanced Care Planning: What is it?

Date: Wednesday, July 29

Time: 2:45 pm - 3:45 pm

**Who is your Substitute Decision-Maker? Learn what you need to know to start and
continue the conversation.**



Life in the Blue Zones



Date: Tuesday, July 21

Time: 1:30 pm – 3 pm

Want to discover the secrets to living to 100? Explore the Blue Zones with us – the regions of the world that is home to the longest living and healthiest populations! Join us for a dynamic presentation that will introduce you to the foods, cultures, and ways of living from these special regions. Featuring food, music, and lots of lively discussions.

Canadian Hearing Services

Date: Tuesday, August 11

Time: 1:30 pm – 2:30 pm

Sofia, Hearing Care Counsellor from CHS, will be highlighting the importance of testing your hearing, hearing aid supplies/devices, as well as answering frequently asked questions related to hearing.

Are you due for a hearing exam?

A clinic will be offered following the presentation on Tuesday, August 25 from 10:00 am – 4:00 pm on the 2nd Floor. Participants can register for an appointment with Stacey G. after the presentation.

Circadian Rhythms & Aging: Optimizing Your Daily Routine

Date: Wednesday, August 12

Time: 2:45 pm – 3:45 pm

Dr. Shilpi Gupta will provide us with science-based insights and practical tips. Prepare to gain knowledge and skills to optimize your mental, physical, and emotional well-being as you age.

This is a virtual presentation. You may view from the Centre or ask Stacey G. for the WebEx link.



Men's Sheds

Dates: Thursday, August 20

Time: 1 pm – 2:30 pm

Join us for an engaging presentation by CEO Chris Jenkins, on the importance of connection, purpose, and camaraderie through Men's Sheds groups. While the focus is on supporting men's wellness and social connection, women are also welcome and encouraged to attend to learn how they can support the men in their lives.

Outings

Edwards Gardens

Date: Wednesday, July 22

Time: 12 pm – 3 pm

Cost: Free

Enjoy a relaxing group visit to Edwards Gardens. This self-guided outing offers the opportunity to explore the beautiful gardens and connect with others.

Meeting Location: Yonge/Eglinton Station at 12 pm, take Line 1 to Lawrence Station. Take bus #162 Lawrence-Donway to Don Valley, exit at Blaine Drive E to access Edwards Gardens at 755 Lawrence Ave E.



Allan Gardens

Date: Wednesday, August 26

Time: 12 pm – 3 pm

Cost: Free

This indoor botanical garden features five greenhouses – visit them all!

Meeting Location: Yonge/Eglinton Station at 12 pm, take Line 1 to College Station. Exit via Yonge & Carlton, Southeast Corner, head east on Carlton Street, turn right onto Jarvis Street, turn left onto Horticultural Ave to access Allan Gardens at 160 Gerrard Street East.

50+ EVENING PROGRAM CALENDAR

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

July & August 2026



If you have any questions or would like more information about Older Adult Evening Programs, please contact:

**Allie K., Evening Older Adult Program
Coordinator**

Phone: 416-392-0511 ext. 237

Email: eveningolderadults@yongeeglintoncc.com

Ontario 

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50+ EVENING PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday
		1  HAPPY CANADA DAY! CENTRE CLOSED	2 Pickleball 5:00 pm Outdoor Walk & Sketch 7:00 pm
6 Community Chess & Euchre Night 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	7 Walk After Work 5:00 pm Farmer's Market 6:00 pm	8 Planned Newcomer Event	9 Pickleball 5:00 pm Outdoor Walk & Sketch 7:00 pm
13 Community Chess & Euchre Night 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	14 Walk After Work 5:00 pm Farmer's Market 6:00 pm	15 Planned Newcomer Event	16 Pickleball 5:00 pm Outdoor Walk & Sketch 7:00 pm
20 Community Chess & Euchre Night 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	21 Walk After Work 5:00 pm Farmer's Market 6:00 pm	22 Planned Newcomer Event	23 Pickleball 5:00 pm Persian Dance Lesson 7:00 pm
27 Community Chess & Euchre Night 4:30 pm Just Dance! 6:45 pm Women's Health and Social 7:30 pm	28 Walk After Work 5:00 pm Live Concert: The Stains 7:00 pm	29 Planned Newcomer Event	30 Pickleball 5:00pm Community Pot-Luck Dinner & Social 7:00 pm



50+ EVENING PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday
3  CIVIC HOLIDAY CENTRE CLOSED	4 Walk After Work 5:00 pm Farmer's Market 6:00 pm	5 Planned Newcomer Event	6 Pickleball 5:00 pm Summertime Bingo! 7:00 pm
10 Community Chess & Euchre Night 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	11 Walk After Work 5:00 pm Farmer's Market 6:00 pm	12 Planned Newcomer Event	13 Pickleball 5:00 pm Summertime Bingo! 7:00 pm
17 Community Chess & Euchre Night 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	18 High Park 5:00 pm	19 Planned Newcomer Event	20 Pickleball 5:00 pm Persian Dance Lesson 7:00 pm
24 Community Chess & Euchre Night 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	25 Walk After Work 5:00 pm Live Concert: The Stains 7:00pm	26 Planned Newcomer Event	27 Pickleball 5:00 pm Summertime Bingo! 7:00 pm
31 Community Chess & Euchre Night 4:30 pm Just Dance! 6:30 pm Women's Health & Social 7:30 pm			

Special Events

Live Concert: The Stains

Dates: July 28 & August 25

Time: 7:00 pm – 8:00 pm



Back by popular demand! Sing along with JP and Laura or just sit back and relax as they perform hits from all decades and genres.

Community Pot-Luck Dinner Social

Dates: Thursday, July 30

Time: 7:00 pm – 8:30 pm

Bring your favourite dish to share. Whether sweet or savory, there is always room for one more!

Please note: this is a nut-free environment.

Outings

Farmer's Market Meetup

Dates: Tuesdays, July 7, 14 & 21, August 4 & 11
Time: 6:00 pm - 7:00 pm

Have some fun at the Davisville Village Market located at the beautiful June Rowlands park (meet at the southeast corner of Mount Pleasant Avenue and Davisville Avenue). This market will have products from rural farmers, local producers and artisans. Enjoy a small town feel with friends and neighbours here in Midtown!

High Park

Dates: Tuesday, August 18
Time: 5:00 pm - 7:00 pm

Meet at the front desk of the centre and we will take TTC to high park. We will walk on a planned route (long and short options) and have time to relax and socialize after. Snacks will be provided.

Instructor-led Programs

Persian Dance Lesson

Dates: Thursdays, July 23 & August 20
Time: 7:00 pm – 8:00 pm

Join Lila as she shows us some beautiful Persian dance moves. This will be a casual class for all levels with both instruction and free-style dancing. Whether you know how to dance or not, come and have some fun with your friends.



Ongoing Programs

Community Chess and Euchre Night

Dates: Mondays, July 6-August 31 (no program Aug. 3)

Time: 4:30 pm – 6:30 pm

Whether you are a beginner or advanced, join us for some classic games, socialization and fun. The focus will be on chess and euchre, but feel free to bring any game. This is your time to unwind! Please note, teaching of these games may not be available and baseline knowledge is required.



Just Dance!

Dates: Mondays, July 6-Aug. 31 (no program Aug. 3)

Time: 6:30 pm – 7:30 pm

Get your groove on with others as you dance to a pre-recorded online class. Zumba Gold will help you achieve your cardio goals without even noticing. Dance like no one is watching! Don't forget your water! This is an in-person program.



Ping Pong

Dates: Mondays, July 6-20, Aug. 10-24

Time: 7:30 pm - 8:30 pm

Test your reaction time! Informal one-on-one ping-pong/table tennis to improve hand-eye coordination skills. Not a standard table size. Come for the non-competitive rule-free fun, stay for the new friends!



Women's Health & Social

Dates: Monday, July 27 and Monday, August 31

Time: 7:30 pm – 8:30 pm

This is a peer support group for anyone who identifies as a woman. Once a month, we will be informally discussing topics pertaining to the changes and challenges that come with aging. From the physical changes to the emotional ones-share your stories and learn from your peers as we build community. Feel free to bring snacks to share!



Walk After Work

Dates: Tuesdays, July 7- Aug. 25 (no program Aug. 18)

Time: 5:00 pm – 7:00 pm

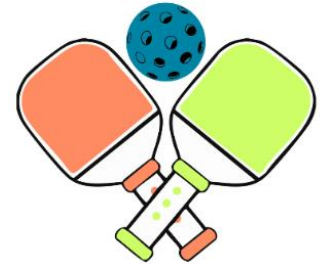
Unwind from your workday, increase your step count, and connect with neighbours! We will be motivating each other to walk around the neighbourhood - routes and maps will be provided in advance and will change weekly. Walks range from 3-5 KM. After the walk, there will be an option of convening at a local, selected restaurant. Let's get walking - rain or shine!

Pickleball

Dates: Thursdays, July 2-Aug. 27

Time: 5:00 pm – 7:00 pm

Informal pickleball to improve hand-eye coordination skills. Engage in light activity and make some new friends. Practice your rallying skills in a safe environment. This is a non-competitive, gentle program for all skill levels. Don't forget your water!



Outdoor Walk & Sketch

Dates: Thursdays, July 2 - 16

Time: 7:00 pm-8:00pm

Sketch from natural inspiration in a nearby square or parkette. Increase your observation skills and focus on natural beauty. Please meet at the centre (3rd floor) and bring your own sketching supplies (sketch book and pencils/pens). Basic techniques will be shared.

Summertime Bingo!

Dates: Thursday, August 6, 13, and 27

Time: 7:00 pm - 8:00 pm

Try your luck with evening Bingo! This will be a regular Bingo game with a summer twist. Although it will be a casual summertime theme, you will still need to pay attention to win a prize! All are welcome!



INFORMATION

Please note: If you feel sick or have any new or worsening symptoms of illness, please stay home. Please only visit our programs after your symptoms are improving for 24 hours (or 48 hours for nausea, vomiting and/or diarrhea). Please contact your health care provider if needed.

For evening programs beginning after 6:00 pm, the door will be locked.

To enter, please use buzzer system: 1. Find City of Toronto (3rd on from the top) 2. Press comment box with three dots 3. Click *Allie Kassam*.

ATTENTION: Our older adult programs are popular, and many have waiting lists. If you can no longer attend the program you registered for, please contact the Centre at 416-392-0511 ext. 0 so the spot may be offered to someone else. If you do not attend the first two classes and have not notified us, you will be contacted and may be withdrawn from the program. This will allow others on the waitlist to participate.

Participants will be admitted up to 5 minutes after start time.

To access virtual programs please:

E-mail: olderadults@yongeeglingtoncc.com (for day programs) or eveningolderadults@yongeeglingtoncc.com (for evening programs) for the link

Or

To phone-in: Dial +1-647-484-1598, and follow the prompts

The access code is: 263 461 95557

Bus Trips and Other Outings:

1. If you are on one of our outings and must leave the group, it is essential for health and safety reasons to tell program staff personally that you are leaving. Bus Trip itineraries must be followed, no extra destinations or stops will be added.
2. This calendar has directions and addresses to most of our outings (within Toronto). If you are late for the meeting time, you can meet us at the location.
3. When we get off the subway, please use all available doors. If the doors close before you get off, please get off at the next stop and come back to the original stop. The group will wait for you.
4. If you need a seat on the subway, please ask for assistance.
5. As it is unsafe to take mobility walkers on escalators, we will do our best to plan our TTC routes around stations with elevators.
6. For health and safety reasons, on certain outings we will be instituting “the buddy system.”
7. If you have any accessibility requirements, please contact Stacey G. for daytime outings or Allie for evening outings.
8. The time that is noted in this Calendar includes travel time.
9. If you are attending an outing on which we are traveling via TTC and prefer to meet us at the location of the outing, please inform the Front Desk at the time of registration. Please note that some outings will not allow for an alternative meeting location. The destination route listed in the 50+ Calendar may change without notice.
10. Please dress appropriately for the weather and activities of the outing, e.g. hat and appropriate footwear and bring water.
11. Bus Trips: Please adhere to bus rules and regulations, such as: no food & beverage allowed on the bus, no talking to the bus drivers while they are driving, and the bus will make no unplanned stops.
12. Please show courtesy to others on the outing, by arriving on time.
13. Please respect that people of different mobility levels enjoy our outings and that a walking pace to accommodate these abilities is set by the Older Adult Program Co-Ordinator. Please do not walk ahead of the OA Program Co-Ordinator.
14. End times are approximate.
15. If you are running late for an outing or need immediate assistance, please contact:
For daytime programs - Older Adult Program Coordinator: **Stacey G. at: (437) 246 – 6902.**
For evening programs - Evening Older Adult Program Coordinator: **Allie K. at: (437) 246-6092**