



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

SEPTEMBER & OCTOBER 2026

Opening Registration Date: Monday, August 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

Monday, September 7, 2026 - Labour Day

Wednesday, September 30, 2026 - T & R Day

Monday, October 12, 2026 - Thanksgiving Day

All programs take place on the 3rd floor



Ontario 

 **TORONTO**
An Agency of the City of Toronto

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Gentle Fitness 11 am Financial Update with Executive Director 1 pm Intermediate Fitness 2:45 pm	2 Early Bird Gentle Fitness 9:45 am Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	3 Gentle Fitness 11 am Stay Sharp 1:30 pm Dr. Gupta – Insights for Seniors Wellness 2:45 pm	4 Walk and Talk 9:45 am Gentle Fitness 11 am Creative Corner 1 pm Netflix: Forbidden Mysteries – The Da Vinci Code 2:45 pm
7  CENTRE CLOSED	8 Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm	9 Early Bird Gentle Fitness 9:45 am Hearing Screening Clinic 2 nd floor 10 am Gentle Fitness 11 am Knitting 1 pm Qigong in the Park 1:30 pm	10 Chair Yoga and Meditation 9:45 am Gentle Fitness 11 am Stay Sharp 1:30 pm Intermediate Fitness 2:45 pm	11 Walk and Talk 9:45 am Gentle Fitness 11 am Creative Corner 1 pm Netflix: Forbidden Mysteries - The Psychic Swindle: Canada's \$200M scam 2:45 pm
14 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	15 Osteo Fitness 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm	16 Early Bird Gentle Fitness 9:45 am Gentle Fitness 11 am Knitting 1 pm Qigong in the Park 1:30 pm	17 Gentle Fitness 11 am Stay Sharp 1:30 pm Intermediate Fitness 2:45 pm	18 Walk and Talk 9:45 am Gentle Fitness 11 am Service Canada 1:30 pm Netflix: Forbidden Mysteries - The Mysterious Death of Prince Albert Victor 2:45 pm
21 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	22 Osteo Fitness 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm	23 Early Bird Gentle Fitness 9:45 am Gentle Fitness 11 am Knitting 1 pm Qigong in the Park 1:30 pm	24 Chair Yoga and Meditation 9:45 am Gentle Fitness 11 am Stay Sharp 1:30 pm Physio Presentation 2:45 pm	25 Walk and Talk 9:45 am Gentle Fitness 11 am Home Stairlift Presentation 1:30 pm Netflix: Forbidden Mysteries – The Seven Greatest Riddles in History 2:45 pm
28 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	29 Osteo Fitness 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm	30  Centre Closed		

			1	2
			Gentle Fitness 11 am Afternoon Social 1:30 pm Intermediate Fitness 2:45 pm	Walk and Talk 9:45 am Gentle Fitness 11 am Creative Corner 1 pm Netflix: Canadian Reflections - Trudeau Legacy 2:45 pm
5	6	7	8	9
Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Alma Malher Presentation 2:45 pm	Osteo Fitness 9:45 am Gentle Fitness 11 am	NO PROGRAMS	Chair Yoga and Meditation 9:45 am Gentle Fitness 11 am Afternoon Social 1:30 pm Intermediate Fitness 2:45 pm	Walk and Talk 9:45 am Gentle Fitness 11 am Creative Corner 1 pm Netflix: Canadian Reflections - The Last of the Newfoundland Nuns 2:45 pm
12	13	14	15	16
 CENTRE CLOSED	Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm	Early Bird Gentle Fitness 9:45 am Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	Gentle Fitness 11 am Afternoon Social 1:30 pm Intermediate Fitness 2:45 pm	Walk and Talk 9:45 am Outing: ROM 12:30 pm
19	20	21	22	23
Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	Osteo Fitness 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm	Early Bird Gentle Fitness 9:45 am Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	Chair Yoga and Meditation 9:45 am Gentle Fitness 11 am Afternoon Social 1:30 pm Intermediate Fitness 2:45 pm	Walk and Talk 9:45 am Gentle Fitness 11 am Creative Corner 1 pm Netflix: Canadian Reflections - The Halifax Explosion 2:45 pm
26	27	28	29	30
Gentle Fitness 11 am Tech Time 1 pm Halloween Social 3:45 pm	Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm	Early Bird Gentle Fitness 9:45 am Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	Gentle Fitness 11 am Afternoon Social 1:30 pm Intermediate Fitness 2:45 pm	Walk and Talk 9:45 am Gentle Fitness 11 am Creative Corner 1 pm Netflix: Canadian Reflections - A New Identity 2:45 pm

Older Adult Program Registration

Monday, August 24, 2026

9:00 a.m.

Registration Tips:

- ✓ Review the calendar before registration day and decide which programs you'd like to attend.
- ✓ If you're registering in person, please bring a written list of your program selections to give to staff. This helps us process registrations more quickly and keeps the line moving for everyone.
- ✓ Register in person at the front desk or by phone beginning at 9:00 a.m. For phone registration, please call 416-392-0511 ext 0.
- ✓ Phone lines are often very busy when registration opens. Please do not leave any messages. If you can't get through right away, please keep trying - we will answer your call as quickly as possible.
- ✓ If a program is full, you may request to be added to the waitlist. If a space becomes available, we will contact you.
- ✓ If you are no longer able to attend a program, please let us know as soon as possible so we can offer your spot to someone on the waitlist.

If you have any questions about our programs before registration day, please contact:

Daytime Older Adult Programs

Stacey G. at olderadults@yongeeglintoncc.com

Evening Older Adult Programs

Allie K. at eveningolderadults@yongeeglintoncc.com

We're happy to help before registration opens.

Ongoing Programs

Gentle Fitness (In-Person)

Daily

Time: 11 am – 12 pm

Starting: Tuesday, Sept. 1 – Friday, Oct. 30
(no class Sept. 7, 30 and Oct. 7, 12, 16)

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

Tech Time (In-Person)

Dates: Mondays, Sept. 21, 28 and Oct. 26

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, Sept. 14 and Oct. 5, 19

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, Sept. 14, 21, 28 & Oct. 19

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, Sept. 8 – Oct. 27)
(no class Sept. 1 and Oct. 6)

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, Sept. 1 – Oct. 27
(no class Oct. 6)

Thursdays, Sept. 10, 17 – Oct. 1-29

Time: 2:45 pm – 3:45 pm

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



Early Bird Gentle Fitness



(In-Person)

Dates: Wednesdays, Sept. 2 – Oct. 14, 21, 28
(no class Sept. 30 and Oct. 7)

Time: 9:45 am – 10:45 am

For our early risers who want to sit and get fit. Chair exercises that build and maintain muscle and promote a greater sense of well-being.

Knitting with Cindy

(In-Person)

Dates: Wednesdays, Sept. 2 – Oct. 28
(no class Sept. 30 and Oct. 7)

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, Sept. 2 and Oct. 14, 21, 28

Time: 2:45 pm – 3:45 pm

Challenge your mind and memory with trivia questions and tricky riddles.

Topics include: geography, history, science and more!



Chair Yoga and Meditation

(In-Person)

Dates: Thursdays, Sept. 10, 24 and Oct. 8, 22

Time: 9:45 am – 10:45 am



Start your morning with a gentle, pre-recorded chair yoga session. These easy-to-follow classes focus on improving flexibility, balance, strength, and relaxation.

Stay Sharp

(In-Person)

Dates: Thursdays, Sept. 3 - 24

Time: 1:30 pm – 2:30 pm

A quiet space to relax and engage in workbook activities to sharpen your: Long-term memory, working memory, attention to detail, multitasking, and processing speed.

Materials and support will be provided.

Afternoon Social

(In-Person)

Dates: Thursday, Oct. 1 - 29

Time: 1:30 pm – 2:30pm

Enjoy conversation, laughter, and the opportunity to meet new people while spending time together.

Light refreshments will be provided, and you are also welcome to bring a favourite snack or treat to share if you wish (sharing is optional).



Creative Corner

(In-Person)

**Dates: Fridays, Sept. 4 – Oct. 30
(no class Sept. 18, 25 and Oct. 16)**

Time: 1 pm – 2:30 pm



Explore your creativity at your own pace. Whether you enjoy drawing, colouring, painting, crafting, or working on your own creative projects, this is a welcoming space to create.

Basic art supplies are available. You are welcome to bring your own materials or projects to work on.

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@yongeeglintoncc.com with any questions or to register.

Netflix Screenings (In-Person)



Forbidden Mysteries

Dates: Fridays, Sept. 4 – 25

Time: 2:45 pm – 3:45 pm



Explore some of history's most intriguing unsolved mysteries, hidden secrets, and controversial events.

This series focuses on (in sequence): The Da Vinci Code, The Psychic Swindle: Canada's \$200M Scam, The Mysterious Death of Prince Albert Victor and The Seven Greatest Riddles in History.



Canadian Reflections

Dates: Fridays, Oct. 2, 9, 23, 30

Time: 2:45 pm – 3:45 pm

(no class Oct. 16)

Celebrate Canada's people, places, and stories.

This series focuses on (in sequence): Trudeau Legacy, The Last of the Newfoundland Nuns, The Halifax Explosion and A New Identity.

Instructor-led Programs

Osteo Fitness

**Dates: Mondays, Sept. 14 – Oct. 19 and Tuesdays,
Sept. 15 – Oct. 20**

(no class Oct. 12, 13, 26, 27)

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.**

Qigong in the Park

Dates: Wednesdays, Sept. 9 - 23

Time: 1:30 pm – 2:30 pm

**Steffi Black is a Certified Qigong Trainer. Qigong is
a gentle, accessible practice that anyone can enjoy.**

**It is called Movement Medicine. We also bring in
short meditations too.**

**It's simple flowing movements and calm breathing
techniques suit all ages and abilities. You can even
sit or lie down and still move energy in spring forest
qigong.**

Meet us at Dunfield Park – 35 Dunfield Ave

The session will begin at 1:30 pm.

Bring a mat or towel.

Walk & Talk Club

Dates: Fridays, Sept. 4 – Oct. 30

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

Financial Update with Executive Director John Carey

Date: Tuesday, Sept. 1

Time: 1 pm – 2 pm

Join Executive Director John Carey for a presentation reviewing YECC's financial highlights and key updates that were shared at our Annual General Meeting. This is a great opportunity to learn more about the organization's financial position and ask questions.

Longevity Blueprint: Insights for Senior Wellness

Date: Thursday, Sept. 3

Time: 2:45 pm – 3:45 pm

Dr. Shilpi Gupta, biologist and author, will share Science-based insights on ways to live a longer, healthier life. Prepare to gain knowledge and empowerment!

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

Service Canada

Date: Friday, Sept. 18

Time: 1:30 pm – 2:30 pm

A representative from Service Canada will discuss the following:

- **El Sickness Benefits, Family Caregiver Benefits for Children and Adults, Compassionate Care Benefits**
- **CPP and OAS Survivor and CPP Death Benefits**
- **Canada Dental Care Plan**
- **Canada Disability Benefit**
- **Benefit Finder and Website Navigation**

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





Aches and Pains

Date: Thursday, Sept. 24

Time: 2:45 pm – 3:45 pm

As we age, many of us experience aches and pains that can affect our daily activities and quality of life.

Daniel Krasner, Registered Physiotherapist, will discuss common causes of discomfort from head to toe and provide practical strategies to help manage pain, improve movement, and maintain an active lifestyle.



Home Stairlift

Date: Friday, Sept. 25

Time: 1:30 pm – 2:30 pm

June Jones, representative of Home Stairlift, will discuss common age-related mobility issues and supportive devices. She will also educate us on the government credits that can be used towards them, and organizations that can subsidize costs.

Alma Mahler

Dates: Monday, Oct. 5

Time: 2:45 pm – 3:45 pm

Sharon Harris, an active YECC member, regularly presents on topics of personal interest. In this presentation, she explores the fascinating life of Alma Mahler. Although an accomplished pianist and composer, Alma was best known in her lifetime for her beauty and intellect. Today, she is celebrated as the muse and influential partner of some of Vienna's greatest creative minds. Discover her remarkable life, her three notable marriages, and her relationships with many celebrated artists.

Outings

Royal Ontario Museum

Date: Friday, Oct. 16

Time: 12:30 pm – 3:30 pm

Discover and explore exhibits that match your interest. Please note that this is not a guided tour.

You are free to move throughout the museum independently.

Meeting Location: Yonge/Eglinton Subway station at Cinnabon at 12:30 pm. We'll take Line 1 to Museum Stn., exit via Queens Park, West Side, walk south on Queens Park toward Charles St W, turn right to access the Royal Ontario Museum at 100 Queens Park.

JOIN US FOR A HALLOWEEN SOCIAL!



Meet new friends and reconnect with familiar faces while celebrating the spooky season.

We will have festive Halloween crafts and sing spooky themed karaoke favourites. Whether you come dressed in costume or simply in the Halloween spirit, this social offers a wonderful chance to connect and express your creativity!

Date: Monday, October 26, 2026

Time: 3:45 pm – 5:15 pm

Place: 3rd floor

50+ EVENING PROGRAM CALENDAR

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

October &
September 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

September

50+ EVENING PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday
	1 Walk After Work 5:00 pm Farmer's Market Meetup 6:00 pm	2 Planned Newcomer Event	3 Pickleball 5:00 pm Short Film Club 7:00 pm
7  Centre Closed	8 Walk After Work 5:00 pm Farmer's Market Meetup 6:00 pm	9 Planned Newcomer Event	10 Pickleball 5:00 pm Short Film Club 7:00 pm
14 Cards and Board Games 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	15 Walk After Work 5:00 pm Art Night 7:00 pm	16 Planned Newcomer Event	17 Pickleball 5:00 pm Short Film Club 7:00 pm
21 Seniors Go Digital! 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	22 Walk After Work 5:00 pm Art Night 7:00 pm	23 Planned Newcomer Event	24 Pickleball 5:00 pm Short Film Club 7:00 pm
28 Cards and Board Games 4:30 pm Just Dance! 6:30 pm Women's Health and Social 7:30 pm	29 Walk After Work 5:00 pm Live Concert: The Stains 7:00 pm	30  Centre Closed	



50+ EVENING PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday
			1 Pickleball 5:00 pm Short Film Club 7:00 pm
5 Cards and Board Games 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	6 Walk After Work 5:00 pm	7 NO PROGRAMS	8 Pickleball 5:00 pm Short Film Club 7:00 pm
12 Happy Thanksgiving!  Centre Closed	13 Walk After Work 5:00 PM Art Night 7:00 pm	14 Planned Newcomer Event	15 Pickleball 5:00 pm Short Film Club 7:00 pm
19 Seniors Go Digital! 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	20 Night at the Royal Ontario Museum (ROM) 3:30pm	21 Planned Newcomer Event	22 Pickleball 5:00 pm Name that Tune Sing-a-Long 7:00 pm
26 Just Dance! 6:30 pm Women's Health & Social 7:30 pm	27 Walk After Work 5:00 pm Live Concert: The Stains 7:00 pm	28 Planned Newcomer Event	29 Pickleball 5:00 pm Movie Screening: The Rocky Horror Picture Show 7:00 PM

Special Events

Live Concert: The Stains

Dates: Tuesdays, September 29 & October 27

Time: 7:00 pm – 8:00 pm

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

Movie Screening: The Rocky Horror Picture Show

Date: October 29

Time: 7:00 pm – 8:45 pm

Get into the Halloween spirit with a musical comedy film. In this film from 1975, a couple's car breaks down near a castle hosting a costume party. This film is full of bizarre encounters, performances and self-discovery. Popcorn will be provided!

Instructor-led Programs

Seniors Go Digital!

Dates: Monday, September 21 & October 19

Time: 5:00pm – 6:00pm

Interested in technology but feel intimidated or unsure how to start using it? You are not alone! During these two sessions, one on one help will be provided to answer your tech related questions. This program will be run by student volunteers.



Outings

Night at the Royal Ontario Museum

Date: Tuesday, October 20

Time: 3:30 pm - 8:30 pm

Did you know the ROM is free on the third Tuesday evening of every month? Join us as we explore the permanent galleries together.

Meeting Location: *meet at Centre on the main floor (front desk) for 3:30pm to get your ticket.* We will walk to Eglinton subway Station (Line 1 Yonge-University Subway) southbound toward Union Station. We will ride to Museum Station (this stop is right near the ROM), then walk a few minutes to the museum entrance.



Farmer's Market Meetup

Dates: Tuesdays, September 1 & 8

Time: 6:00 pm - 7:00 pm

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

Ongoing Programs

Cards and Board Games

Dates: Mondays, September 14, 28 & October 5

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 try something else, or bring your own! This is your time to unwind! Please note, teaching how to play is not available and baseline knowledge is required.



Just Dance!

Dates: Mondays, September 14 – October 19 (no class October 12)

Time: 6:30 pm – 7:30 pm

Get your groove on with others as you dance to pre-recorded videos. Zumba Gold & other routines will help you achieve your cardio goals. Dance like no one is watching! Don't forget your water, this in-person program can be strenuous!



Ping Pong

Dates: Mondays, September 14-October 19 (no class September 28 or October 12)

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: Mondays, September 28 & October 26

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, September 1- October 27 (no program October 20)

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 with a choice of a long or short route. Maps will be provided in advance and will change weekly. Walks range from 2-5 KM. After the walk, there will be an option of convening at a local restaurant. Let's get walking - rain or shine!



PICKLEBALL

Dates: Thursdays, September 3 – October 29

Time: 5:00 pm – 6:45 pm

Informal pickleball to improve hand-eye coordination skills. This is a non-competitive, rule-free program for rallying practice. Engage in light activity and make some new friends. Note, the court is not regulation sized.



ART NIGHT

**Dates: Tuesdays September 15 & 22,
October 13 & 27**

Time: 7:00 pm - 8:30 pm

Explore various art topics such as fundamentals of drawing, portraits, landscapes and art technique. Choose your medium whether it is paint, pastel or pencils. This will be a guided program with a weekly theme. Feel free to bring your own supplies.

SHORT FILM CLUB

Dates: Thursdays, September 3 to October 15

Time: 7:00 pm – 8:00 pm

Back by popular demand! Are you a film enthusiast or hoping to be one? We will watch and discuss as many short films as we can in an hour. Thought provoking questions will be provided, so channel that inner critic. Popcorn will be served!

NAME THAT TUNE

SING-A-LONG

Dates: Thursday, October 22

Time: 7:00 pm – 8:00 pm

First guess the song played from the 1960s or 1970s, then we will sing it together! This program will take you back to when music really rocked. Winner gets a prize!

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@yongeeglintoncc.com (for day programs) or eveningolderadults@yongeeglintoncc.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) 246-6902.**