



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

NOVEMBER & DECEMBER

Opening Registration Date: Wednesday, October 21st

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, November 11, 2026 - Remembrance Day

Thursday, December 24, 2026, at 12 noon -

Saturday, January 2nd, 2027.

We will re-open on Monday, January 4th, 2027.

All programs take place on the 3rd floor.



HAPPY HOLIDAYS

Ontario 

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

NOVEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
2 NO PROGRAM	3 NO PROGRAM	4 Gentle Fitness 11 am Knitting 1 pm Walkers & Talkers & Transit 1:30 pm Trivia and Riddles 2:45 pm	5 Chair Yoga and Meditation 9:45 am Gentle Fitness 11 am Charades 1:30 pm Intermediate Fitness 2:45 pm	6 Walk and Talk 9:45 am Gentle Fitness 11 am Afternoon Social 1:30 pm Netflix: Historical Reflections - WW2 At Home 2:45 pm
9 Osteo Fitness 9:45 am Gentle Fitness 11 am Brain Boost 1 pm Current Events 2:45 pm	10 Osteo Fitness 9:45 am Gentle Fitness 11 am Game Lounge 1pm Intermediate Fitness 2:45 pm	11  CENTRE CLOSED	12 Gentle Fitness 11 am Intermediate Fitness 2:45 pm	13 Walk and Talk 9:45 am Gentle Fitness 11 am
16 Osteo Fitness 9:45 am Gentle Fitness 11 am Brain Boost 1 pm Current Events 2:45 pm	17 Osteo Fitness 9:45 am Gentle Fitness 11 am Vibrant Vaccine Clinic 1 pm	18 Gentle Fitness 11 am Knitting 1 pm Walkers & Talkers & Transit 1:30 pm Trivia and Riddles 2:45 pm	19 Chair Yoga and Meditation 9:45 am Gentle Fitness 11 am Charades 1:30 pm Intermediate Fitness 2:45 pm	20 Walk and Talk 9:45 am Gentle Fitness 11 am Afternoon Social 1:30 pm Netflix: Historical Reflections - BC's Early Years 2:45 pm
23 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	24 Osteo Fitness 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:45 pm	25 Gentle Fitness 11 am Knitting 1 pm Walkers & Talkers & Transit 1:30 pm Trivia and Riddles 2:45 pm	26 Gentle Fitness 11 am Coffee Break Series 1:30pm	27 Walk and Talk 9:45 am Gentle Fitness 11 am Potluck: Finger Foods & Handhelds 1:30 pm
30 Gentle Fitness 11 am Bingo 1 pm Art of Flamenco 2:45 pm				

December



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Gentle Fitness 11 am Game Lounge 1 pm Care Osteopathy Presentation 2:45 pm	2 Gentle Fitness 11 am Knitting 1 pm Walkers & Talkers & Transit 1:30 pm Trivia and Riddles 2:45 pm	3 Chair Yoga and Meditation 9:45 am Gentle Fitness 11 am CIBC Presentation 1:30 pm Intermediate Fitness 2:45 pm	4 Walk and Talk 9:45 am Gentle Fitness 11 am Afternoon Social 1:30 pm Netflix: The Incredible Journey of Santa Claus 2:45 pm
7 Osteo Fitness 9:45 am Gentle Fitness 11 am Brain Boost 1 pm Current Events 2:45 pm	8 Osteo Fitness 9:45 am Gentle Fitness 11 am Holiday Singalong 1:30 pm Intermediate Fitness 2:45 pm	9 Gentle Fitness 11 am Knitting 1 pm Walkers & Talkers & Transit 1:30 pm Trivia and Riddles 2:45 pm	10 Gentle Fitness 11 am Charades 1:30 pm Intermediate Fitness 2:45 pm	11 HOLIDAY LUNCH 11:30 AM 
14 Osteo Fitness 9:45 am Gentle Fitness 11 am Brain Boost 1 pm Current Events 2:45 pm	15 Osteo Fitness 9:45 am Gentle Fitness 11 am Holiday Singalong 1:30 pm Intermediate Fitness 2:45 pm	16 Gentle Fitness 11 am Knitting 1 pm Walkers & Talkers & Transit 1:30 pm	17 Chair Yoga and Meditation 9:45 am Gentle Fitness 11 am Charades 1:30 pm Intermediate Fitness 2:45 pm	18 Walk and Talk 9:45 am Gentle Fitness 11 am Potluck: Holiday Favorites 1:30 pm
21 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	22 Osteo Fitness 9:45 am Gentle Fitness 11 am Holiday Singalong 1:30 pm Intermediate Fitness 2:45 pm	23 Gentle Fitness 11 am	24 NO PROGRAMS	25 CENTRE CLOSED
28 CENTRE CLOSED	29 CENTRE CLOSED	30 CENTRE CLOSED	31 CENTRE CLOSED	

Ongoing Programs



Gentle Fitness

(In-Person)

Daily

Time: 11 am – 12 pm

Starting: Wednesday, Nov. 4 – Wednesday, Dec. 23 (no class Nov. 11 and Dec. 11)

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

Brain Boost

(In-Person)

Dates: Mondays, Nov. 9, 16 and Dec. 7, 14

Time: 1 pm – 2 pm

A fun and engaging program using iPads to play a variety of memory, cognitive and problem-solving games.

Challenge your mind!

iPads are provided.



Bingo

(In-Person)

Dates: Mondays, Nov. 23, 30 and Dec. 21

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, Nov. 9 - Dec. 21

(no class Nov. 30)

Time: 2:45 pm – 3:45 pm

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

Refreshments provided.



Game Lounge

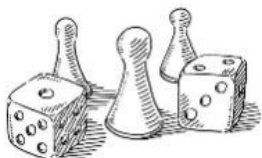
(In-Person)

Dates: Tuesdays, Nov. 10, 24 and Dec. 1

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.



Holiday Singalong

(In-Person)

Dates: Tuesdays, Dec. 8, 15, 22

Time: 1:30pm – 2:30 pm

Join us for a festive singalong as we come together to enjoy favourite holiday tunes and get into the holiday spirit. Lyrics will be provided to follow along!



Intermediate Fitness

(In-Person)

Dates: Tuesdays, Nov. 10 – Dec. 22

(no class Nov.17 and Dec. 1)

Thursdays, Nov. 5 – Dec. 17

(no class Nov. 26)

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, Nov. 4 – Dec. 16

(no class Nov. 11)

Time: 1pm – 2:30pm

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, Nov. 4 - Dec. 9
(no class Nov. 11)**

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, Nov. 5, 19 and Dec. 3, 17

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.

Charades

(In-Person)

Dates: Thursdays, Nov. 5, 19 and Dec. 10, 17

Time: 1:30 pm – 2:30 pm

Put your pantomime acting skills to the test in this fun and interactive session! Take turns acting out words, phrases, and ideas without speaking while others guess what they are. Come ready to act, guess, laugh, and have fun.



Afternoon Social

(In-Person)

Dates: Fridays, Nov. 6, 20 and Dec. 4

Time: 1:30 pm – 2:30 pm

Enjoy conversation, laughter, and the opportunity to meet new people.

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

Potluck Mingle

(In-Person)

Dates: Fridays, Nov. 27 and Dec. 18

Time: 1:30 pm – 3 pm

Enjoy a relaxed time of good conversation and delicious food.

Friday, Nov. 27 - Finger Foods & Handhelds: Bring your favourite bite-sized snack or handheld treat and join us for a casual afternoon of good food and great company.

Friday, Dec. 18 - Holiday Delights: Celebrate the season with a festive potluck featuring favourite holiday dishes! Bring a beloved holiday treat or dish to share.

Kindly refrain from dishes with nuts.



Cooking Connections



Join us for *Cooking Connections* - a fun and engaging intergenerational program bringing together participants from our Older Adult, EarlyON, and School Aged Programs. 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)

Historical Reflections

Dates: Fridays, Nov. 6 and 20

Time: 2:45 pm – 3:45 pm



This series focuses on (in sequence): WW2 At Home: The Everyday Struggle of Wartime Life and British Columbia's early history from its beginnings until the turn of the 20th century.

The Incredible Journey of Santa Claus

Dates: Friday, Dec. 4

Time: 2:45 pm – 3:45 pm

He's one of the most widely recognized figures in the world; but how did St. Nicholas become Santa Claus? This documentary sorts the myths from the facts about the first multinational saint, revered by the Catholic, Protestant and Orthodox churches alike.



Instructor-led Programs

Osteo Fitness

**Dates: Mondays, Nov. 9 – Dec. 21 and Tuesdays, Nov. 10 – Dec. 22
(no class Nov. 30 and Dec. 1)**

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.**



Walkers & Talkers & Transit

Dates: Wednesday, Nov. 4 – Dec. 16 (no class Nov. 11)

Time: 1:30 pm - 4:00 pm (depending on where we travel)

Meeting location: We will meet on the main floor near the Front Desk

A mid-week walk for city explorers; we will travel as a group to sample parks and neighbourhoods accessible by TTC. You will receive a route map by email with enough information to allow you to judge whether the week's walk fits your abilities and matches your interests. Please bring a transit card.

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

Walk & Talk Club

Dates: Fridays, Nov. 6 – Dec. 18 (no class Dec. 11)

Time: 9:45 am – 12 pm

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

Get your steps in, build up endurance and form friendships with others who enjoy walking. We'll explore local routes, city parks and trails. Walks will end at a coffee shop, where complementary beverages will be provided. Walks are designed with options for those who want a slower pace and fewer kms and choices for people who are interested in a longer walk, faster pace, and a few hills.

From time to time we travel by bus outside the Yonge Eglinton area to walk in one of Toronto's beautiful parks or walking trails. For bus trips please meet in front of the YECC at 9:15 a.m.

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: Flu Vaccine Clinic

Date: Tuesday, Nov. 17

Time: 1 pm – 3 pm

Protect yourself and those around you by getting your seasonal flu vaccine. The clinic provides a convenient opportunity to stay up to date on your flu vaccination and support a healthier community.

Please contact Stacey G. for more information and to learn about clinic details, scheduling, and availability.

Coffee Break Speaker Series

Date: Thursday, Nov. 26

Time: 1:30 pm – 3 pm



Join us for informative presentations designed to help seniors, families and caregivers better understand the options and resources available as care needs change. Presenters will cover important topics including navigating the Long Term Care system, understanding Ontario Health at Home and available supports, as well as the differences between Long Term Care homes and retirement communities

Refreshments will be provided.



The Art of Flamenco

Date: Monday, Nov. 30

Time: 2:45 pm – 3:45 pm

Join Sharon Harris for an engaging presentation on The Art of Flamenco. Discover the rich culture and history behind this passionate art form, including its music, dance, traditions, and cultural influences. A fascinating look at the story and spirit of flamenco!

CARE Osteopathy

Date: Tuesday, Dec. 1

Time: 2:45 pm – 3:45 pm



Join us for an educational talk with Yasmine, Osteopathic Manual Practitioner, to learn about osteopathy, its benefits, and how it can support overall well-being. Mini treatments will also be provided for participants to experience osteopathic care firsthand.



CIBC Financial Tips

Date: Thursday, Dec. 3

Time: 1:30 pm – 2:30 pm

Join representatives from CIBC Bank for an informative educational talk focused on financial topics relevant to seniors. Learn practical tips on managing finances, protecting yourself from financial scams, planning for the future, and making informed financial decisions.

HAPPY Holidays

**Let's celebrate the season together!
Enjoy a FREE delicious lunch and social.**



**When: Friday, December 11, 2026
Where: Pickle Barrel, 2300 Yonge Street
Time: 11:30 am – 2:30 pm**



Please RSVP with front desk at 416 392 0511 ext. 0

50+ EVENING PROGRAM CALENDAR

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

NOVEMBER & DECEMBER 2026



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

**Sahar A., Evening Older Adult Program
Coordinator**

Phone: 416-392-0511 ext. 237

Email:

eveningolderadults@yongeeglintoncc.com

NOVEMBER

50+ EVENING PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday
2 No Program	3 No Program	4 Planned Newcomer Event	5 Pickleball 5:00 pm Short Film Club 7:00 pm
9 Cards and Board Games 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	10 Walk After Work 5:00 pm Art Night 7:00 pm	11 Centre Closed 	12 Pickleball 5:00 pm Short Film Club 7:00 pm
16 Cards and Board Games 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	17 Walk After Work 5:00 pm Art Night 7:00 pm	18 Planned Newcomer Event	19 Pickleball 5:00 pm Short Film Club 7:00 pm
23 Cards and Board Games 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	24 Walk After Work 5:00 pm Art Night 7:00 pm	25 Planned Newcomer Event	26 Pickleball 5:00 pm Short Film Club 7:00 pm
30 Cards and Board Games 4:30 pm Just Dance! 6:30 pm Women's Health and Social 7:30 pm			



50+ EVENING PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday
	1 Walk After Work 5:00 pm Art Night 7:00 pm	2 Planned Newcomer Event	3 Pickleball 5:00 pm Short Film Club 7:00 pm
7 Yonge at Heart 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	8 Outing: Cavalcade of Lights 3:30 pm	9 Planned Newcomer Event	10 Pickleball 5:00 pm Short Film Club 7:00 pm
14 Mind Matters 4:30 pm Just Dance! 6:30 pm Ping Pong 7:30 pm	15 Walk After Work 5:00 pm Holiday Bingo 7:00 pm	16 Planned Newcomer Event	17 Holiday Movie & Potluck Night 5:30 pm
21 Mind Matters 4:30 pm Just Dance! 6:30 pm Women's Health and Social 7:30 pm	22 Walk After Work 5:00 pm Holiday Bingo 7:00 pm	23 Planned Newcomer Event	24 No Program
28 Centre Closed	29 Centre Closed	30 Centre Closed	31 Centre Closed

Older Adult Program Registration

Wednesday, October 21, 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@yongeeglingtoncc.com

Evening Older Adult Programs

Sahar A. at eveningolderadults@yongeeglingtoncc.com

We're happy to help before registration opens.

Special Events

Yonge at Heart: Bridging Generations

Dates: Monday, December 7

Time: 4:30 pm – 5:30 pm

Join us for a festive intergenerational holiday celebration that brings together participants from our Older Adult Program and children in the After School Program. Enjoy creating mini gingerbread houses, holiday arts and crafts, and a cozy cup of cocoa while sharing stories, laughter, creativity, and holiday cheer across generations.

Holiday Movie & Potluck Night

Date: Thursday, December 17

Time: 5:30 pm – 8:30 pm

Join us for a cozy evening of good food, great company and holiday cheer! Bring a dish or treat to share, then settle in for *Dolly Parton's Christmas on the Square*, a heartwarming holiday musical about finding love, kindness and community.



Outings

Cavalcade of Lights: Holiday Walking Outing

Date: Tuesday, December 8

Time: 3:30 pm - 6:30 pm

Join us for a festive evening stroll at Nathan Phillips Square to enjoy Toronto's beautiful holiday lights, seasonal sights and the magic of Cavalcade of Lights. Dress warmly and enjoy the holiday spirit with friends!

Meeting Location: *meet at Centre on the main floor (front desk) for 3:30pm.* We will walk to Eglinton Subway Station and take Line 1 Yonge-University southbound toward Union Station. We will get off at Osgoode Station and walk a few minutes to Nathan Phillips Square, where we will enjoy the Cavalcade of Lights together.

Ongoing Programs

Cards and Board Games

Dates: Mondays, November 9 – November 30

Time: 4:30 pm – 6:00 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.

Mind Matters: Games, Puzzles and Trivia

Dates: Mondays, December 14 & 21

Time: 4:30 pm – 6:00 pm

Give your brain a boost! Join us for fun and engaging activities designed to challenge your mind, encourage social connection, and keep your thinking skills active.



Just Dance!

Dates: Mondays, November 9 – December 21

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, November 9 - December 14 (no class November 30)

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, November 30 & December 21

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, November 10 – December 22 (no program December 8)

Time: 5:00 pm – 7:00 pm

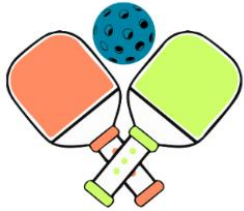
Unwind from your workday, increase your step count, and connect with neighbours! We will be motivating each other to walk around the neighbourhood with a choice of a long or short route. Maps will be provided in advance and will change weekly. Walks range from 2-5 KM. After the walk, there will be an option of convening at a local restaurant. Let's get walking - rain or shine!



PICKLEBALL

Dates: Thursdays, November 5 – December 10
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.



SHORT FILM CLUB

Dates: Thursdays, November 5 – December 10
Time: 7:00 pm – 8:30 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!

ART NIGHT

Dates: Tuesdays, November 10 – December 1
Time: 7:00 pm - 8:30 pm

Explore various art topics and art techniques. The first two sessions will focus on the Principles of Colour, learn the essentials of colour theory through colour charts and painting exercises.

We will then explore two approaches to drawing: portrait drawing with vine charcoal and contour/blind contour drawing, focusing on observation, line control, and hand-eye coordination. Feel free to bring your own art supplies.

Holiday Bingo

Dates: Tuesdays, December 15 & 22
Time: 7:00 pm – 8:00 pm

Join us for a festive game of Holiday Bingo! Enjoy some friendly competition, holiday cheer, and a chance to win a few fun prizes. 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 *Sahar Abarasteh*.

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 (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 Sahar 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: **Sahar A. at: (437) 246 – 6902.**