

**Etobicoke  
York District  
Spring and  
Summer 2012**

# Older Adults



## Programming Descriptions

Did you know...that in addition to all of the Older Adult programs that the City has to offer, if you are a City of Toronto resident over the age of 60 you can attend any adult program at 50% of the cost? Refer to pages 57-74 to check out these great opportunities.

### Arts

Whether you would like to learn a new art medium or practice your skills there is an art program for you. A variety of art programs are available at all skill levels. Some art programs will require additional supplies to be purchased. Contact the recreation centre for more information.

### Dance

Older adult dance classes offer older adults an opportunity to learn a new dance or practice the steps to an old one. Whether you have a partner or not there is a dance class for you.

## Keep active for Your Health

**P**rograms specially designed for older adults provide a choice of activities and social opportunities. Meet new friends, visit with old ones, keep active and involved, and stay healthy. Recreation programs, special events, workshops and get-togethers will keep your calendar full.

**Some recreational programs have additional fees associated with the program (ie: materials or supply fees). Contact your local recreation office for specific details.**

### Fitness

There are a variety of fitness classes that are geared towards all levels of ability. From low impact, yoga and walking programs for those who are able to move independently, to chair fitness, Osteofitness and yoga classes for those older adults with some limitations. Refer to page 45 for a list of fitness program descriptions or contact the recreation centre for more information.

### Social Programs

Many of the centres offer older adults the opportunity to meet up with old friends or make new ones. Cards, a variety of games or just a time and place to socialize are offered at a number of the centres.

### Sports

The City offers a wide selection of sports programs for older adults. Many of the centres have drop in programs where you can just come and play.

### Volunteer Opportunities

Looking for an opportunity to give back to your community? Why not volunteer? Contact your local community centre.

# GET ON THE BALL

## 55 Plus Seniors Slo-Pitch

May through October  
Mondays & Wednesdays • 9AM-12NOON

Fee: \$59 resident \$94 non-resident Code: 1869768

For more information call the  
Fairfield Seniors Centre at 416-394-8687.

### Play Bocce

Are you interested in trying out something different? Perhaps you are interested in meeting and socializing with some people from your community? Well, why not try your hand at bocce? Bocce, either a team sport for up to 8 or a match between 2, is a game where a target ball (pallino) is launched about 5 metres on a secured court and the object is to bowl a larger ball closest to the pallino. Play for fun or engage in some amicable competition, either way come out to one of the City of Toronto's many bocce courts.

Location	Address	Phone #
Amesbury Sports Complex	155 Culford Rd	416-395-0145
Edenbridge Centre	235 Edenbridge Dr	416-392-2451
Gord & Irene Risk CC	2650 Finch Ave W	416-395-7953
Joseph J. Piccininni CRC	1369 St. Clair Ave W	416-392-0036
North Kipling CC	2 Rowntree Road	416-394-8679
Ourland CC	18 Ourland Ave	416-394-8673



# Volunteers

## Connecting with your community...

From tree planting and community gardens to special events, advisory councils, youth and special needs, volunteers play an important role in assisting in the delivery of services to the community. Share your expertise or develop new skills, we are interested in your leadership to enhance our programs and services.

Most recreation centres provide opportunities for volunteers. Contact your local centre for an opportunity near you.

To get involved, contact your local community centre.



Call 3-1-1

## Non-Profit Centres



The following centres are non-profit, multi-purpose centres offering a wide range of social, educational, recreational and leisure services in the community.

### Islington Seniors' Centre

4968 Dundas St. W, 416-231-3431

Islington Seniors' Centre offers a wide range of social, educational and support services to older adults in the community. Increase your quality of life by enjoying a game of table tennis or snooker, keep your mind sharp with a computer or digital photography course, meet new friends around a game of euchre or bridge, or develop your creative side in painting or crafts. In addition, we offer day trips, special events, a dining program and a foot clinic. The centre is open to individuals 55 years of age and older. Membership to the centre is \$16 per person per year.

### Syme 55+ Centre

33 Pritchard Ave, 416-766-0388

Email: [syme55@bellnet.ca](mailto:syme55@bellnet.ca) Website: [syme55.com](http://syme55.com)

The Syme 55+ Centre is the perfect place to meet people and enrich your life. We are a hub for activities, information and services that are specifically geared toward adults 55 years and older. We offer over 50 affordable ways to stay active, from fitness to music, dance, arts, day trips, computers and lectures – 'Syme Has It All'. Call us today to take advantage of our lively and varied activities and programs.

### York West Senior Citizens Centre

1901 Weston Rd, 416-245-4395

Email: [info@yorkwestseniors.com](mailto:info@yorkwestseniors.com) Website: [yorkwestseniors.com](http://yorkwestseniors.com)

Are you 55+? Are you looking for action? Be a part of something big, be a part of York West Seniors! York West Senior Centre's friendly staff and volunteers are always ready to welcome you to our bright, spacious centre. We strive to meet the needs of today's seniors by continuously offering new programs and activities, from Osteoporosis fitness to Dancercise, Lunch & Learn to great day trips, we've got it all. Our affordable programs make it easy.

## ALDERWOOD POOL

2 Orianna Dr Unit 1, 416-394-8738



Day	Time	Start	Code
<b>Gentle Shallow Water Aquafit</b> 60 yrs+ \$46.50/9 wks			
Wed	10:30AM-11:30AM	Mar 28	1940105
<b>Muscle Conditioning &amp; Stretch</b> 60 yrs+ \$32/10 wks			
Tue	10AM-11AM	Mar 27	1940109

## AMESBURY CC

1507 Lawrence Ave W, 416-395-0145



<b>Chair Yoga</b> 60 yrs+ \$29/9 wks			
Mon	10:30AM-11:30AM	Mar 26	1970141
<b>Gentle Fitness</b> 60 yrs+ \$30/9 wks			
Wed	9:30AM-10:30AM	Mar 28	1970117
<b>Tai Chi: Beginner</b> 60 yrs+ \$29/9 wks			
Thu	7PM-8PM	Mar 29	1970138

## ANNETTE CRC

333 Annette St, 416-392-0736



<b>Social Group</b> 60 yrs+ Free/13 wks			
Wed	12NOON-3PM	Mar 21	1938718
<b>Osteo Fit</b> 60 yrs+ \$42/13 wks			
Wed	10:30AM-11:30AM	Mar 21	1938717

## OLDER ADULTS: SUMMER

<b>Osteo Fit</b> 60 yrs+ \$26/8 wks			
Wed	10:30AM-11:30AM	Jun 27	1989027

## CARMINE STEFANO CC

3100 Weston Rd, 416-395-6127



<b>Badminton</b> 60 yrs+ Free/20 wks			
M/F	1PM-2PM	Mar 26	1937552
<b>Sit Step Stretch</b> 60 yrs+ \$27/9 wks			
Tue	9:30AM-10:30AM	Mar 27	1937516
Thu	9:30AM-10:30AM	Mar 29	1937517

## CHALKFARM CC

180 Chalkfarm Dr, 416-395-7802



<b>Gentle Fitness</b> 60 yrs+ Free/13 wks			
Tue	9AM-10AM	Mar 27	1977478
Wed	9AM-10AM	Mar 28	1977479
Fri	9AM-10AM	Mar 30	1977480

## OLDER ADULTS: SUMMER

<b>Gentle Fitness</b> 60 yrs+ Free/7 wks			
Tue	9AM-10AM	Jul 3	1977507
Wed	9AM-10AM	Jul 4	1977508
Fri	9AM-10AM	Jul 6	1977509

## DOMENICO DILUCA CC

25 Stanley Rd, 416-395-6673



Day	Time	Start	Code
<b>Badminton</b> 60 yrs+ Free/21 wks			
Tu/F	12:30PM-2:30PM	Mar 20	1929163
<b>Friday Morning Fun</b> 60 yrs+ Free/11 wks			
Fri	10AM-12NOON	Mar 30	1929111
<b>Zumba® Gold</b> 60 yrs+ \$35/11 wks			
Tue	11:30AM-12:30PM	Mar 27	1929134
<b>Walking Club</b> 60 yrs+ Free/10 wks			
M/W/F	9AM-10AM	Mar 19	1929112

## EDENBRIDGE CENTRE

235 Edenbridge Dr, 416-392-2451

<b>Cardio High/Low</b> 60 yrs+ \$40/12 wks			
Fri	9:15AM-10:15AM	Mar 30	1936363
<b>Gentle Fitness</b> 60 yrs+ \$37/11 wks			
Mon	9:15AM-10:15AM	Mar 26	1936369
			\$40/12 wks
Wed	9:45AM-10:45AM	Mar 28	1936370
<b>Gentle Yoga</b> 60 yrs+ \$35/11 wks			
Mon	10:30AM-11:30AM	Mar 26	1936521
<b>Muscle Conditioning</b> 60 yrs+ \$37/11 wks			
Mon	1:15PM-2:15PM	Mar 26	1936366
			\$40/12 wks
Thu	10:15AM-11:15AM	Mar 29	1936365
<b>OsteoFit</b> 60 yrs+ \$37/11 wks			
Mon	12NOON-1PM	Mar 26	1936367
			\$40/12 wks
Thu	9AM-10AM	Mar 29	1936368
<b>Painting</b> 60 yrs+ \$126/12 wks			
Tue	9AM-12:30PM	Mar 27	1936355
<b>Qigong</b> 60 yrs+ \$38/12 wks			
Thu	11:30AM-12:30PM	Mar 29	1936498
<b>Stretch &amp; Bocce</b> 60 yrs+ \$37/11 wks			
Mon	2:30PM-3:30PM	Mar 26	1936364
<b>Yoga &amp; Pilates</b> 60 yrs+ \$38/12 wks			
Thu	8AM-9AM	Mar 29	1936520
<b>Yoga-Hatha</b> 60 yrs+ \$35/11 wks			
Mon	8AM-9AM	Mar 26	1936517
<b>Yoga-Hatha</b> 60 yrs+ \$38/12 wks			
Wed	8:30AM-9:30AM	Mar 28	1936516
Wed	10:45AM-11:45AM	Mar 28	1936515
Fri	8AM-9AM	Mar 30	1936518

## EDGEHILL HOUSE

61 Edgehill Rd, 416-397-4428

Day	Time	Start	Code
<b>Yoga-Hatha</b> 60 yrs+ \$32/10 wks			
Mon	12:15PM-1:15PM	Mar 26	1941473
<b>OLDER ADULTS: SUMMER</b>			
<b>Painting</b> 60 yrs+ \$84/8 wks			
Tue	9AM-12:30PM	Jul 3	1963239
<b>Yoga-Hatha</b> 60 yrs+ \$26/8 wks			
Wed	8:30AM-9:30AM	Jul 4	1963216
Wed	12:15PM-1:15PM	Jul 4	1963217

## FAIRFIELD SENIORS' CTR

80 Lothian Ave, 416-394-8687

Fairfield Seniors' Centre offers a wide range of social, educational and support services to older adults in the community. Special events, seniors' clubs and weekly programs take place at this centre throughout the year. For program and membership information, contact the centre.

<b>Aquafit Held at Norseman Pool</b> 60 yrs+ \$41/9 wks			
Tue	1PM-2PM	Mar 27	1931454
Fri	9:15AM-10:15AM	Mar 30	1931456
Fri	10:30AM-11:30AM	Mar 30	1931455
<b>Ceramics</b> 60 yrs+ \$52/9 wks			
Thu	1PM-3PM	Mar 29	1931457
<b>Computer: Beginner</b> 60 yrs+ \$70/9 wks			
Tue	1PM-2:30PM	Mar 27	1931510
Tue	2:30PM-4PM	Mar 27	1931513
<b>Crafts-Bunka</b> 60 yrs+ \$34/9 wks			
Wed	9:30AM-11:30AM	Mar 28	1931467
<b>Crafts-Paper Tole</b> 60 yrs+ \$52/9 wks			
Tue	9:30AM-11:30AM	Mar 27	1931469
<b>Crafts-Quilting</b> 60 yrs+ \$67/9 wks			
Thu	9:30AM-12NOON	Mar 29	1931461
<b>Fit for Life</b> 60 yrs+ \$29/9 wks			
Mon	11AM-12NOON	Mar 26	1931493
<b>Get Fit</b> 60 yrs+ \$29/9 wks			
Tue	1:45PM-2:45PM	Mar 27	1931496
Wed	2PM-3PM	Mar 28	1931495
<b>Hawaiian Dance</b> 60 yrs+ \$37/9 wks			
Mon	1PM-2:30PM	Mar 26	1931482
<b>Latin Dance-Singles</b> 60 yrs+ \$25/9 wks			
Mon	2:45PM-3:45PM	Mar 26	1931491
<b>Line Dance: Beginner</b> 60 yrs+ \$25/9 wks			
Mon	9AM-10AM	Mar 26	1931489
<b>Line Dance: Intermediate</b> 60 yrs+ \$25/9 wks			
Mon	10AM-11AM	Mar 26	1931475

*Fairfield Seniors' Ctr continues...*

Day	Time	Start	Code
<b>Muscle Conditioning &amp; Strength</b> 60 yrs+ \$29/9 wks			
Wed	12:30PM-1:30PM	Mar 28	1931506
Thu	1:30PM-2:30PM	Mar 29	1931500
Thu	2:45PM-3:45PM	Mar 29	1931502
<b>Osteo-Fit</b> 60 yrs+ \$29/9 wks			
Mon	1PM-2PM	Mar 26	1931504
Mon	2:15PM-3:15PM	Mar 26	1931508
<b>Osteoporosis Exercise</b> 60 yrs+ \$29/9 wks			
Tue	12:30PM-1:30PM	Mar 27	1931498
<b>Painting-China</b> 60 yrs+ \$78/9 wks			
Fri	9AM-12NOON	Mar 23	1931470
Mon	9AM-12NOON	Mar 26	1931462
<b>Painting-Watercolours</b> 60 yrs+ \$52/9 wks			
Thu	9:30AM-11:30am	Mar 29	1931465
<b>Yoga Hatha: Beginner</b> 60 yrs+ \$42/9 wks			
Fri	9AM-10:30AM	Mar 23	1931514
Mon	9:30AM-11AM	Mar 26	1931515
<b>Yoga Hatha: Intermediate</b> 60 yrs+ \$42/9 wks			
Fri	10:30AM-12NOON	Mar 23	1931517
<b>OLDER ADULTS: SUMMER</b>			
<b>Ceramics</b> 60 yrs+ \$52/9 wks			
Thu	1PM-3PM	Jun 28	1931649
<b>Computer: Beginner</b> 60 yrs+ \$70/9 wks			
Tue	1PM-2:30PM	Jun 26	1931691
Tue	9:30AM-11AM	Jun 26	1931692
Tue	11AM-12:30PM	Jun 26	1931690
<b>Crafts-Quilting</b> 60 yrs+ \$65/9 wks			
Thu	9:30AM-12NOON	Jun 28	1931655
<b>Fit for Life</b> 60 yrs+ \$20/6 wks			
Wed	11AM-12NOON	Jun 27	1931681
<b>Get Fit</b> 60 yrs+ \$29/9 wks			
Wed	1:30PM-2:30PM	Jun 27	1931683
<b>Hawaiian Dance</b> 60 yrs+ \$37/9 wks			
Mon	1PM-2:30PM	Jun 25	1931662
<b>Latin Dance-Singles</b> 60 yrs+ \$25/9 wks			
Mon	2:45PM-3:45PM	Jun 25	1931679
<b>Line Dance</b> 60 yrs+ \$17/6 wks			
Wed	10AM-11AM	Jul 4	1931667
<b>Muscle Conditioning &amp; Strength</b> 60 yrs+ \$29/9 wks			
Thu	1:30PM-2:30PM	Jun 28	1931688
Thu	2:45PM-3:45PM	Jun 28	1931689
<b>Osteo-Fit</b> 60 yrs+ \$29/9 wks			
Mon	1PM-2PM	Jun 25	1931686
Mon	2:15PM-3:15PM	Jun 25	1931687
Tue	12NOON-1PM	Jun 26	1931685
<b>Painting-China</b> 60 yrs+ \$76/9 wks			
Fri	9AM-12NOON	Jun 29	1931647

*Fairfield Seniors Centre continues...*

Day	Time	Start	Code
<b>Yoga-Hatha: Beginner</b> 60 yrs+ \$42/9 wks			
Mon	9:30AM-11AM	Jun 25	1931694
Fri	9AM-10:30AM	Jun 29	1931693
<b>Yoga-Hatha: Intermediate</b> 60 yrs+ \$42/9 wks			
Fri	10:30AM-12NOON	Jun 29	1931695
<b>GORD &amp; IRENE RISK CC</b> 2650 Finch Ave W, 416-395-7953			
<b>Art Studio</b> 60 yrs+ \$33/9 wks			
Thu	1PM-3PM	Apr 5	1937063
<b>Bocce-Indoor</b> 60 yrs+ Free/91 wks			
M-Su	12NOON-4:30PM	Mar 25	1937065
<b>Gentle Fitness</b> 60 yrs+ \$29/9 wks			
Tue	9:30AM-10:30am	Apr 3	1937075
Thu	9:30AM-10:30am	Apr 5	1937076
<b>OLDER ADULTS: SUMMER</b>			
<b>Bocce-Indoor</b> 60 yrs+ Free/13 wks			
M-Su	12NOON-4:30PM	Jun 25	1937097
<b>Gentle Fitness</b> 60 yrs+ \$23/7 wks			
Tue	10AM-11AM	Jul 3	1937106
Thu	9:30AM-10:30AM	Jul 5	1937107
<b>HORNER AVENUE SENIORS' CTR</b> 320 Horner Ave, 416-394-6000			
Horner Avenue Seniors' Centre offers a wide range of social, educational and support services to older adults in the community. Special events and weekly drop-in programs take place at this centre throughout the year. For program and membership information, contact the centre. For community special events, see page 114.			
<b>Call Penny at 416-394-6001 for bus trip information.</b>			
<b>Billiards</b> 60 yrs+ Fee/visit			
M-F	1PM-3PM	Mar 19	Drop-in
<b>Bingo</b> 60 yrs+ Fee/visit			
Sat	1PM-3PM	Mar 24	1984903
<b>Computer: Beginner</b> 60 yrs+ \$77/10 wks			
Tue	9AM-10:30AM	Mar 27	1984917
<b>Computer: Intermediate</b> 60 yrs+ \$77/10 wks			
Tue	10:30AM-12NOON	Mar 27	1984923
<b>Craft Group</b> 60 yrs+ Fee/visit			
Fri	10AM-12NOON	Mar 30	Drop-in
<b>Cribbage</b> 60 yrs+ Fee/visit			
Tue	1PM-3:30PM	Mar 27	Drop-in
<b>Dominoes</b> 60 yrs+ Fee/visit			
Fri	1PM-3PM	Mar 30	Drop-in

*Horner Avenue Seniors' Ctr continues...*

Day	Time	Start	Code
<b>Duplicate Bridge</b> 60 yrs+ Fee/visit			
Thu	1PM-3:30PM	Apr 5	Drop-in
<b>Euchre</b> 60 yrs+ Fee/visit			
Wed	1PM-3:30PM	Mar 21	Drop-in
<b>Osteo Fit</b> 60 yrs+ \$32/10 wks			
Wed	10AM-11AM	Mar 28	1984916
<b>Painting</b> 60 yrs+ \$88/10 wks			
Mon	9:30AM-12:30PM	Mar 26	1984894
Wed	9:30AM-12:30PM	Mar 28	1984895
<b>Tai Chi</b> 60 yrs+ \$32/10 wks			
Fri	9:30AM-10:30AM	Mar 30	1984926
<b>Woodcarving</b> 60 yrs+ Free/10 wks			
Tue	9:30AM-11:30AM	Mar 27	Drop-in
<b>Yoga-Hatha</b> 60 yrs+ \$32/10 wks			
Mon	1PM-2PM	Mar 26	1984941
<b>OLDER ADULTS: SUMMER</b>			
<b>Billiards</b> 60 yrs+ Fee/visit			
M-F	1PM-3PM	Jun 11	Drop-in
<b>Billiards Alternate Saturdays</b> 60 yrs+ Fee/visit			
Sat	1PM-3PM	Jun 16	Drop-in
<b>Craft Group</b> 60 yrs+ Fee/visit			
Fri	10AM-12NOON	Jun 15	Drop-in
<b>Cribbage</b> 60 yrs+ Fee/visit			
Tue	1PM-3:30PM	Jun 12	Drop-in
<b>Dominoes</b> 60 yrs+ Fee/visit			
Fri	1PM-3:30PM	Jun 15	Drop-in
<b>Euchre</b> 60 yrs+ Fee/visit			
Wed	1:30PM-3:30PM	Jun 13	Drop-in
<b>Woodcarving</b> 60 yrs+ Free/10 wks			
Tue	9:30AM-11:30AM	Jun 12	Drop-in
<b>ISLINGTON SENIORS' CTR</b> 4968 Dundas St W, 416-231-3431/416-394-8705			
<b>Easy Fitness</b> 55 yrs+ \$29/9 wks			
Wed	12:30PM-1:30PM	Mar 28	1961850
<b>Hawaiian Dance</b> 55 yrs+ \$25/9 wks			
Tue	2PM-3PM	Mar 27	1961832
<b>Line Dance</b> 55 yrs+ \$25/9 wks			
Tue	12:30PM-1:30PM	Mar 27	1961833
<b>JOSEPH J. PICCININI CRC</b> 1369 St. Clair Ave W, 416-392-0036			
<b>Photography</b> 60 yrs+ \$53/9 wks			
Thu	2PM-4PM	Mar 29	1981637



## NEW TORONTO SENIORS' CTR

105 – 4th St, 416-394-8684

New Toronto Seniors' Centre offers a wide range of social, educational and support services to older adults in the community. Special events, seniors' clubs and weekly programs take place at this centre throughout the year. For program and membership information, contact the centre.

Day	Time	Start	Code
<b>Ceramics</b> 60 yrs+ \$47/9 wks			
Tue	12:30PM-2:30PM	Mar 27	1979261
<b>Computer: Level 1</b> 60 yrs+ \$77/10 wks			
Wed	1PM-2:30PM	Mar 28	1979269
Thu	12:30PM-2PM	Mar 29	1979280
<b>Computer: Level 2</b> 60 yrs+ \$77/10 wks			
Wed	11AM-12:30PM	Mar 28	1979277
Thu	9AM-10:30AM	Mar 29	1979275
Thu	10:30AM-12NOON	Mar 29	1979274
<b>Computer: Level 3</b> 60 yrs+ \$77/10 wks			
Wed	2:30PM-4PM	Mar 28	1979273
Wed	9:30AM-11AM	Mar 28	1979278
Thu	2PM-3:30PM	Mar 29	1979279
<b>Computer-Microsoft Word &amp; Excel</b> 60 yrs+ \$77/10 wks			
Fri	2:30PM-4PM	Mar 30	1979276
<b>Cooking-Around The World</b> 60 yrs+ \$12/1 wk			
Tue	12NOON-3PM	May 8	1979265
<b>Cooking-Healthy Gourmet</b> 60 yrs+ \$12/1 wk			
Tue	12NOON-3PM	Apr 10	1979260
<b>Cooking-Perfect Risotto</b> 60 yrs+ \$12/1 wk			
Tue	12NOON-3PM	Mar 27	1979259
<b>Cooking-Vegetarian Delight</b> 60 yrs+ \$12/1 wk			
Tue	12NOON-3PM	Apr 24	1979264
<b>Games-Euchre</b> 60 yrs+ Free/14 wks			
Mon	12:30PM-3:30PM	Mar 26	1987965

## New Toronto Seniors Centre continues...

Day	Time	Start	Code
<b>Photography-Digital</b> 60 yrs+ \$77/10 wks			
Fri	1PM-2:30PM	Mar 30	1979272
Fri	9:30AM-11AM	Mar 30	1979271
Fri	11AM-12:30PM	Mar 30	1979270
<b>Walking Club</b> 60 yrs+ \$15/52 wks			
Wed	10AM-12NOON	Mar 7	1984591
<b>Yoga</b> 60 yrs+ \$42/10 wks			
Tue	9:15AM-10:45AM	Mar 27	1979282
Tue	10:45AM-12:15PM	Mar 27	1979281

## OLDER ADULTS: SUMMER

<b>Computer: Level 1</b> 60 yrs+ \$70/8 wks			
Wed	2:30PM-4PM	Jul 4	1979286
<b>Computer: Level 2</b> 60 yrs+ \$70/9 wks			
Wed	1PM-2:30PM	Jul 4	1979285
Wed	11AM-12:30PM	Jul 4	1979284
<b>Computer: Level 3</b> 60 yrs+ \$70/9 wks			
Wed	9:30AM-11AM	Jul 4	1979283
<b>Muscle Conditioning</b> 60 yrs+ \$29/9 wks			
Thu	10:30AM-11:30AM	Jul 5	1979289
<b>Pilates</b> 60 yrs+ \$42/9 wks			
Thu	12:30PM-1:30PM	Jul 5	1979287
<b>Yoga</b> 60 yrs+ \$42/9 wks			
Tue	9:15AM-10:45AM	Jul 3	1979288
Tue	10:45AM-12:15PM	Jul 3	1979290

## NORTH KIPLING CC

2 Rowntree Rd, 416-394-8679

<b>Boxercise</b> 60 yrs+ Free/9 wks			
Tue	10AM-11AM	Apr 3	1926394
<b>Cardio High/Low</b> 60 yrs+ Free/9 wks			
Thu	10AM-11AM	Apr 5	1926390
<b>Computer: Beginner</b> 60 yrs+ Free/9 wks			
Mon	10AM-12NOON	Apr 2	1926361
Wed	10AM-12NOON	Apr 4	1926362
Fri	10AM-12NOON	Apr 13	1926363
<b>Computer: Intermediate</b> 60 yrs+ Free/9 wks			
Mon	12NOON-2PM	Apr 2	1926365
Wed	12NOON-2PM	Apr 4	1926366
Fri	12NOON-2PM	Apr 13	1926367
<b>Craft-Crochet</b> 60 yrs+ Free/9 wks			
Wed	12:30PM-2:30PM	Apr 4	1926356
<b>Craft-Quilting</b> 60 yrs+ Free/9 wks			
Wed	10AM-12NOON	Apr 4	1926355
<b>Line Dance</b> 60 yrs+ Free/9 wks			
Tue	10AM-11:30AM	Apr 3	1926376
<b>Line Dance: Beginner</b> 60 yrs+ Free/9 wks			
Fri	1PM-2:30PM	Apr 13	1926377

## North Kipling CC continues...

Day	Time	Start	Code
<b>Line Dance: Intermediate</b> 60 yrs+ Free/9 wks			
Thu	1PM-2:30PM	Apr 5	1926378
<b>Walk-Fit &amp; Stretch with Chairs</b> 60 yrs+ Free/9 wks			
Fri	10:15AM-11:15AM	Apr 13	1926400
<b>Walk-Fit &amp; Stretch</b> 60 yrs+ Free/9 wks			
Tue	9AM-10AM	Apr 3	1926399
<b>Walk-Fit &amp; Stretch with Mats</b> 60 yrs+ Free/9 wks			
Fri	9:15AM-10:15AM	Apr 13	1926401
<b>Yoga</b> 60 yrs+ Free/9 wks			
Mon	10AM-11:30AM	Apr 2	1926402
Wed	9:30AM-10:30AM	Apr 4	1926398

## OURLAND CC

18 Ourland Ave, 416-394-8673

<b>Bocce-Indoor</b> 60 yrs+ Membership			
M-Su	1PM-5PM	Jul 3	Drop-in

## SWANSEA CRC

15 Waller Ave, 416-392-6796

<b>Gentle Fitness</b> 60 yrs+ \$30/9 wks			
Mon	2PM-3PM	Mar 26	1945453

## THISTLETOWN SENIORS' CTR

925 Albion Rd, 416-394-8869

Thistleton Seniors' Centre offers a wide range of social, educational and support services to older adults in the community. Special events, seniors' clubs and weekly programs take place at this centre throughout the year. For more information, contact the centre.

<b>Ballroom Dance</b> 60 yrs+ \$38/9 wks			
Tue	11AM-12:30PM	Mar 27	1960418
<b>Bunka: Introduction</b> 60 yrs+ \$35/9 wks			
Thu	9:30AM-11:30AM	Mar 29	1960414
<b>Computer: Beginner</b> 60 yrs+ \$70/9 wks			
Mon	2PM-3:30PM	Mar 26	1960429
<b>Computer: Intermediate</b> 60 yrs+ \$70/9 wks			
Mon	12:30PM-2PM	Mar 26	1960428
<b>Computer: Advanced</b> 60 yrs+ \$70/9 wks			
Mon	9AM-10:30AM	Mar 26	1960426
<b>Computer-Digital Camera</b> 60 yrs+ \$70/9 wks			
Mon	10:30AM-12NOON	Mar 26	1960427
<b>Folk Art: Introduction</b> 60 yrs+ \$43/9 wks			
Thu	12:30PM-3PM	Mar 29	1960415
<b>Golf</b> 60 yrs+ \$38/9 wks			
Tue	1PM-2PM	Mar 27	1960431
<b>Latin Rhythms</b> 60 yrs+ \$38/9 wks			
Fri	10AM-11AM	Mar 30	1960420



# Exploring

Toronto's Parks & Trails

New citywide walking map is now available featuring:

- Updated trail & route locations, major trail access points & connecting links
- Street names & key TTC connections
- Seasonal & year-round park washrooms
- Popular parks keyed to the map
- Community associations & walking groups offering guided walks
- Info on off-leash areas & recycling bylaws
- Sun safety recommendations
- Volunteering, sponsorship & donation opportunities

Walk, Hike & Explore!

Start exploring today...

Pick up your map at City Hall or the following Civic Centres: East York, Etobicoke, North York and Scarborough. Call 311 for centre locations.

To view the PDF map online, please visit [toronto.ca/torontomaps/parkstrails.htm](http://toronto.ca/torontomaps/parkstrails.htm)



TORONTO

Thistletown Seniors Centre continues...

Day	Time	Start	Code
<b>Osteo-Fit-Arthritis</b>		60 yrs+	\$30/9 wks
Mon	11:15AM-12:15PM	Mar 26	1960424
Wed	11:15AM-12:15PM	Mar 28	1960425
<b>Pilates: Beginner</b>		60 yrs+	\$44/9 wks
Wed	10:30AM-11:30AM	Mar 28	1960435
<b>Spanish</b>		60 yrs+	\$70/9 wks
Mon	9AM-12NOON	Mar 26	1960430
<b>Social Line Dance</b>		60 yrs+	\$38/9 wks
Thu	1PM-2:30PM	Mar 29	1960417
<b>Tai Chi: Beginner</b>		60 yrs+	\$29/9 wks
Mon	11AM-12NOON	Mar 26	1960433
<b>Tai Chi: Intermediate</b>		60 yrs+	\$29/9 wks
Mon	10AM-11AM	Mar 26	1960432
<b>Walk Fit</b>		60 yrs+	\$30/9 wks
Mon	10AM-11AM	Mar 26	1960421
Wed	10AM-11AM	Mar 28	1960422
<b>Woodcarving: Introduction</b>		60 yrs+	\$47/9 wks
Fri	9:30AM-11:30AM	Mar 30	1960416
<b>Yoga: Beginner</b>		60 yrs+	\$43/9 wks
Tue	10:30AM-12NOON	Mar 27	1960434

## WEST ACRES SENIORS CTR

65 Hinton Rd, 416-394-8681

West Acres Seniors' Centre offers a wide range of social, educational and support services to older adults in the community. Special events, seniors' clubs and weekly programs take place at this centre throughout the year. For more information, contact the centre. For community special events, see page 114.

Day	Time	Start	Code
<b>Ballroom Line Dance: Beginner</b>		60 yrs+	\$25/9 wks
Mon	1PM-2PM	Mar 26	1960471
<b>Ballroom Line Dance: Intermediate</b>		60 yrs+	\$38/9 wks
Mon	2PM-3:30PM	Mar 26	1960472
<b>Computer: Intermediate</b>		60 yrs+	\$70/9 wks
Tue	10:30AM-12NOON	Mar 27	1960475
<b>Computer-Digital Camera</b>		60 yrs+	\$70/9 wks
Tue	9AM-10:30AM	Mar 27	1960474
<b>Computer-Internet</b>		60 yrs+	\$70/9 wks
Tue	12NOON-1:30PM	Mar 27	1960473