

**North York  
District  
Spring and  
Summer 2012**

# Older Adults



## Programming Descriptions

**D**id 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 47-58 of the brochure 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 36 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.

## 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 #
Fairbank Memorial CC	2213 Dufferin St	416-394-2473
Glen Long CC	35 Glen Long Ave	416-395-7961
Grandravine CC	23 Grandravine Dr	416-395-6171
Pleasantview CC	545 Van Horne Ave	416-395-6006

## North York Senior Games

The Ontario Senior Games Association helps to organize games for Older Adults, 55 years+ across Ontario. Join us in April, May and June for the North York Senior Games. Winners from these games are eligible to compete in Brampton this August 2012 at the Ontario Senior Summer Games.

For more information call; Helen Trainor 416-444-5723, Al Hunter 416-635-8504 or Ontario Senior Games Office 416-426-7031.

[ontarioseniorgames.ca](http://ontarioseniorgames.ca) 

## 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.

### Downsview Services to Seniors

Northwood CC, 15 Clubhouse Court, 416-398-5510 ext. 234  
e-mail: [caring.matters@downsviewservices.com](mailto:caring.matters@downsviewservices.com)  
[downsviewservices.com](http://downsviewservices.com)

Are you an older adult looking for fun activities in your neighbourhood? Are you looking for inexpensive ways to stay active and fit? Our free Programs make it easy. Join us at the Northwood Community Centre for a variety of Programs such as ballroom dance, fitness, and painting classes. No membership required. Call or email us for more information.

### Earl Bales Seniors Clubhouse

4169 Bathurst Street (inside Earl Bales Park), 416-395-7881  
The Earl Bales Seniors Clubhouse, a delightful and quaint brown house for Seniors 60+. Serving the community since 1987. Offering a variety of activities such as; line dancing, seniors' exercise to music, social bridge, monthly Casino Rama trips, monthly Sunday evening dances with live music, social lunches and more. Qualified hairdresser/barber available, Thursdays twice monthly. Membership: \$25 (Jan.-Dec.), \$12.50 (Oct.-Mar.) Non-members welcome. Call for more information. Wheelchair/walker accessible.

### York-Fairbank Centre for Seniors

2213 Dufferin St, 416-651-8300  
York-Fairbank Centre for Seniors is a non-profit organization in operation since 1983. We provide a wide range of social, recreational, educational, wellness and intergenerational Programs for adults 55 years of age and older. The centre is fully accessible with free parking adjacent to the building. Membership per year, \$25 and \$12.50 after July 1. Program fees vary so please contact the centre for more information.

# 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**

## ANCASTER CC

41 Ancaster Rd, 416-395-6057



Day	Time	Start	Code
<b>Craft Circle</b> 60 yrs+ Free/9 wks			
Tue	1PM-3PM	Mar 27	1979308
<b>Gentle Fit</b> 60 yrs+ \$33/12 wks			
Mon	1PM-2PM	Apr 16	1942945
<b>Italian Men's Cards &amp; Social Club</b> 60 yrs+ Free/13 wks			
M-F	12:30PM-3:30PM	Mar 26	1978076

## ARMOUR HEIGHTS CC

2140 Avenue Rd, 416-395-0267



<b>Badminton</b> 60 yrs+ Free/11 wks			
Fri	11:30AM-1PM	Mar 30	1981610
<b>Gentle Fit</b> 60 yrs+ \$40/12 wks			
Fri	1:15PM-2:15PM	Apr 13	1950396
			\$33/10 wks
Mon	11:30AM-12:30PM	Apr 16	1950395

## BANBURY CC

120 Banbury Rd, 416-395-0267



<b>Gentle Fit</b> 60 yrs+ \$40/12 wks			
Wed	10:45AM-11:45AM	Apr 11	1950397

## BARBARA FRUM CC

20 Covington Rd, 416-395-6172



<b>Gentle Fit</b> 60 yrs+ \$40/12 wks			
Tue	1:30PM-2:30PM	Apr 10	1964767
<b>Knitting</b> 60 yrs+ \$54/7 wks			
Mon	10AM-12NOON	Apr 16	1986805

### OLDER ADULTS: SUMMER

<b>Card Games</b> 60 yrs+ Free/7 wks			
Tue	1PM-3PM	Jul 3	1986911
<b>Gentle Fit</b> 60 yrs+ \$27/8 wks			
Thu	1:30PM-2:30PM	Jul 12	1985135
<b>Knitting</b> 60 yrs+ \$41/7 wks			
Wed	10:30AM-12NOON	Jul 4	1986895
<b>Social Club</b> 60 yrs+ Free/7 wks			
Thu	10AM-12NOON	Jul 5	1986916

## BAYVIEW ARENA

3230 Bayview Ave, 416-395-0267

<b>Gentle Fit</b> 60 yrs+ \$40/12 wks			
Wed	11:15AM-12:15PM	Apr 11	1950401

### OLDER ADULTS: SUMMER

<b>Gentle Fit</b> 60 yrs+ \$27/8 wks			
Wed	11AM-12NOON	Jul 11	1980727

## BROADLANDS CC

19 Castlegrove Blvd, 416-395-0267



Day	Time	Start	Code
<b>Gentle Fit</b> 60 yrs+ \$40/12 wks			
Tue	9:15AM-10:15AM	Apr 10	1950393
<b>Line Dance 1</b> 60 yrs+ \$34/9 wks			
Wed	9:30AM-11AM	Apr 4	1937126

## CLIFFWOOD MANOR

4000 Don Mills Rd, 416-395-6011

<b>Gentle Fit</b> 60 yrs+ Free/11 wks			
Mon	9:30AM-10:30AM	Mar 26	1987882

## CUMMER PARK CC

6000 Leslie St, 416-395-7803



<b>Fun, Fit &amp; 50+</b> 50 yrs+ \$70/11 wks			
Mon	9:15AM-10:15AM	Apr 2	1934861
Mon	10:30AM-11:30AM	Apr 2	1934862
			\$77/12 wks
Thu	9:15AM-10:15AM	Apr 5	1934863
Thu	10:30AM-11:30AM	Apr 5	1934864

### OLDER ADULTS: SUMMER

<b>Fun, Fit &amp; 50+</b> 50 yrs+ \$46/7 wks			
Mon	9:15AM-10:15AM	Jul 9	1934926
Mon	10:30AM-11:30AM	Jul 9	1934925
			\$58/9 wks
Thu	9:15AM-10:15AM	Jul 5	1934927
Thu	10:30AM-11:30AM	Jul 5	1934924

## DENNIS R. TIMBRELL RC

29 St. Dennis Dr, 416-395-7972



<b>Badminton</b> 60 yrs+ Free/12 wks			
M/F	9AM-10:30AM	Mar 26	1988629
<b>Gentle Fit</b> Info: 416-395-0267 60 yrs+ Free/10 wks			
Mon	11:50AM-12:50PM	Apr 16	1988067
<b>Line Dance</b> 60 yrs+ Free/9 wks			
Fri	1:30PM-2:30PM	Mar 30	1988569
<b>Yoga</b> 60 yrs+ Free/9 wks			
Mon	6PM-7:30PM	Mar 26	1988631

### OLDER ADULTS: SUMMER

<b>Yoga</b> 60 yrs+ Free/7 wks			
Mon	6PM-7:30PM	Jul 9	1988664

## DOUGLAS SNOW AQUATIC CTR

5100 Yonge St, 416-395-6172



<b>Fit &amp; Swim Club</b> 60 yrs+ \$28/9 wks			
Thu	2-3:30PM	Mar 29	1926726
<b>Gentle Fit</b> 60 yrs+ \$30/9 wks			
Thu	10:50AM-11:50AM	Apr 12	1942946
<b>Gentle Yoga</b> 60 yrs+ \$30/9 wks			
Fri	10:30AM-11:30PM	Apr 13	1942997

*Douglas Snow Aquatic Ctr continues...*

Day	Time	Start	Code
<b>Qigong</b> 60 yrs+ \$50/10 wks			
Mon	9:30AM-11AM	Apr 16	1942947

### OLDER ADULTS: SUMMER

<b>Gentle Fitness</b> 60 yrs+ \$27/8 wks			
Wed	10:30AM-11:30AM	Jul 11	1943141
<b>Qigong</b> 60 yrs+ \$40/8 wks			
Mon	9:30AM-11AM	Jul 9	1943142
<b>Gentle Yoga</b> 60 yrs+ \$40/8 wks			
Fri	10:40AM-11:40AM	Jul 13	1943167

## DRIFTWOOD CC

4401 Jane St, 416-395-6172

<b>Seniors Fitness &amp; Social Club</b> 50 yrs+ Free/11 wks			
Fri	10:15AM-12:15PM	Apr 6	1940875
<b>Gentle Fit</b> 60 yrs+ Free/11 wks			
M/W/F	9AM-10AM	Apr 11	1982027

## EDITHVALE CC

131 Finch Ave W, 416-395-7828

<b>Badminton</b> 60 yrs+ Free/9 wks			
Mon	10AM-12NOON	Mar 19	Drop-in
<b>Calligraphy</b> 60 yrs+ \$35/9 wks			
Fri	9:30AM-11:30AM	Mar 30	1977210
<b>Gentle Fit: Beginner</b> 60 yrs+ \$40/12 wks			
Info: 416-395-6172			
Tue	10AM-11AM	Apr 10	1942943
<b>Gentle Fit: Intermediate</b> 60 yrs+ \$40/12 wks			
Info: 416-395-6172			
Tue	11:15AM-12:15PM	Apr 10	1983934
<b>Line Dance</b> 60 yrs+ \$51/9 wks			
Fri	9:30AM-11:30AM	Mar 30	1977209
<b>Oil Painting</b> 60 yrs+ \$35/9 wks			
Mon	1PM-3PM	Mar 26	1977200
Fri	10AM-12NOON	Mar 30	1977202
<b>Rughooking</b> 60 yrs+ \$35/9 wks			
Thu	1PM-3PM	Mar 29	1977203
<b>Scrabble &amp; Cards</b> 60 yrs+ Free/9 wks			
Wed	1PM-3PM	Mar 28	Drop-in
<b>Table Tennis</b> 60 yrs+ Free/9 wks			
Fri	2:30PM-4:30PM	Mar 23	Drop-in
<b>Volleyball</b> 60 yrs+ Free/9 wks			
Wed	10:30AM-12:30PM	Mar 21	Drop-in
<b>Zumba® Gold</b> 60 yrs+ \$40/12 wks			
Info: 416-395-6172			
Thu	10AM-11AM	Apr 12	1942844

*Edithvale CC continues...*

Day	Time	Start	Code
<b>OLDER ADULTS: SUMMER</b>			
<b>Gentle Fit</b>		60 yrs+	\$27/8 wks
Tue	10:30AM-12:30PM	Jul 10	1943143
Thu	10:30AM-12:30PM	Jul 12	1980704
<b>Zumba® Gold</b>		60 yrs+	\$27/8 wks
Thu	9:15AM-10:15AM	Jul 12	1943166

**GLEN LONG CC**

35 Glen Long Ave, 416-395-7961

<b>Bocce</b>		60 yrs+	Free/13 wks
M-Su	12NOON-4PM	Mar 26	Drop-in
<b>Zumba® Gold</b>		60 yrs+	\$40/12 wks
Wed	10AM-11AM	Apr 11	1942849

**OLDER ADULTS: SUMMER**

<b>Bocce</b>		60 yrs+	Free/12 wks
M-Su	12NOON-4PM	Jul 3	Drop-in

**GOULDING CC**

45 Goulding Ave, 416-395-6172

<b>Gentle Fit</b>		60 yrs+	\$42/12 wks
Fri	10:30AM-11:30AM	Apr 13	1942942
<b>Oil Painting</b>		60 yrs+	\$34/9 wks
Info: 416-395-0123			
Tue	1PM-3PM	Mar 27	1952857
<b>Zumba® Gold</b>		60 yrs+	\$35/10 wks
Mon	1PM-2PM	Apr 16	1942959

**GRANDRAVINE CC**

23 Grandravine Dr, 416-395-6172

<b>Social Club</b>		55 yrs+	Free/9 wks
Wed	1:30PM-3:30PM	Mar 28	1954065
<b>Gentle Fit</b>		60 yrs+	\$40/12 wks
Thu	10AM-11AM	Apr 12	1942939
			\$33/10 wks
Mon	10AM-11AM	Apr 16	1942938

**IRVING W. CHAPLEY CC**

205 Wilmington Ave, 416-395-6172

<b>Gentle Fit</b>		60 yrs+	\$40/10 wks
Thu	10AM-11AM	Apr 12	1942941

**JENNER JEAN-MARIE CC**

48 Thorncliffe Park Dr, 416-395-6162

<b>Arts &amp; Crafts</b>		60 yrs+	Free/10 wks
Mon	1PM-3PM	Apr 2	1986208
<b>Gentle Fit</b> Info: 416-395-0267		60 yrs+	\$40/12 wks
Wed	11AM-12NOON	Apr 11	1982170
			\$33/10 wks
Mon	11AM-12NOON	Apr 16	1982176

*Jenner Jean-Marie CC continues...*

Day	Time	Start	Code
<b>Line Dance: Beginner</b>		60 yrs+	\$38/9 wks
Thu	1PM-2:30PM	Apr 5	1989026
<b>Painting: Beginner</b>		60 yrs+	\$34/9 wks
Thu	11AM-12NOON	Apr 5	1989322
<b>Social Time</b>		60 yrs+	Free/12 wks
Wed	1PM-3PM	Apr 4	1986209
<b>Tai Chi: Beginner</b>		60 yrs+	\$29/9 wks
Tue	1PM-2:30PM	Apr 3	1989160

**KEMP FORD APARTMENTS**

5430 Yonge St, 416-395-7828

<b>Oil Painting</b>		60 yrs+	\$35/9 wks
Thu	1PM-3PM	Mar 29	1977199

**LAWRENCE HEIGHTS CC**

5 Replin Rd, 416-395-6120

<b>Ceramics</b>		60 yrs+	Free/9 wks
Wed	9:30AM-11:30AM	Mar 28	1982184
<b>Gentle Fit</b>		60 yrs+	Free/12 wks
Tue	9:15AM-10:15AM	Apr 10	1942811
<b>Line Dance</b>		60 yrs+	Free/9 wks
Mon	10AM-12NOON	Mar 26	1982196
<b>Tai Chi: Beginner</b>		60 yrs+	Free/9 wks
Fri	10AM-11:30AM	Mar 30	1982222
<b>Yoga</b>		60 yrs+	Free/12 wks
Thu	10:30AM-11:30AM	Mar 29	1982223

**LEASIDE MEMORIAL GARDENS**

1073 Millwood Rd, 416-395-0267

<b>Gentle Fit</b>		60 yrs+	\$40/12 wks
Thu	9:30AM-10:30AM	Apr 12	1982225

**OLDER ADULTS: SUMMER**

<b>Gentle Fit</b>		60 yrs+	\$27/8 wks
Thu	9:30AM-10:30AM	Jul 12	1982257

**LEASIDE UNITED CHURCH**

822 Millwood Rd, 416-395-0267

<b>Gentle Fit</b>		60 yrs+	\$33/10 wks
Mon	9:30AM-10:30AM	Apr 16	1982181

**MARJORY CARTON APARTMENTS**

193 Wilson Ave, 416-395-7848

<b>Needlecraft</b>		60 yrs+	\$35/9 wks
Mon	10AM-12NOON	Mar 19	1981608
<b>Oil Painting</b>		60 yrs+	\$35/9 wks
Fri	1PM-3PM	Mar 23	1981609

**MITCHELL FIELD CC**

89 Church Ave, 416-395-0267

Day	Time	Start	Code
<b>Gentle Fit</b>		60 yrs+	\$35/10 wks
Mon	10:15AM-11:15AM	Apr 16	1950391
Mon	11:30AM-12:30PM	Apr 16	1950394
<b>Yoga</b>		60 yrs+	\$62/12 wks
Tue	12:30PM-2PM	Apr 10	1950638

**NORTH TORONTO MEMORIAL CC**

200 Eglinton Ave W, 416-392-6591

<b>Badminton</b>		60 yrs+	Pass Option
M/W/F	1:30PM-3:30PM	Mar 26	Drop-in
<b>Board Games</b>		60 yrs+	Free/12 wks
Fri	1PM-4PM	Mar 30	Drop-in
<b>Bridge Contract Club</b>		60 yrs+	Free/12 wks
Thu	1PM-4PM	Mar 29	Drop-in
<b>Bridge Duplicate</b>		60 yrs+	Free/12 wks
Tue	1PM-4PM	Mar 27	Drop-in
<b>Low Impact: Beginner</b>		60 yrs+	Pass Option
Tu/Th	1:15PM-2:15PM	Mar 27	Drop-in
<b>Movie Night</b>		60 yrs+	Free/12 wks
Wed	3PM-5PM	Mar 28	Drop-in
<b>Painting &amp; Drawing</b>		60 yrs+	\$43/9 wks
Mon	1PM-2:30PM	Mar 26	1981686
Wed	1PM-2:30PM	Mar 28	1981687
<b>Pancake Brunch/BBQ</b>		60 yrs+	\$3/visit
Maximum of 30 participants.			
Fri	11:30AM-12:30PM	Mar 30	Drop-in
<b>Pilates</b> Info: 416-395-0267		60 yrs+	\$61/12 wks
Thu	11AM-12NOON	Apr 12	1950508
<b>Weight Room</b>		60 yrs+	Pass Option
Tu/Th	1:15PM-2:15PM	Mar 27	Drop-in
<b>Yoga-Hatha</b> Info: 416-395-0267		60 yrs+	\$62/12 wks
Thu	9:30AM-11AM	Apr 12	1950634
			\$52/10 wks
Mon	9:30AM-11AM	Apr 16	1950635
<b>OLDER ADULTS: SUMMER</b>			
<b>Badminton</b>		60 yrs+	Pass Option
M/W/F	12:30PM-2:30PM	Jul 4	Drop-in
<b>BBQ</b>		60 yrs+	\$3/visit
Maximum of 30 participants.			
Fri	11:30AM-12:30PM	Jul 6	Drop-in
<b>Board Games</b>		60 yrs+	Free/8 wks
Fri	1PM-4PM	Jul 6	Drop-in
<b>Bridge Contract Club</b>		60 yrs+	Free/8 wks
Thu	1PM-4PM	Jul 5	Drop-in
<b>Bridge Duplicate</b>		60 yrs+	Free/8 wks
Tue	1PM-4PM	Jul 3	Drop-in

North Toronto Memorial CC continues...

Day	Time	Start	Code
<b>Cardio Low: Beginner</b> 60 yrs+ Pass Option			
Tu/Th	1:15PM-2:15PM	Jul 3	Drop-in
<b>Movie Matinee</b> 60 yrs+ Free/8 wks			
Wed	3PM-5PM	Jul 4	Drop-in
<b>Painting &amp; Drawing</b> 60 yrs+ \$43/8 wks			
Wed	1:30PM-3PM	Jul 4	1981722
			\$37/7 wks
Mon	1:30PM-3PM	Jul 9	1981721
<b>Pilates</b> Info: 416-395-0267 60 yrs+ \$39/8 wks			
Thu	11AM-12NOON	Jul 12	1980737
<b>Weight Room</b> 60 yrs+ Pass Option			
Tu/Th	1:15PM-2:15PM	Jul 3	Drop-in
<b>Yoga</b> 60 yrs+ \$37/7 wks			
Mon	9:30AM-11AM	Jul 9	1980746

**NORTHWOOD CC**  
15 Clubhouse Crt, 416-395-7876

<b>Bridge</b> 60 yrs+ Free/12 wks			
Thu	6:30PM-10:30PM	Apr 5	1945255

**OAKDALE CC**  
350 Grandravine Dr, 416-395-6172

<b>Gentle Fit</b> 60 yrs+ Free/12 wks			
Tue	9AM-10AM	Apr 10	1942944
Wed	10:30AM-11:30AM	Apr 11	1989266
Thu	9AM-10AM	Apr 12	1989267
			Free/11 wks
Mon	10:30AM-11:30AM	Apr 16	1942940
<b>Yoga</b> 60 yrs+ Free/11 wks			
Fri	1:45PM-3:15PM	Apr 13	1942983

**OLDER ADULTS: SUMMER**  
**Walking Program** 55 yrs+ Free/6 wks

Tu/Th	7:45AM-8:30AM	Jul 3	1989357
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**O'CONNOR CC**  
1386 Victoria Park Ave, 416-395-7957

<b>Arts Studio</b> 60 yrs+ Free/10 wks			
Tue	11:30AM-1PM	Apr 10	1941691
<b>Gentle Fit</b> Info: 416-395-0267 60 yrs+ Free/11 wks			
Mon	10AM-11AM	Apr 11	1950402
Wed	9:30AM-10:30AM		
<b>Line Dance: Beginner</b> 60 yrs+ Free/10 wks			
Tue	1PM-3PM	Apr 10	1941685
<b>Line Dance: Intermediate</b> 60 yrs+ Free/10 wks			
Thu	1PM-3PM	Apr 12	1941461

**ORIOLE CC**  
2975 Don Mills Rd W, 416-395-0267

<b>Gentle Fit</b> 60 yrs+ \$33/10 wks			
Tue	9:30AM-10:30AM	Apr 10	1950400
Fri	9:30AM-10:30AM	Apr 13	1950398

**PLEASANTVIEW CC**  
545 Van Horne Ave, 416-395-0267

Day	Time	Start	Code
<b>Gentle Fit</b> 60 yrs+ \$40/12 wks			
Tue	9:30AM-10:30AM	Apr 10	1950392
Thu	9:30AM-10:30AM	Apr 12	1950390
<b>Yoga</b> 60 yrs+ \$60/12 wks			
Fri	1PM-2:30PM	Apr 13	1950636

**RODING CC**  
600 Roding St, 416-395-6172

<b>Gentle Fit</b> 60 yrs+ \$40/12 wks			
Tue	10:15AM-11:15AM	Apr 10	1942937

**SENECA VILLAGE CC**  
1700 Finch Ave E, 416-395-6011

<b>Gentle Fit</b> 60 yrs+ Free/12 wks			
Wed	10AM-11AM	Mar 28	1987883
<b>Oil Painting</b> 60 yrs+ \$35/9 wks			
Mon	1PM-3PM	Mar 26	1987874
<b>Stained Glass</b> 60 yrs+ \$35/9 wks			
Tue	1PM-3PM	Mar 27	1987875

**ST. LEONARD'S CHURCH**  
25 Wanless Ave, 416-395-7848

<b>BBQ</b> 60 yrs+ \$3/visit			
Fri	11AM-2:30PM	Jul 13	1981601
<b>Lunch &amp; Exercise</b> 60 yrs+ \$6.25/visit			
Wed	11AM-2:30PM	Jul 11	1981603
<b>Pancake Brunch &amp; Movie</b> 60 yrs+ \$3/visit			
Mon	10AM-3PM	Jul 9	1981602
<b>Zumba® Gold</b> 60 yrs+ \$36/12 wks			
Info: 416-395-0267			
Fri	10:30AM-11:30AM	Apr 13	2000006

**OLDER ADULTS: SUMMER**  
**Zumba® Gold** 60 yrs+ \$29/8 wks

Info: 416-395-0267			
Fri	10:30AM-11:30AM	Jul 13	2004406

**TRACE MANES CENTENNIAL BLDG**  
110 Rumsey Rd, 416-395-0267

<b>Yoga-Hatha</b> 60 yrs+ \$60/12 wks			
Fri	9AM-10:30AM	Apr 13	1950637

**WILLOWDALE PRESBYTERIAN CH**  
38 Ellerslie St, 416-395-7828

<b>Oil Painting</b> 60 yrs+ \$35/9 wks			
Mon	10AM-12NOON	Mar 26	1977201

# 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