

**Scarborough
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 51-62 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

Programs 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 40 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.

Community Centres Requiring an Older Adult Membership

Hours of Operation: Monday-Friday, 9AM-4PM

Facility	Address	Phone #
Birkdale CC	1299 Ellesmere Rd	416-396-4069
Don Montgomery CRC	2467 Eglinton Ave E	416-396-4047
L'Amoreaux CRC	2000 McNicoll Ave	416-396-4510
Port Union CC	5450 Lawrence Ave E	416-396-4034
Scarborough Village RC	3600 Kingston Rd	416-396-4051
Stephen Leacock CC	2520 Birchmount Rd	416-396-4040

Ages & Services:

- 55 yrs+, social and drop-ins only
- 60 yrs+, registered older adult Programming.
- Annual membership cards can be purchased for \$20 at each participating centre.
- Memberships on sale beginning June 25.
- Membership incentives, drop-ins, special events & guided travels.
- Volunteering and Executive Committee opportunities are available.

Drop-ins:

Older adult drop-in Programs may have additional fees, which are determined by the Seniors Executive Committees at each location. Adults 55 years of age and older may attend a variety of drop-ins by purchasing a membership card.



Volunteers

Connecting with your community...

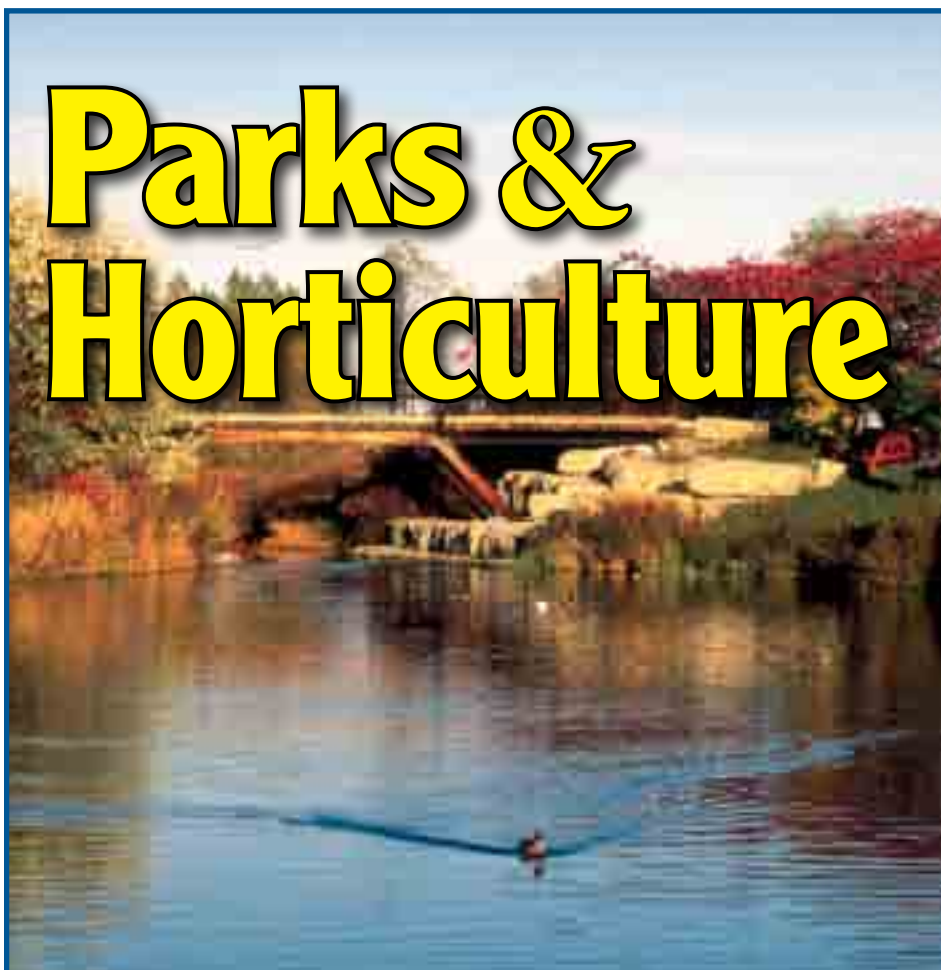
From tree planting and community gardens to special events, advisory councils, youth and special needs, volunteers play an important role in assisting in the delivery of services to the community. Share your expertise or develop new skills, we are interested in your leadership to enhance our programs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



Parks & Horticulture

Toronto Parks are for all to enjoy!

One of the greatest strengths of our city is our wonderful parks system. Big or small, these parks offer everything from play to quiet relaxation.

Our parks let you absorb the peace, quiet and natural beauty of the outdoors without leaving the city. Walkers, joggers, cyclists and hikers can follow over 90km of paved trails. There are many great locations for family picnics and group events. Convenient TTC service near most main park entrances and ample parking makes reaching these parks easy.



Gardens and Conservatories

Surround yourself with the delightful sights and smells of breathtaking flowers and gardens. Gardens and conservatories are located throughout the city.

For locations, services and programs for Toronto Parks and Horticulture, visit toronto.ca/parks



Call **3-1-1**

BIRKDALE CC*Members Only*

1299 Ellesmere Rd, 416-396-4069



Day	Time	Start	Code
Bingo		60 yrs+	Free/12 wks
Wed	12:45PM-3PM	Mar 28	Drop-in
Bridge/Cribbage		60 yrs+	Free/12 wks
Mon	12NOON-3PM	Mar 26	Drop-in
Cardio Dance		60 yrs+	\$37/11 wks
Mon	9:15AM-10:15AM	Apr 2	1944039
Cardio High/Low		60 yrs+	\$37/11 wks
Tue	9:15AM-10:15AM	Apr 3	1944038
Chair Yoga		60 yrs+	\$35/11 wks
Mon	10AM-11AM	Apr 2	1944067
Tue	11:35AM-12:35PM	Apr 3	1944073
Community Parks Walking		60 yrs+	Free/11 wks
Mon	12NOON-1PM	Apr 2	1944040
Computer Lounge		60 yrs+	Free/12 wks
M-F	8:45AM-3:45PM	Mar 26	Drop-in
Crafts		60 yrs+	Free/12 wks
Wed	10AM-12NOON	Mar 28	Drop-in
Darts		60 yrs+	Free/12 wks
Wed	1PM-3PM	Mar 28	Drop-in
Euchre		60 yrs+	Free/12 wks
Thu	12NOON-3PM	Mar 29	Drop-in
Fit Walk		60 yrs+	Free/11 wks
Thu	11AM-12NOON	Apr 5	1944054
Floor Yoga		60 yrs+	\$35/11 wks
Tue	10:30AM-11:30AM	Apr 3	1944071
Thu	9AM-10AM	Apr 5	1944065
Hawaiian Dance		60 yrs+	\$38/9 wks
Wed	9:30AM-11AM	Mar 28	1961078
Line Dance		60 yrs+	Free/12 wks
Tue	1PM-3PM	Mar 27	Drop-in
Line Dance: Beginner		60 yrs+	\$25/9 wks
Thu	9AM-10AM	Mar 29	1961077
Mahjonn		60 yrs+	Free/13 wks
Mon	2PM-4PM	Mar 26	Drop-in
Osteo Fitness		60 yrs+	\$37/11 wks
Mon	1PM-2PM	Apr 2	1944047
Fri	11:45AM-12:45PM	Apr 13	1944043
Painting: Beginner		60 yrs+	\$35/9 wks
Thu	10:45AM-12:45PM	Mar 29	1961058
Ping Pong		60 yrs+	Free/12 wks
M-F	8:45AM-11:45AM	Mar 28	Drop-in
Scrabble		60 yrs+	Free/12 wks
Thu	10AM-12NOON	Mar 29	Drop-in

Birkdale CC continues...

Day	Time	Start	Code
Shuffleboard		60 yrs+	Free/12 wks
Tue	10:30AM-12NOON	Mar 27	Drop-in
Snooker		60 yrs+	Free/12 wks
M-F	8:45AM-3:45PM	Mar 26	Drop-in
Social Dance		60 yrs+	Call for details.
Sat	7PM-11PM	Mar 24	Drop-in
Stained Glass		60 yrs+	Free/12 wks
Thu	1PM-3PM	Mar 29	Drop-in
Stretch & Strength		60 yrs+	\$37/11 wks
Mon	10:20AM-11:20AM	Apr 2	1944045
Fri	9:15AM-10:15AM	Apr 13	1944044
Fri	10:25AM-11:25AM	Apr 13	1944041
Fri	11:30AM-12:30PM	Apr 13	1944042
Tai Chi		60 yrs+	\$35/11 wks
Wed	9AM-10AM	Apr 4	1944063
Tap Line Dance Beginner		60 yrs+	\$25/9 wks
Thu	10:10AM-11:10AM	Mar 29	1961079
Texas Hold 'Em Poker		60 yrs+	Free/12 wks
Tue	1PM-3PM	Mar 27	Drop-in
Woodburning		60 yrs+	\$43/11 wks
Fri	10AM-12NOON	Mar 30	1961059
Woodcarving		60 yrs+	\$43/11 wks
Fri	12:15PM-2:15PM	Mar 30	1961060
Yoga		60 yrs+	\$35/11 wks
Wed	11:10AM-12:10PM	Apr 4	1944066
Zumba® Gold		60 yrs+	\$30/9 wks
Fri	1:15PM-2:15PM	Apr 13	1944055

OLDER ADULTS: SUMMER

Bingo		60 yrs+	Free/12 wks
Wed	12:45PM-3PM	Jul 4	Drop-in
Bridge/Cribbage		60 yrs+	Free/12 wks
Mon	12NOON-3PM	Jul 9	Drop-in
Cardio High/Low		60 yrs+	\$37/11 wks
Tue	9:15AM-10:15AM	Jul 3	1944435
Fri	9AM-10AM	Jul 6	1944447
Chair Yoga		60 yrs+	\$35/11 wks
Tue	11:35AM-12:35PM	Jul 3	1944460
			\$29/9 wks
Mon	10AM-11AM	Jul 9	1944458
Computer Lounge		60 yrs+	Free/12 wks
M-F	8:45AM-3:45PM	Jul 3	Drop-in
Crafts		60 yrs+	Free/12 wks
Wed	10AM-12NOON	Jul 4	Drop-in
Darts		60 yrs+	Free/12 wks
Wed	1PM-3PM	Jul 4	Drop-in
Euchre		60 yrs+	Free/12 wks
Thu	12NOON-3PM	Jul 5	Drop-in

Birkdale CC continues...

Day	Time	Start	Code
Floor Yoga		60 yrs+	\$35/11 wks
Tue	10:30AM-11:30AM	Jul 3	1944459
Thu	9AM-10AM	Jul 5	1944461
Line Dance		60 yrs+	Free/12 wks
Tue	1PM-3PM	Jul 3	Drop-in
Mahjonn		60 yrs+	Free/12 wks
Mon	2PM-4PM	Jul 9	Drop-in
Osteo Fitness		60 yrs+	\$37/11 wks
Fri	11:30AM-12:30PM	Jul 6	1944437
			\$30/9 wks
Mon	11:15AM-12:15PM	Jul 9	1944436
Ping Pong		60 yrs+	Free/12 wks
M-F	8:45AM-10:45AM	Jul 3	Drop-in
Scrabble		60 yrs+	Free/12 wks
Thu	10AM-12NOON	Jul 5	Drop-in
Shuffleboard		60 yrs+	Free/12 wks
Tue	10:30AM-12NOON	Jul 3	Drop-in
Snooker		60 yrs+	Free/12 wks
M-F	8:45AM-3:45PM	Jul 3	Drop-in
Social Dance		60 yrs+	Call for details.
Sat	7PM-11PM	Jun 30	Drop-in
Stained Glass		60 yrs+	Free/12 wks
Thu	1PM-3PM	Jul 5	Drop-in
Texas Hold 'Em Poker		60 yrs+	Free/12 wks
Tue	1PM-3PM	Jul 3	Drop-in

BURROWS HALL CC

1081 Progress Ave, 416-396-4670



Cardio Low Impact		60 yrs+	\$37/11 wks
Wed	9:30AM-10:30AM	Mar 28	1981870
Latin Dance: Beginner		60 yrs+	\$37/9 wks
Tue	10:30AM-12NOON	Mar 27	1943762
Line Dance		60 yrs+	Free/12 wks
Thu	12:30PM-3:30PM	Mar 29	1943760
Osteo Fitness		60 yrs+	\$37/11 wks
Wed	10:30AM-11:30AM	Mar 28	1981869
Sequence Dance		60 yrs+	Free/10 wks
Mon	11:30AM-3PM	Mar 26	1943761
Walking		60 yrs+	Free/10 wks
Mon	9:30AM-10:30AM	Mar 26	1943759

CEDARBROOK CC

91 Eastpark Blvd, 416-396-4028



Fit Walk		60 yrs+	Free/11 wks
Wed	12:30PM-1:30PM	Apr 4	1944056

CENTENNIAL RC

1967 Ellesmere Rd, 416-396-4060

Day	Time	Start	Code
Shallow Water Workout 60 yrs+ \$55/10 wks			
Wed	10:45AM-11:45AM	Mar 28	1930756
THU	3PM-4PM	Mar 29	1930757
Thu	10:45AM-11:45AM	Mar 29	1930758

DON MONTGOMERY CRC

Members Only

2467 Eglinton Ave E, 416-396-4047

Quilting 60 mos+ \$35/9 wks			
Wed	9:30AM-11:30AM	Mar 28	1952363
Art Studio 60 yrs+ \$35/9 wks			
Thu	9:30AM-11:30AM	Mar 29	1952361
Art Workshop-Whittling 60 yrs+ Free/13 wks			
Fri	1PM-3PM	Mar 30	Drop-in
Art Workshop-Woodcarving & Woodburning 60 yrs+ Free/12 wks			
Mon	12NOON-2PM	Mar 26	Drop-in
Badminton 60 yrs+ Free/14 wks			
Wed	10:15AM-1:30PM	Mar 28	Drop-in
			Free/13 wks
Fri	11AM-1:15PM	Mar 30	Drop-in
Baseball 60 yrs+ Free/8 wks			
Tue	11AM-12NOON	Mar 27	Drop-in
Bid Euchre 60 yrs+ Free/13 wks			
Fri	12NOON-3PM	Mar 30	Drop-in
Bingo 60 yrs+ Free/14 wks			
Thu	12:30PM-3PM	Mar 29	Drop-in
Board Games 60 yrs+ Free/14 wks			
Tue	10AM-12NOON	Mar 27	Drop-in
Bridge 60 yrs+ Free/14 wks			
Thu	12:30PM-3PM	Mar 29	Drop-in
Cardio High/Low 60 yrs+ \$37/11 wks			
Fri	9AM-10AM	Apr 13	1944048
Chair Yoga 60 yrs+ \$35/11 wks			
Wed	10:15AM-11:15AM	Apr 4	1944076
Coffee Club 60 yrs+ Free/14 wks			
M-F	9AM-4PM	Mar 26	Drop-in
Cooking for 1 or 2 60 yrs+ \$71/8 wks			
Fri	11:45AM-1:45PM	Mar 30	1952404
Craft Bazaar 60 yrs+ Free/14 wks			
Tue	9AM-11:30AM	Mar 27	Drop-in
Cribbage 60 yrs+ Free/14 wks			
Tue	12:45PM-3PM	Mar 27	Drop-in
Darts 60 yrs+ Free/12 wks			
Mon	1PM-3PM	Mar 26	Drop-in
Drawing & Sketching 60 yrs+ \$35/7 wks			
Mon	1:15PM-3:15PM	Mar 26	1952366

Don Montgomery CRC continues...

Day	Time	Start	Code
Euchre 60 yrs+ Free/14 wks			
Wed	12:30PM-3PM	Mar 28	Drop-in
Golf 60 yrs+ Free/14 wks			
Wed	1:15PM-3:15PM	Mar 28	Drop-in
Golf-Instructional 60 yrs+ \$38/9 wks			
Mon	9:15AM-10:15AM	Mar 26	1952406
Mon	10:15AM-11:15AM	Mar 26	1952407
Fri	9AM-10AM	Mar 30	1952408
Fri	10AM-11AM	Mar 30	1952409
Jewellery Making: Introduction 60 yrs+ \$22/1 wk			
Wed	10:15AM-12:15PM	Jun 13	1952365
Latin Dance 60 yrs+ \$38/9 wks			
Thu	1:30PM-3PM	Mar 29	1952399
Line Dance 60 yrs+ \$38/7 wks			
Mon	10AM-11:30AM	Mar 26	1952397
Line Dance: Beginner 60 yrs+ \$25/7 wks			
Mon	9AM-10AM	Mar 26	1952398
Muscle Tone & Stretch 60 yrs+ \$37/11 wks			
Wed	9AM-10AM	Apr 4	1944049
Osteo Fitness 60 yrs+ \$37/11 wks			
Thu	1:30PM-2:30PM	Apr 5	1944050
Pickle Ball 60 yrs+ Free/15 wks			
Thu	1:15PM-3:15PM	Mar 29	Drop-in
Singing Workshop-Karaoke Star 60 yrs+ Free/14 wks			
Tue	1PM-3PM	Mar 27	Drop-in
Snooker 60 yrs+ Free/14 wks			
M-F	9AM-4PM	Mar 26	Drop-in
Table Tennis 60 yrs+ Free/14 wks			
M-F	9AM-3:30PM	Mar 26	Drop-in
Tennis 60 yrs+ Free/16 wks			
Tue	1:15PM-3:15PM	Mar 27	Drop-in
Texas Hold 'Em 60 yrs+ Free/14 wks			
Wed	1PM-3:15PM	Mar 28	Drop-in
Volleyball 60 yrs+ Free/13 wks			
Mon	1:15PM-3:15PM	Mar 26	Drop-in
			Free/15 wks
Fri	1:15PM-3:15PM	Mar 30	Drop-in
Walking 60 yrs+ Free/12 wks			
Mon	11:45AM-12:45PM	Mar 26	Drop-in
			Free/16 wks
Thu	10:15AM-11:45AM	Mar 29	Drop-in
Wii Bowling 60 yrs+ Free/11 wks			
Mon	10AM-12NOON	Mar 26	Drop-in
Woodcarving & Woodburning 60 yrs+ \$35/7 wks			
Mon	9:30AM-11:30AM	Mar 26	1952362

Don Montgomery CRC continues...

Day	Time	Start	Code
Yoga 60 yrs+ \$35/11 wks			
Mon	11:30AM-12:30PM	Apr 2	1944072
Fri	10:15AM-11:15AM	Apr 13	1944070
OLDER ADULTS: SUMMER			
Art Workshop-Whittling 60 yrs+ Free/10 wks			
Mon	1PM-3PM	Jul 9	Drop-in
Bazaar 60 yrs+ Free/13 wks			
Tue	9:15AM-11:30AM	Jul 10	Drop-in
Bid Euchre 60 yrs+ Free/10 wks			
Mon	12NOON-3PM	Jul 9	Drop-in
Bingo 60 yrs+ Free/13 wks			
Thu	12:30PM-3PM	Jul 12	Drop-in
Board Games 60 yrs+ Free/13 wks			
Tue	10AM-12NOON	Jul 10	Drop-in
Bridge 60 yrs+ Free/13 wks			
Thu	12:30PM-3PM	Jul 12	Drop-in
Chair Yoga 60 yrs+ \$35/11 wks			
Wed	10:15AM-11:15AM	Jul 4	1944467
Cribbage 60 yrs+ Free/13 wks			
Tue	12:45PM-3PM	Jul 10	Drop-in
Darts 60 yrs+ Free/10 wks			
Mon	1PM-3PM	Jul 9	Drop-in
Euchre 60 yrs+ Free/13 wks			
Wed	12:30PM-3PM	Jul 11	Drop-in
Line Dance 60 yrs+ \$30/7 wks			
Mon	10AM-11:30AM	Jul 9	1966799
Line Dance: Beginner 60 yrs+ \$30/7 wks			
Mon	9AM-10AM	Jul 9	1966802
Muscle Tone & Stretch 60 yrs+ \$37/11 wks			
Wed	9AM-10AM	Jul 4	1944444
Snooker 60 yrs+ Free/10 wks			
M-F	9AM-3:30PM	Jul 5	Drop-in
Table Tennis 60 yrs+ Free/11 wks			
M-F	9AM-3:30PM	Jul 3	Drop-in
Texas Hold Em 60 yrs+ Free/13 wks			
Wed	1PM-3PM	Jul 11	Drop-in
Wii Bowling 60 yrs+ Free/10 wks			
Mon	10AM-12NOON	Jul 9	Drop-in
Yoga 60 yrs+ \$29/9 wks			
Mon	11:45AM-12:45PM	Jul 9	1944464

ELLESMERE CC

20 Canadian Rd, 416-396-5536



Day	Time	Start	Code
Cardio High/Low		60 yrs+	\$37/11 wks
Mon	10:30AM-11:30AM	Apr 2	1944053
Wed	10:30AM-11:30AM	Apr 4	1944051
Country Line Dance: Beginner/Intermediate		60 yrs+	\$25/9 wks
Tue	9:45AM-10:45AM	Mar 27	1953221
Thu	2:15PM-3:15PM	Mar 29	1953220
Zumba® Gold		60 yrs+	\$30/9 wks
Thu	1:15PM-2:15PM	Mar 29	1981868

OLDER ADULTS: SUMMER

Cardio High/Low		60 yrs+	\$37/11 wks
Wed	10:30AM-11:30AM	Jul 4	1944439
			\$30/9 wks
Mon	10:30AM-11:30AM	Jul 9	1944440
Euchre/Bridge		60 yrs+	Free/9 wks
Wed	1:30PM-3:30PM	Jul 4	1957586
Wed	1:30PM-3:30PM	Jul 18	1957580
Line Dance For Fun		60 yrs+	Free/4 wks
Thu	1:30PM-2:30PM	Jul 5	1957585
Zumba® Gold		60 yrs+	\$30/9 wks
Thu	1:15PM-2:15PM	Jul 5	2004482

HERON PARK CRC

292 Manse Rd, 416-396-4035



Badminton		55 yrs+	Free/12 wks
Tu/Th	9:30AM-11:30AM	Mar 27	1969999
Ballroom & Line Dance		60 yrs+	Free/12 wks
Fri	1:30PM-3:45PM	Apr 6	1970001
Bid Euchre		60 yrs+	Free/12 wks
Thu	12:30PM-3:30PM	Apr 5	1970003
Bridge: Beginner		60 yrs+	Free/12 wks
Wed	1:30PM-3:30PM	Apr 4	1969997
Progressive Euchre		60 yrs+	Free/12 wks
Tue	12:30PM-3:30PM	Apr 3	1970002
Table Tennis		60 yrs+	Free/12 wks
Sa-Th	1PM-3PM	Mar 26	1969998
Walking		60 yrs+	Free/12 wks
Tu-F	1PM-2:30PM	Mar 27	1970000
OLDER ADULTS: SUMMER			
Badminton		55 yrs+	Free/12 wks
Tu/Th	9:30AM-11:30AM	Jul 10	1970151
Ballroom & Line Dance		60 yrs+	Free/12 wks
Fri	1:30PM-3:45PM	Jul 20	1970153
Bid Euchre		60 yrs+	Free/12 wks
Thu	12:30PM-3:30PM	Jul 19	1970155

Heron Park CRC continues...

Day	Time	Start	Code
Bridge: Beginner		60 yrs+	Free/12 wks
Wed	1:30PM-3:30PM	Jul 18	1970149
Progressive Euchre		60 yrs+	Free/12 wks
Tue	12:30PM-3:30PM	Jul 17	1970154
Table Tennis		60 yrs+	Free/12 wks
Sa-Th	1PM-3PM	Jul 5	1970150
Walking		60 yrs+	Free/12 wks
Tu-F	1PM-2:30PM	Jul 6	1970152

L'AMOREAUX CRC

Members Only

2000 McNicoll Ave, 416-396-4510



Badminton		60 yrs+	Free/12 wks
Mon	9:30AM-11:30AM	Mar 26	Drop-in
Tue	12:45PM-2:45PM	Mar 27	Drop-in
Thu	12:45PM-2:45PM	Mar 29	Drop-in
Fri	9:30AM-11:30AM	Mar 30	Drop-in
Ballroom Dance: Beginner/Intermediate		60 yrs+	\$25/9 wks
Wed	10:30AM-11:30AM	Apr 4	1993002
Chinese Chess Club		60 yrs+	Free/12 wks
Thu	12:15PM-4PM	Mar 29	Drop-in
Clogging: Beginner		60 yrs+	\$25/9 wks
Wed	2PM-3PM	Apr 4	1993004
Educational Computer: Email & Internet		60 yrs+	\$35/9 wks
Fri	1PM-2:30PM	Apr 13	1993012
Educational Computer: Introduction		60 yrs+	\$35/9 wks
Fri	11:30AM-1PM	Apr 13	1993011
Fitness Low Impact Aerobics		60 yrs+	\$33/10 wks
Tue	11AM-12NOON	Mar 27	1981872
Games-Snooker		60 yrs+	Free/12 wks
M-F	9AM-4PM	Mar 26	Drop-in
Gentle Yoga		60 yrs+	\$29/9 wks
Mon	1:30PM-2:30PM	Mar 26	1981904
Mon	12:30PM-1:30PM	Mar 26	1982557
			\$32/10 wks
Wed	12:30PM-1:30PM	Mar 28	1981905
Line Dance: Beginner		60 yrs+	\$25/9 wks
Tue	1PM-2PM	Apr 3	1993008
Line Dance: Beginner+		60 yrs+	\$25/9 wks
Tue	2PM-3PM	Apr 3	1993010
Line Dance: Intermediate		60 yrs+	\$25/9 wks
Thu	1PM-2PM	Apr 5	1993009
Line Dance-Practice-All Sorts		60 yrs+	Free/12 wks
Tue	10AM-12NOON	Apr 3	Drop-in
Line Dance-Tap: Intermediate		60 yrs+	\$25/9 wks
Fri	10AM-11AM	Mar 30	1993006

L'Amoureux CRC continues...

Day	Time	Start	Code
Movie - 1st Tuesday of the month		60 yrs+	Free/3 wks
Tue	12:30PM-3PM	Apr 3	Drop-in
Ping Pong		60 yrs+	Free/12 wks
Mon	12:45PM-2:45PM	Mar 26	Drop-in
Wed	9:30AM-11:30AM	Mar 28	Drop-in
Thu	9:30AM-11:30AM	Mar 29	Drop-in
Fri	12:45PM-2:45PM	Mar 30	Drop-in
Social Line Dance		60 yrs+	Free/12 wks
Wed	12:30PM-3PM	Mar 28	Drop-in
Social Line Dance-Instructional		60 yrs+	Free/12 wks
Mon	10AM-12NOON	Mar 26	Drop-in
Tai Chi		60 yrs+	\$35/11 wks
Thu	10AM-11AM	Mar 29	1981888
Walking Club		60 yrs+	Free/10 wks
Tue	12:15PM-1:15PM	Mar 27	1981873
Zumba® Gold		60 yrs+	\$30/9 wks
Fri	11:15AM-12:15PM	Mar 30	1981874
OLDER ADULTS: SUMMER			
Badminton		60 yrs+	Free/6 wks
Mon	10AM-12NOON	Jul 9	Drop-in
			Free/10 wks
Wed	10AM-12NOON	Jul 4	Drop-in
			Free/11 wks
Fri	1PM-3PM	Jul 6	Drop-in
Ballroom Line Dance		60 yrs+	\$25/9 wks
Thu	1:30PM-2:30PM	Jul 5	1993022
Gentle Yoga		60 yrs+	\$29/9 wks
Mon	1:30PM-2:30PM	Jul 9	1987413
			\$35/11 wks
Wed	1:30PM-2:30PM	Jul 4	1987414
Snooker		60 yrs+	Free/10 wks
M-F	9AM-4PM	Jul 3	Drop-in
Table Tennis		60 yrs+	Free/7 wks
Tue	1PM-3PM	Jul 3	Drop-in
			Free/9 wks
Wed	1PM-3PM	Jul 4	Drop-in
			Free/7 wks
Fri	10AM-12NOON	Jul 6	Drop-in
Tai Chi		60 yrs+	\$35/11 wks
Thu	10AM-11AM	Jul 5	1987374
Zumba® Gold		60 yrs+	\$30/9 wks
Wed	2:30PM-3:30PM	Jul 4	1987357
L'AMOREAUX TENNIS CENTRE			
300 Silver Springs Blvd, 416-396-4041			
Tennis-Outdoor		60 yrs+	\$16/18 wks
M/W/F	8AM-11AM	May 30	1977596

McGREGOR PARK RC

2231 Lawrence Ave E, 416-396-4023



Day	Time	Start	Code
Cards-Euchre		60 yrs+	Free/10 wks
Wed	1PM-3PM	Apr 4	1949224
Line Dance		60 yrs+	Free/9 wks
Mon	1PM-3PM	Apr 16	1949225
Zumba® Gold		60 yrs+	\$37/11 wks
Wed	1PM-2PM	Apr 4	1943986

OAKRIDGE CRC

63 Pharmacy Ave, 416-338-1966



Bunka-Instructional		60 yrs+	Free/11 wks
Wed	9:30AM-11:30AM	Mar 28	1931862
Cardio High/Low		60 yrs+	Free/12 wks
Mon	9:15AM-10:15AM	Apr 2	1944059
			Free/11 wks
Tue	11:40AM-12:40PM	Apr 3	1944058
Fri	9:15AM-10:15AM	Apr 13	1944057
Line Dance-Instructional		60 yrs+	Free/5 wks
Mon	1:30PM-3PM	Mar 26	1931861
Painting: Beginner		60 yrs+	Free/9 wks
Tue	12:30PM-2:30PM	Mar 27	1931866
Painting: Intermediate		60 yrs+	Free/9 wks
Tue	2:30PM-4PM	Mar 27	1931867
Social Drop In: Ballroom Dance		60 yrs+	Free/11 wks
Wed	1PM-3PM	Mar 28	1931865
Social-Bingo		60 yrs+	Free/11 wks
Thu	1PM-3PM	Mar 29	1931864
Social-Carpet Bowling		60 yrs+	Free/11 wks
Thu	9:30AM-11:30AM	Mar 29	1931863

OLDER ADULTS: SUMMER

Fitness		55 yrs+	Free/11 wks
Tue	11:40AM-12:40PM	Jul 3	Drop-in
Wed	9:15am-10:15am	Jul 4	Drop-in
Mon	9:15AM-10:15AM	Jul 9	Drop-in

PORT UNION RC

5450 Lawrence Ave E, 416-396-4034

Members Only



Art Studio		60 yrs+	\$35/9 wks
Tue	1PM-3PM	Mar 27	1942406
Bazaar Crafts		60 yrs+	Free/11 wks
Tu/W	9:30AM-12:30PM	Mar 27	Drop-in
Bid Euchre		60 yrs+	Free/11 wks
Tue	9:30AM-11:30AM	Mar 27	Drop-in
Fri	12:30PM-3PM	Mar 30	Drop-in
Bingo		60 yrs+	Free/11 wks
Wed	12:30PM-3:30PM	Mar 28	Drop-in
Bridge-Progressive		60 yrs+	Free/11 wks
Thu	12:30PM-3:30PM	Mar 29	Drop-in

Port Union RC continues...

Day	Time	Start	Code
Bunka		60 yrs+	\$35/9 wks
Wed	9:30AM-11:30AM	Mar 28	1942407
Cardio-Low Impact		60 yrs+	\$33/10 wks
Mon	10:45AM-11:45AM	Mar 26	1942433
Computer Club		60 yrs+	Free/11 wks
Tue	2PM-3:30PM	Mar 27	Drop-in
Cribbage		60 yrs+	Free/11 wks
Thu	12:30PM-3:30PM	Mar 29	Drop-in
Euchre-Progressive		60 yrs+	Free/11 wks
Mon	12:30PM-3:30PM	Mar 26	Drop-in
Fitness		60 yrs+	\$33/10 wks
Fri	10:45AM-11:45AM	Mar 30	1942431
Line Dance		60 yrs+	Free/11 wks
Fri	12:30PM-3PM	Mar 30	Drop-in
Line Dance: Beginner		60 yrs+	\$25/9 wks
Tue	12:50PM-1:50PM	Mar 27	1942427
Line Dance-Belly Dance		60 yrs+	\$25/9 wks
Tue	2PM-3PM	Mar 27	1942426
Memory Lane Band		60 yrs+	Free/11 wks
Thu	11AM-12:30PM	Mar 29	Drop-in
Muscle Conditioning		60 yrs+	\$33/10 wks
Wed	10:45AM-11:45AM	Mar 28	1942434
Outing Companions		60 yrs+	Free/11 wks
Thu	1PM-3PM	Mar 29	Drop-in
Pottery		60 yrs+	\$54/9 wks
Tue	9:30AM-11:30AM	Mar 27	1942408
Quilting		60 yrs+	\$35/9 wks
Mon	9:30AM-11:30AM	Mar 26	1942409
Snooker		60 yrs+	Free/11 wks
M-F	9:30AM-3:30PM	Mar 26	Drop-in
Stained Glass		60 yrs+	\$35/9 wks
Mon	1PM-3PM	Mar 26	1942410
Stamp Club		60 yrs+	Free/11 wks
Mon	1PM-3PM	Mar 26	Drop-in
Tai Chi Chuan		60 yrs+	\$47/10 wks
Tue	10:45AM-12:15PM	Mar 27	1942455
Woodburning/Woodcarving		60 yrs+	Free/11 wks
Thu	9:30AM-11:30AM	Mar 29	Drop-in

OLDER ADULTS: SUMMER

Art Workshop		60 yrs+	Free/9 wks
Tue	1PM-3PM	Jul 3	Drop-in
Bazaar Crafts		60 yrs+	Free/9 wks
Tu/W	9:30AM-12:30PM	Jul 3	Drop-in
Bid Euchre		60 yrs+	Free/9 wks
Tue	9:30AM-11:30AM	Jul 3	Drop-in
Bid Euchre-6 Hand		60 yrs+	Free/9 wks
Tue	12:30PM-3PM	Jul 3	Drop-in

Port Union RC continues...

Day	Time	Start	Code
Bingo		60 yrs+	Free/9 wks
Wed	12:30PM-3:30PM	Jul 4	Drop-in
Bridge		60 yrs+	Free/9 wks
Thu	12:30PM-3:30PM	Jul 5	Drop-in
Cribbage		60 yrs+	Free/9 wks
Thu	12:30PM-3:30PM	Jul 5	Drop-in
Euchre		60 yrs+	Free/7 wks
Mon	12:30PM-3PM	Jul 9	Drop-in
Line Dance		60 yrs+	Free/9 wks
Mon	12:30PM-3PM	Jul 9	Drop-in
Low Impact Aerobics		60 yrs+	\$26/8 wks
Thu	10:45AM-11:45AM	Jul 5	1944674
			\$23/7 wks
Mon	10:45AM-11:45AM	Jul 9	1944672
Movie Tuesdays		60 yrs+	Free/9 wks
Tue	1PM-3:30PM	Jul 3	Drop-in
Outing Companions		60 yrs+	Free/9 wks
Thu	1PM-3PM	Jul 5	Drop-in
Quilting		60 yrs+	Free/9 wks
Mon	9:30AM-11:30AM	Jul 9	Drop-in
Snooker		60 yrs+	Free/9 wks
M-Thu	9:30AM-3:30PM	Jul 9	Drop-in
Stained Glass Workshop		60 yrs+	Free/7 wks
Mon	1PM-3PM	Jul 9	Drop-in
Stamp Club		60 yrs+	Free/8 wks
Mon	1PM-3PM	Jul 9	Drop-in
Stretch & Strengthen		60 yrs+	\$26/8 wks
Wed	10:45AM-11:45AM	Jul 4	1944673
Tai Chi Chuan		60 yrs+	\$25/8 wks
Tue	10:45AM-11:45AM	Jul 3	1944680
Woodcarving/Burning Workshop		60 yrs+	Free/9 wks
Thu	9:30AM-11:30AM	Jul 5	Drop-in

SCARBOROUGH VILLAGE RC

3600 Kingston Rd, 416-396-4051

Members Only



Art Studio		60 yrs+	\$35/9 wks
Wed	9:30AM-11:30AM	Mar 28	1961233
Ballroom Dance		60 yrs+	Free/14 wks
Tue	1PM-3PM	Mar 27	Drop-in
Bid Euchre		60 yrs+	Free/13 wks
Thu	12:30PM-3PM	Mar 29	Drop-in
Bingo		60 yrs+	Free/12 wks
Mon	12:30PM-3:30PM	Mar 26	Drop-in
Bridge		60 yrs+	Free/14 wks
Wed	12NOON-3PM	Mar 28	Drop-in
Bunka		60 yrs+	Free/12 wks
Mon	1PM-3PM	Mar 26	Drop-in

Scarborough Village RC continues...

Day	Time	Start	Code
Choir		60 yrs+	Free/16 wks
Thu	10AM-12NOON	Mar 29	Drop-in
Clogging: Beginner		60 yrs+	\$25/9 wks
Mon	10:40AM-11:40AM	Mar 26	1961264
Clogging: Intermediate		60 yrs+	\$25/9 wks
Mon	11:45AM-12:45PM	Mar 26	1961265
Country Crafts		60 yrs+	Free/14 wks
Thu	9AM-11AM	Mar 29	Drop-in
Cribbage		60 yrs+	Free/12 wks
Fri	12:30PM-3PM	Mar 30	Drop-in
Crochet/Knitting		60 yrs+	Free/14 wks
Tue	1PM-3PM	Mar 27	Drop-in
Darts		60 yrs+	Free/13 wks
Fri	10AM-12NOON	Mar 30	Drop-in
Euchre		60 yrs+	Free/14 wks
Tue	12:30PM-3PM	Mar 27	Drop-in
Fitness		60 yrs+	\$30/9 wks
Mon	9:30AM-10:30AM	Apr 2	1944030
Mon	10:30AM-11:30AM	Apr 2	2004474
			\$37/11 wks
Thu	9:30AM-10:30AM	Apr 5	1944031
Thu	10:30AM-11:30AM	Apr 5	1944032
Thu	12:30PM-1:30PM	Apr 5	1944036
Folk Art		60 yrs+	Free/13 wks
Thu	1PM-3PM	Mar 29	Drop-in
Learn to Play Euchre		60 yrs+	Free/13 wks
Tue	9AM-11AM	Apr 3	Drop-in
Line Dance		60 yrs+	\$38/9 wks
Wed	10:45AM-12:15PM	Mar 28	1961266
Line/Tap Dance		60 yrs+	\$25/9 wks
Tue	11:30AM-12:30PM	Mar 27	1961268
Muscle Strengthening		60 yrs+	\$37/11 wks
Tue	9:15AM-10:15AM	Apr 3	1944033
Tue	10:15AM-11:15AM	Apr 3	1944034
Osteo Support		60 yrs+	Free/1 wk
Mon	9AM-12NOON	Mar 26	Drop-in
Mon	9AM-12NOON	Apr 23	Drop-in
			Free/3 wks
Mon	9AM-12NOON	Apr 23	Drop-in
Painting-Oil		60 yrs+	Free/14 wks
Tue	9AM-11AM	Mar 27	Drop-in
Paper Tole		60 yrs+	\$35/9 wks
Wed	1:15PM-3:15PM	Mar 28	1961234
			Free/11 wks
Mon	9AM-11AM	Mar 26	Drop-in
Quilting		60 yrs+	Free/12 wks
Mon	9AM-11AM	Mar 26	Drop-in

Scarborough Village RC continues...

Day	Time	Start	Code
Quilting		60 yrs+	Free/13 wks
Tue	1PM-3PM	Mar 27	Drop-in
Scrabble		60 yrs+	Free/13 wks
Fri	10AM-12NOON	Mar 30	Drop-in
Shuffleboard		60 yrs+	Free/12 wks
Mon	12:45PM-3:30PM	Mar 26	Drop-in
			Free/13 wks
Fri	9:30AM-12NOON	Mar 30	Drop-in
Sit N Fit		60 yrs+	\$37/11 wks
Thu	11:30AM-12:30PM	Apr 5	1944035
Social Line Dance		60 yrs+	Free/14 wks
Thu	12:30PM-3:30PM	Mar 29	Drop-in
Stained Glass		60 yrs+	\$35/9 wks
Fri	9:30AM-11:30AM	Mar 30	1961235
Tai Chi: Beginner		60 yrs+	\$35/11 wks
Tue	11:15AM-12:15PM	Apr 3	1944060
Tai Chi: Intermediate		60 yrs+	\$35/11 wks
Tue	9:15AM-10:15AM	Apr 3	1944061
Tai Chi: Advanced		60 yrs+	\$35/11 wks
Tue	10:15AM-11:15AM	Apr 3	1944062
Tap Dance: Beginner		60 yrs+	\$25/8 wks
Fri	11:30AM-12:30PM	Mar 30	1961270
Tap Dance: Intermediate		60 yrs+	\$25/8 wks
Fri	10:30AM-11:30AM	Mar 30	1961272
Tap Dance: Advanced		60 yrs+	\$25/8 wks
Fri	9:30AM-10:30AM	Mar 30	1961269
Texas Hold Em		60 yrs+	Free/13 wks
Fri	1PM-3PM	Mar 30	Drop-in
Woodburning		60 yrs+	\$35/9 wks
Wed	10AM-12NOON	Mar 28	1961236
Woodcarving		60 yrs+	\$35/9 wks
Wed	12:30PM-2:30PM	Mar 28	1961237
Yoga		60 yrs+	\$35/11 wks
Mon	9:30AM-10:30AM	Apr 2	1944069
Wed	9:30AM-10:30AM	Apr 4	1944068
Zumba® Rhythm & Dance		60 yrs+	\$25/9 wks
Wed	12:20PM-1:20PM	Mar 28	1961267
OLDER ADULTS: SUMMER			
Ballroom Dance		60 yrs+	Free/12 wks
Tue	1PM-3PM	Jul 10	Drop-in
Bid Euchre		60 yrs+	Free/12 wks
Thu	1PM-3PM	Jul 12	Drop-in
Bingo		60 yrs+	Free/11 wks
Mon	12:30PM-3:30PM	Jul 9	Drop-in
Bridge		60 yrs+	Free/12 wks
Wed	12:30PM-3:30PM	Jul 11	Drop-in

Scarborough Village RC continues...

Day	Time	Start	Code
Country Crafts		60 yrs+	Free/12 wks
Thu	9AM-11AM	Jul 12	Drop-in
Cribbage		60 yrs+	Free/12 wks
Wed	1PM-3PM	Jul 11	Drop-in
Crochet/Knitting		60 yrs+	Free/12 wks
Tue	1PM-3PM	Jul 10	Drop-in
Darts		60 yrs+	Free/12 wks
Thu	10AM-12NOON	Jul 12	Drop-in
Euchre		60 yrs+	Free/12 wks
Tue	12:30PM-3PM	Jul 10	Drop-in
Fitness		60 yrs+	\$37/11 wks
Thu	9:30AM-10:30AM	Jul 5	1944448
Thu	10:30AM-11:30AM	Jul 5	1944449
Thu	12:30PM-1:30PM	Jul 5	1944452
			\$30/9 wks
Mon	9:30AM-10:30AM	Jul 9	1944446
Folk Art		60 yrs+	Free/12 wks
Thu	9:30AM-12NOON	Jul 12	Drop-in
Line Dance Social		60 yrs+	Free/12 wks
Thu	12:30PM-3:30PM	Jul 12	Drop-in
Muscle Strengthening		60 yrs+	\$37/11 wks
Tue	9:30AM-10:30AM	Jul 3	1944450
Painting		60 yrs+	Free/12 wks
Tue	9AM-11AM	Jul 10	Drop-in
Paper Tole		60 yrs+	\$30/4 wks
Tue	9:30AM-11:30AM 12NOON-2PM	Jul 10	1961292
Quilting		60 yrs+	Free/11 wks
Mon	9AM-11AM	Jul 9	Drop-in
			Free/12 wks
Tue	1PM-3PM	Jul 10	Drop-in
Scrabble		60 yrs+	Free/12 wks
Thu	10AM-12NOON	Jul 12	Drop-in
Shuffleboard		60 yrs+	Free/11 wks
Mon	12:45PM-3:30PM	Jul 9	Drop-in
			Free/12 wks
Thu	9:30AM-12NOON	Jul 12	Drop-in
Sit N Fit		60 yrs+	\$37/11 wks
Thu	11:30AM-12:30PM	Jul 5	1944451
Tai Chi: Beginner		60 yrs+	\$35/11 wks
Tue	11:15AM-12:15PM	Jul 3	1944453
Tai Chi: Intermediate		60 yrs+	\$35/11 wks
Tue	9:15AM-10:15AM	Jul 3	1944455
Tai Chi: Advanced		60 yrs+	\$35/11 wks
Tue	10:15AM-11:15AM	Jul 3	1944456
Texas Hold Em		60 yrs+	Free/9 wks
Thu	1PM-3PM	Jul 12	Drop-in

Scarborough Village RC continues...

Day	Time	Start	Code
Yoga		60 yrs+	\$37/11 wks
Wed	9AM-10AM	Jul 4	1944466
			\$29/9 wks
Mon	9AM-10AM	Jul 9	1944465

STEPHEN LEACOCK CC

2520 Birchmount Rd, 416-396-4040



Art Workshop-Woodcarving		60 yrs+	Free/12 wks
Mon	10AM-12NOON	Mar 26	Drop-in
Belly Dance		60 yrs+	\$37/9 wks
Mon	10AM-11:30PM	Mar 26	1955608
Wed	10:30AM-12NOON	Mar 28	1955607
Bid Euchre		60 yrs+	Free/12 wks
Fri	12:30PM-3PM	Mar 30	Drop-in
Bingo		60 yrs+	Free/12 wks
Mon	12:45PM-2:45PM	Mar 26	Drop-in
Bridge-Bidding		60 yrs+	\$26/9 wks
Tue	10AM-11:30AM	Mar 27	1955629
Bridge-Conventions		60 yrs+	\$26/9 wks
Tue	11:45AM-1:15PM	Mar 27	1955628
Bridge-Open		60 yrs+	Free/12 wks
Thu	12:15PM-3PM	Mar 29	Drop-in
Bridge-Play Of The Hand		60 yrs+	\$26/9 wks
Tue	1:30PM-3PM	Mar 27	1955627
Bridge-Progressive		60 yrs+	Free/12 wks
Fri	12:15PM-3PM	Mar 30	Drop-in
Bridge-Team		60 yrs+	Free/12 wks
Mon	12:30PM-3PM	Mar 26	Drop-in
Bunka		60 yrs+	\$34/9 wks
Thu	10AM-12NOON	Mar 29	1955561
Carpet Bowling		60 yrs+	Free/12 wks
Mon	9:30AM-11:30AM	Mar 26	Drop-in
Chair Yoga		60 yrs+	\$35/11 wks
Tue	9AM-10AM	Mar 27	1981907
Crafts Bazaar		60 yrs+	Free/12 wks
Fri	12:45PM-3PM	Mar 30	Drop-in
Cribbage		60 yrs+	Free/12 wks
Wed	12:15PM-2:45PM	Mar 28	Drop-in
Crochet Social		60 yrs+	Free/12 wks
Mon	10AM-12NOON	Mar 26	Drop-in
Darts		60 yrs+	Free/12 wks
Thu	9AM-11:30AM	Mar 29	Drop-in
Decoupage		60 yrs+	\$33/9 wks
Tue	10AM-12NOON	Mar 27	1955562
Wed	10AM-12NOON	Mar 28	1955563
Euchre-Progressive		60 yrs+	Free/12 wks
Thu	12:30PM-3PM	Mar 29	Drop-in

Stephen Leacock CC continues...

Day	Time	Start	Code
Gentle Yoga		60 yrs+	\$35/11 wks
Thu	9AM-10AM	Mar 29	1981906
Hawaiian Dance Hula for Health		60 yrs+	\$37/9 wks
Fri	10AM-11:30AM	Mar 30	1955609
Latin Dance		60 yrs+	\$25/9 wks
Thu	2:30PM-3:30PM	Mar 29	1955610
Line Dance: Beginner		60 yrs+	\$25/9 wks
Wed	3PM-4PM	Mar 28	1955604
Line Dance: Intermediate		60 yrs+	\$25/9 wks
Wed	1:45PM-2:45PM	Mar 28	1955603
Line Dance: Advanced		60 yrs+	\$25/9 wks
Wed	12:30PM-1:30PM	Mar 28	1955602
Latin Line Dance: Beginner		60 yrs+	\$25/9 wks
Thu	10AM-11AM	Mar 29	1955605
Latin Line Dance: Intermediate		60 yrs+	\$25/9 wks
Thu	11AM-12NOON	Mar 29	1955606
Line Dance-Social		60 yrs+	Free/12 wks
Tue	12:45PM-3PM	Mar 27	Drop-in
Low Impact Aerobics		60 yrs+	\$33/10 wks
Fri	9AM-10AM	Mar 30	1981866
Mini Shuffleboard		60 yrs+	Free/12 wks
Thu	10AM-11:30AM	Mar 29	Drop-in
Osteo Fitness		60 yrs+	\$33/10 wks
Wed	11:15AM-12:15PM	Mar 28	1981867
Painting-Oil & Acrylic		60 yrs+	\$34/9 wks
Thu	1PM-3PM	Mar 29	1955567
Painting-Watercolour		60 yrs+	\$33/9 wks
Thu	10AM-12NOON	Mar 29	1955558
Photography-Digital		60 yrs+	\$34/9 wks
Tue	2PM-4PM	Mar 27	1955570
Quilting Social		60 yrs+	Free/12 wks
Mon	10AM-12NOON	Mar 26	Drop-in
Sit, Fit & Stretch		60 yrs+	\$33/10 wks
Wed	10:15AM-11:15AM	Mar 28	1981878
Fri	10:15AM-11:15AM	Mar 30	1981880
Stretch & Strengthen		60 yrs+	\$33/10 wks
Wed	9AM-10AM	Mar 28	1981879
Sketching & Drawing		60 yrs+	\$34/9 wks
Wed	1PM-3PM	Mar 28	1955573
Snooker		60 yrs+	Free/12 wks
M-F	9AM-3:45PM	Mar 26	Drop-in
Social Games		60 yrs+	Free/12 wks
Tue	12:45PM-3PM	Mar 27	Drop-in
Table Tennis		60 yrs+	Free/12 wks
Tu/Th	9AM-3PM	Mar 27	Drop-in
Tai Chi: Beginner		60 yrs+	\$35/11 wks
Tue	10:15AM-11:15AM	Mar 27	1981886

Stephen Leacock CC continues...

Day	Time	Start	Code
Tai Chi: Intermediate		60 yrs+	\$35/11 wks
Tue	11:25AM-12:25PM	Mar 27	1981887
Zumba® Gold		60 yrs+	\$37/11 wks
Thu	1PM-2PM	Mar 29	1981871
OLDER ADULTS: SUMMER			
Belly Dance		60 yrs+	\$37/9 wks
Wed	10:30AM-12NOON	Jul 4	1955728
Bid Euchre		60 yrs+	Free/12 wks
Fri	12:15PM-3PM	Jul 6	Drop-in
Bridge-Conventions		60 yrs+	\$26/9 wks
Tue	10AM-11:30AM	Jul 3	1955734
Bridge-Play of the Hand		60 yrs+	\$26/9 wks
Tue	11:45AM-1:15PM	Jul 3	1955735
Bridge-Team		60 yrs+	Free/8 wks
Mon	12:15PM-3PM	Jul 9	Drop-in
Bridge-Open		60 yrs+	Free/8 wks
Thu	12:15PM-3PM	Jul 12	Drop-in
Carpet Bowling		60 yrs+	Free/8 wks
Mon	9:30AM-11:30AM	Jul 9	Drop-in
Chair Yoga		60 yrs+	\$35/11 wks
Tue	9AM-10AM	Jul 3	1987417
Couples Dance		60 yrs+	\$25/9 wks
Thu	2:30PM-3:30PM	Jul 5	1955731
Crafts Bazaar Social		60 yrs+	Free/12 wks
Fri	12:45PM-3PM	Jul 6	Drop-in
Cribbage		60 yrs+	Free/12 wks
Wed	12:15PM-2:45PM	Jul 4	Drop-in
Crochet Social		60 yrs+	Free/8 wks
Mon	10AM-12NOON	Jul 9	Drop-in
Darts		60 yrs+	Free/11 wks
Thu	9AM-11:30AM	Jul 5	Drop-in
Decoupage Crafts		60 yrs+	\$34/4 wks
Wed	10AM-2:30PM	Jul 4	1955648
Games-Bingo		60 yrs+	Free/8 wks
Mon	12:45PM-2:45PM	Jul 9	Drop-in
Games-Snooker		60 yrs+	Free/11 wks
M-F	9AM-3:45PM	Jul 9	Drop-in
Gentle Yoga		60 yrs+	\$35/11 wks
Thu	9AM-10AM	Jul 5	1987416
Latin Line Dance: Beginner		60 yrs+	\$25/9 wks
Thu	10AM-11AM	Jul 5	1955729
Latin Line Dance: Intermediate		60 yrs+	\$25/9 wks
Thu	11AM-12NOON	Jul 5	1955730
Line Dance: Beginner		60 yrs+	\$25/9 wks
Wed	3PM-4PM	Jul 4	1955726
Line Dance: Intermediate		60 yrs+	\$25/9 wks
Wed	1:45PM-2:45PM	Jul 4	1955725



Stephen Leacock CC continues...

Day	Time	Start	Code
Line Dance: Advanced 60 yrs+ \$25/9 wks			
Wed	12:30PM-1:30PM	Jul 4	1955727
Low Impact Aerobics 60 yrs+ \$33/10 wks			
Fri	9AM-10AM	Jul 13	1987347
Mini Shuffleboard 60 yrs+ Free/11 wks			
Thu	10AM-11:30AM	Jul 5	Drop-in
Osteo Fitness 60 yrs+ \$33/10 wks			
Wed	11:15AM-12:15PM	Jul 4	1987348
Painting-Oil & Acrylic 60 yrs+ \$34/9 wks			
Thu	1PM-3PM	Jul 5	1955644
Painting-Watercolour 60 yrs+ \$34/9 wks			
Thu	10AM-12NOON	Jul 5	1955645
Progressive Bridge 60 yrs+ Free/12 wks			
Fri	12:15PM-3PM	Jul 6	Drop-in
Progressive Euchre 60 yrs+ Free/11 wks			
Thu	12:15PM-2:45PM	Jul 5	Drop-in
Quilting Social 60 yrs+ Free/8 wks			
Mon	10AM-12NOON	Jul 9	Drop-in
Sit, Fit & Stretch 60 yrs+ \$33/10 wks			
Wed	10:15AM-11:15AM	Jul 4	1987361
			\$37/12 wks
Fri	10:15AM-11:15AM	Jul 6	1987363
Sketching & Drawing-Landscape 60 yrs+ \$34/9 wks			
Wed	2:30PM-4:30PM	Jul 4	1955647
Social Cards 60 yrs+ Free/12 wks			
Tue	12:45PM-3PM	Jul 3	Drop-in
Social Line Dance 60 yrs+ Free/12 wks			
Tue	12:45PM-3PM	Jul 3	Drop-in
Stretch & Strength 60 yrs+ \$33/10 wks			
Wed	9AM-10AM	Jul 4	1987362

Stephen Leacock CC continues...

Day	Time	Start	Code
Tai Chi: Beginner 60 yrs+ \$35/11 wks			
Tue	10:15AM-11:15AM	Jul 3	1987372
Tai Chi: Intermediate 60 yrs+ \$35/11 wks			
Tue	11:25AM-12:25PM	Jul 3	1987373
Zumba® Gold 60 yrs+ \$37/11 wks			
Thu	1PM-2PM	Jul 5	1987353

WARDEN HILLTOP CC

25 Mendelssohn St, 416-392-7640



Cards & Games 55 yrs+ Free/12 wks			
Wed	1PM-3PM	Mar 28	1980749
Art Studio 60 yrs+ \$35/9 wks			
Wed	1PM-3PM	Mar 28	1957467
Badminton 60 yrs+ Free/12 wks			
Tue	12:30PM-2:30PM	Mar 27	1957469
Cardio High/Low 60 yrs+ \$37/11 wks			
Tue	10:30AM-11:30AM	Apr 3	1944037
Fri	10:30AM-11:30AM	Apr 13	1944052
Line Dance 60 yrs+ \$25/9 wks			
Thu	11AM-12NOON	Mar 29	1957470
Table Tennis 60 yrs+ Free/11 wks			
Fri	12:30PM-2:30PM	Mar 30	1984403
Walking 60 yrs+ Free/12 wks			
Mon	12:30PM-2:30PM	Mar 26	1957468
Yoga 60 yrs+ \$35/11 wks			
Wed	1PM-2PM	Apr 4	1944074
Fri	1PM-2PM	Apr 13	1944075
Zumba® Gold 60 yrs+ \$37/11 wks			
Thu	10:30AM-11:30AM	Apr 5	1944046

OLDER ADULTS: SUMMER

Art Studio 60 yrs+ \$35/9 wks			
Wed	1PM-3PM	Jul 4	1984962
Cardio High/Low 60 yrs+ \$37/11 wks			
Thu	10:30AM-11:30AM	Jul 5	1944441
Fri	10:35AM-11:35AM	Jul 6	1944442
Line Dance 60 yrs+ \$25/9 wks			
Thu	11AM-12NOON	Jul 5	1984963
Yoga 60 yrs+ \$35/11 wks			
Wed	1PM-2PM	Jul 4	1992775
Fri	1PM-2PM	Jul 6	1944463

WEST ROUGE CC

270 Rouge Hills Dr, 416-396-4147



Cards & Games 55 yrs+ Free/12 wks			
Wed	10AM-12NOON	Mar 28	1940771
Wed	1PM-3PM	Mar 28	1940770
Fitness 60 yrs+ \$40/12 wks			
Thu	10:45AM-11:45AM	Apr 5	1945156

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



TORONTO