

**Toronto and
East 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 44-58 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

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 33 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.

BEACHES RC

6 Williamson Rd, 416-392-0740

Day	Time	Start	Code
Badminton		60 yrs+	Free/9 wks
Mon	2:45PM-3:45PM	Mar 26	1983647
Fri	1:15PM-2:45PM	Mar 30	1983648
Osteo Fit		60 yrs+	\$32/9 wks
Wed	11:45AM-12:45PM	Mar 28	1954113
Tai Chi: Level 1		60 yrs+	\$31/9 wks
Thu	10:30AM-11:30AM	Mar 29	1954111
Tai Chi: Level 2		60 yrs+	\$31/9 wks
Thu	9:30AM-10:30AM	Mar 29	1954112
Yoga		60 yrs+	\$31/9 wks
Mon	1:30PM-2:30PM	Mar 26	1954114

BROWN CC (all programs held at St. Johns Ch)

454 Avenue Rd, 416-392-6826

Bridge: Beginner		60 yrs+	Free/9 wks
Wed	1PM-3PM	Apr 11	1954161
Line Dance		60 yrs+	\$38/9 wks
Tue	10AM-11:30AM	Apr 3	1954160

EAST YORK CC

1081½ Pape Ave, 416-396-2880

Cardio Low		60 yrs+	\$42/12 wks
Tue	10:30AM-11:30AM	Mar 27	1964338
Thu	11AM-12NOON	Mar 29	1964339

MAIN SQUARE CRC

245 Main St, 416-392-1070

 Euchre		60 yrs+	Free/12 wks
Wed	7:30PM-9:30PM	Mar 28	Drop-in
Osteo Fit		60 yrs+	\$40/12 wks
Mon	9:15AM-10:15AM	Mar 26	1954122

OLDER ADULTS: SUMMER

 Euchre		60 yrs+	Free/9 wks
Wed	6:30PM-8:30PM	Jul 4	Drop-in

MARY McCORMICK RC

66 Sheridan Ave, 416-392-0742

Cardio Low		60 yrs+	\$37/11 wks
Tue	11AM-12NOON	Mar 27	1992560

MASARYK-COWAN CRC

220 Cowan Ave, 416-392-6928

Day	Time	Start	Code
Cardio Low		60 yrs+	Free/9 wks
Mon	11:15AM-12:15PM	Mar 26	1978213
Wed	11:15AM-12:15PM	Mar 28	1978211
Fri	11:15AM-12:15PM	Mar 30	1978212

Latin Dance: Beginner		60 yrs+	Free/9 wks
Wed	3PM-3:45PM	Mar 28	1970195

OLDER ADULTS: SUMMER

Cardio Low		60 yrs+	Free/9 wks
Wed	11:15AM-12:15PM	Jul 4	1979254
Fri	11:15AM-12:15PM	Jul 6	1979255
			Free/8 wks
Mon	11:15AM-12:15PM	Jul 9	1979253

MATTY ECKLER CRC

953 Gerrard St E, 416-392-0750

Seniors Badminton		60 yrs+	Free/12 wks
Tu/F	1PM-3PM	Mar 27	1989424

RIVERDALE FARM

201 Winchester St, 416-392-6794

Games-Social		60 yrs+	Free/8 wks
M/Th/Sa	1PM-3:30PM	Mar 26	Drop-in
Spinning, Weaving, Knitting Bee		60 yrs+	Free/8 wks
Mon	1PM-3PM	Mar 26	Drop-in

ST. LAWRENCE CRC

230 The Esplanade, 416-392-1347

Bridge: Drop In		60 yrs+	Free/12 wks
Tue	1PM-3PM	Mar 27	Drop-in
Cardio Low		60 yrs+	\$5/visit
M/W/F	9AM-10AM	Mar 26	Drop-in
Senior's Club-Social		60 yrs+	Free/12 wks
W/Th	1PM-3PM	Mar 28	Drop-in
Sat	9AM-4PM		

Yoga-Hatha		60 yrs+	\$29/9 wks
Mon	10AM-11AM	Mar 26	1986328

OLDER ADULTS: SUMMER

Bridge		60 yrs+	Free/12 wks
Tue	1PM-3PM	Jul 10	Drop-in
Cardio Low		60 yrs+	\$5/visit
M/W/F	9AM-10AM	May 28	Drop-in
Senior's Club-Social		60 yrs+	Free/12 wks
Sat	9AM-4PM	Jul 7	Drop-in
Yoga-Hatha		60 yrs+	\$29/9 wks
M/F	10AM-11AM	Jun 25	1989483

STAN WADLOW CLUBHOUSE

373 Cedarvale Ave, 416-396-2842

Stan Wadlow Clubhouse offers a range of programs and educational opportunities for older adults in the community including fitness, woodcarving and drawing/painting. A nominal annual membership fee allows members to enjoy bus trips, pot luck luncheons and drop-ins including: bingo, euchre, carpet bowling, darts and skating. For program and membership information, contact the clubhouse.

Day	Time	Start	Code
Bingo		60 yrs+	Free/12 wks
Fri	1PM-3:30PM	Mar 30	Drop-in
Bridge		60 yrs+	Free/12 wks
Tue	12NOON-3PM	Mar 27	Drop-in
Carpet Bowling		60 yrs+	Free/12 wks
Thu	1AM-3:30AM	Mar 29	Drop-in
Clubs Social-Skating Social		60 yrs+	Free/12 wks
M/Th	3:30PM-5:30PM	Mar 29	Drop-in
Clubs Social-Social Interest		60 yrs+	Free/12 wks
M/W/F	9AM-10:30AM	Mar 30	Drop-in
Clubs-Social-Sewing		60 yrs+	Free/12 wks
Thu	12NOON-3PM	Mar 29	Drop-in
Cribbage		60 yrs+	Free/12 wks
Tue	12NOON-3PM	Mar 27	Drop-in
Darts		60 yrs+	Free/12 wks
Fri	1PM-3:30PM	Mar 30	Drop-in
Table Tennis		60 yrs+	Free/12 wks
W/F-M	9AM-10AM	Mar 26	Drop-in
Drawing & Painting		60 yrs+	\$58/12 wks
Wed	9:30AM-12NOON	Mar 28	1988476
Wed	12:30PM-3PM	Mar 28	1988477
Cardio Low		60 yrs+	\$40/12 wks
Tue	9AM-10AM	Mar 27	1964340
Thu	10AM-11AM	Mar 29	1964341
Woodcarving: Beginner		60 yrs+	\$35/9 wks
Sat	9:30AM-11:30AM	Mar 24	1988479
Thu	9:30AM-11:30AM	Mar 29	1988478
OLDER ADULTS: SUMMER			
Bingo		60 yrs+	Free/12 wks
Fri	12NOON-3:15PM	Jul 6	Drop-in
Bridge		60 yrs+	Free/12 wks
Tue	12NOON-3PM	Jul 3	Drop-in
Darts		60 yrs+	Free/12 wks
Thu	1PM-3PM	Jul 5	Drop-in
Events		60 yrs+	Free/2 wks
Mon	8:30AM-6PM	Jul 23	Drop-in

Stan Wadlow Clubhouse continues...

Day	Time	Start	Code
Painting-Watercolours: Beginner 60 yrs+ Free/12 wks			
Wed	9AM-12NOON	Jul 4	Drop-in
Seniors Club-Sewing 60 yrs+ Free/11 wks			
Mon	12NOON-3:30PM	Jul 9	Drop-in
Seniors Club-Woodcarving: Beginner 60 yrs+ Free/12 wks			
Thu	9AM-12NOON	Jul 5	Drop-in
Table Tennis 60 yrs+ Free/12 wks			
M/Tu/F	9AM-10AM	Jul 3	Drop-in

TRINITY CRC			
155 Crawford St, 416-392-0743			
Men's Group Cards 50 yrs+ Free/14 wks			
M-Su	9AM-8PM	Mar 26	1925361
Basketball 60 yrs+ Free/13 wks			
Tu/Th	8AM-9:30AM	Mar 27	1925362
OLDER ADULTS: SUMMER			
Men's Group Cards 50 yrs+ Free/9 wks			
Sa-Th	9AM-8PM	Jul 3	1925516

WALLACE EMERSON CC			
1260 Dufferin St, 416-392-0039			
Day	Time	Start	Code
Cardio Low 60 yrs+ \$37/11 wks			
Thu	11AM-12NOON	Mar 29	1992559

WELLESLEY CC			
495 Sherbourne St, 416-392-0227			
Walk-Fit 60 yrs+ Free/9 wks			
M-F	7:30AM-9AM	Mar 26	1983842
Free/12 wks			
Sat	9AM-10AM	Mar 31	1983844
Weight Room 60 yrs+ Free/9 wks			
M-F	9AM-11AM	Mar 26	1983843

OLDER ADULTS: SUMMER			
Walk Fit 60 yrs+ Free/9 wks			
M-F	7:30AM-9AM	Jul 3	1983910
Sat	9AM-10AM	Jul 14	1983911
Weight Room 60 yrs+ Free/9 wks			
M-F	9AM-11AM	Jul 3	1983912



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**

Leisure Swim

Make a splash, get fit and have fun!

Leisure Swim Programs (Not all pools offer all the following leisure programs). Check with the individual sites for their specific program information.

- Leisure Swimming
- Leisure Swimming-Preschool
- Leisure Swimming-Family
- Lane Swim

For a complete list of pool locations, leisure swim schedules and fees, visit toronto.ca/swim



Call **3-1-1**