

# Program & Events Guide June 2011

## This Month's Features:

- Games Day
  - “Camelot” at Stratford Festival Theatre with  
Mary Morton Tours
  - Lunch Outing at the Old Mill
  - Annual General Meeting at the Senior Centre
- .....And much more!

See inside for details.

## Contact Information

Lois - Senior Centre Supervisor 416-467-1166  
Brenda - Vacation Plus Program: 416-422-2030  
Wellness Program Manager: 416-422-2026

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### June is Stroke Awareness Month

Stroke is a medical emergency. Recognizing and responding immediately to the warning signs of stroke by calling 9-1-1 can significantly improve survival and recovery. That is why it is important to recognize the 5 warning signs of stroke, they are:

1. **Weakness** – Sudden loss of strength or sudden numbness in the face, arm, or leg even if temporary.
2. **Trouble speaking** – Sudden difficulty speaking or understanding, or sudden confusion, even if temporary.
3. **Vision problems** – Sudden trouble with vision, even if temporary.
4. **Headache** – Sudden severe and unusual headache.
5. **Dizziness** – Sudden loss of balance, especially with any of the above signs.

Stroke can be treated. That is why it is so important to recognize the signs.

Source: Heart and Stroke Foundation of Ontario, 2011 [www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)

### Contact Information

Lois – Senior Centre Supervisor 416-467-1166  
Brenda - Vacation Plus: 416-422-2030  
Wellness Program Manager: 416-422-2026

## Farewell Friends...

To all of my friends at Community Care East York, I would like to thank you for making these past 9 years such a memorable journey. I have learned so much from each one of you and I would like to thank you for sharing your time with me over the years. Time is something that we can never get back, so invest it wisely each day with the positive things of life. My time here at Community Care East York has been an investment that will continue to bring me rewards throughout my life and I thank you for that. May the best of life be yours to enjoy always.

Warmest regards always,  
Sarah Hilton



## Fitness & Dance



To register for a Fitness or Dance class, please call 416-467-1166  
Or sign up at the Senior Centre

### Fitness

Enjoy an invigorating and fun hour of fitness done to lively music.

**Date:** Tuesdays | **Time:** 9:30 a.m. – 10:30 a.m.  
**Cost:** \$20 for 10 classes | **Instructor:** Phyllis King

### Staying Strong/Keeping Fit 1

Join in a program of heart-healthy exercise, muscle strengthening, balance and flexibility training. **Most of the hour-long program is done standing.** Equipment used includes stretch bands, weights, balls, and mats where appropriate. This program adheres to the principles set out for older adult fitness by the Canadian Centre for Activity and Aging and is suitable for those with Osteoporosis. Men are encouraged to join.

\*\*\*Please note there is no class on June 8\*\*\*

**Date:** Wednesdays | **Time:** 9:30 a.m. – 10:30 a.m.  
**Cost:** \$30 for 10 classes | **Instructor:** Chris Moffett



### Staying Strong/Keeping Fit 2

Join in a program of heart-healthy exercise, muscle strengthening, balance and flexibility training. **A large portion of the hour-long program is done seated.** Equipment used includes stretch bands, balls, and weights. This program adheres to the principles set out for older adult fitness by the Canadian Centre for Activity and Aging and is suitable for those with Osteoporosis. Men are encouraged to join.

\*\*\*Please note there is no class on June 8\*\*\*

**Date:** Wednesdays | **Time:** 11 a.m. – 12 p.m.  
**Cost:** \$30 for 10 classes | **Instructor:** Chris Moffett



## Taoist Tai Chi

Tai Chi is a traditional Chinese mind-body relaxation exercise combining movement, meditation and breathing to enhance the flow of vital energy in the body, improve circulation, balance control and cardiovascular fitness.



Level 1 – Beginner Class – Tuesdays | **Time:** 11 a.m. to 12 p.m.

Level 2 – Intermediate Class – Mondays | **Time:** 9:30 a.m. to 10:30 a.m.

\*\*\* Please note there is no Tai Chi 2 class on Monday, June 20<sup>th</sup> because of the CCEY AGM.

**Instructor:** From the Toronto Taoist Tai Chi Society | **Cost:** \$15 for 10 classes

## Yoga

Yoga is probably the world's most perfect form of exercise. It cultivates cardiovascular health, strength and flexibility. It encourages the body's capacity to relax and helps reduce the negative effects of stress.



**Date:** Fridays | **Time:** 10:30 a.m. – 12 p.m.

**Cost:** \$75 for 10 classes | **Instructor:** Annabelle Ramsook



# Dining Programs



**To register for a Dining Program, please call 416-467-1166  
OR sign up at the Senior Centre**

Community Care East York is committed to helping Planet Earth Age Well.

To help us achieve this, we ask that you bring your own mug for coffee or tea to all programs and a plate and mug to Monday Lunch Bunch.

## Diner's Club

Enjoy food, fun & friendship. We do the preparing, serving and clean up, while you enjoy your lunch and a program with friends once a month at the Diner's club. Registration is required. Last day for booking or cancellations is Monday, June 27. Cancellations after this date will require full payment. Transportation may be available if you require it. This is a partnership program with East York Meals on Wheels.

**Date:** Wednesday, June 29 | **Time:** 12 p.m. to 2 p.m.

**Cost:** \$7.40 (please make cheques payable to East York Meals on Wheels)

## Monday Lunch Bunch (MLB)

Enjoy a sing-song of "golden oldies" before a delicious sandwich lunch followed by cookies, tea or coffee. After lunch, stay for an interesting program each week. We have special presentations, educational sessions, entertainers and much more! Preregistration not required.

**Date:** Every Monday | **Cost:** \$3 (or \$1 for the program only which does not include lunch)

**Time:** Sing-song & Lunch - 11 a.m. Program – 12:45 p.m.



**Transportation is available. Please contact The Transportation Coordinator at 416-422-2026 ext.259**

**Here is what's on for the month:**

**Monday, June 6** – Catherine and Charlotte Copeland recount their recent exciting trip to Israel.

**Monday, June 13** – Donna Ross, R.N. from “The Hearing Source”, 699 Coxwell Ave., will talk to us about hearing loss and the use of hearing aids. She will offer complimentary hearing aid cleaning and checking after the presentation.

**Monday, June 20** – Today everyone is invited to the Annual General Meeting of Community Care East York. The business part of the meeting starts at 11:30 a.m. with lunch at 12:15 p.m. There will be a guest speaker, followed by dessert, tea and coffee. Everyone is invited to attend, however you do need to **RSVP to the Centre in order to receive a free ticket for entry**. In order to ensure seating and food for everyone, we need an accurate count of those who plan to attend. Tickets will be available the week of **May 30**. Please RSVP before Wednesday, June 8 and plan to attend to find out what is happening at CCEY.

**Annual  
General  
Meeting**

**Monday, June 27** – Recently, Jennifer Simmonds and her husband took a sailing trip to the British Virgin Islands. Jennifer will show us the slides of this once in a lifetime trip.



## Clinics / Support Groups

To register for a clinic or support group, please call 416- 467-1166  
OR sign up at the Senior Centre

### Blood Pressure Clinic

High blood pressure is a dangerous condition that is a major risk factor for heart attack and stroke. Community Care East York offers a free Blood Pressure Clinic by a registered nurse. Everyone is welcome to this monthly clinic. Please book an appointment.

**Date:** Tuesday, June 21 | **Cost:** Free | **Time:** 9:15 a.m. – 11 a.m.

### Diabetes Support Group

Do you have Diabetes or know someone who does? Would you like to share your feelings on diagnosis? Areas of discussion will be the challenge of eating out at restaurants, exercise, weight control and how to keep records. Occasionally, there will be a guest speaker.

**Facilitator:** Clara Suter | **Time:** 11 a.m. - 12 p.m.

**Date:** Tuesday, June 28 (the 4<sup>th</sup> Tuesday of each month)

### Foot Care Clinic

Professional foot care for your feet is important to maintain mobility and a healthy lifestyle. The clinic is staffed by a registered nurse with specialized foot care certification. Treatment for minor foot problems such as corns and calluses, and cutting of toenails is available.

**Dates:** Tuesday, June 7 | **Time:** 9:30 a.m. – 12 p.m.  
Wednesday, June 8, 15 | **Time:** 12:30 p.m. - 3:30 p.m.  
Friday, June 24 | **Time:** 9:30 a.m. – 12 p.m.

Please book an appointment | Cost: \$21 per visit

**Get your feet ready for the summer!!!**



## Recreation & Leisure



To register for an activity, please call 416-467-1166  
Or sign up at the Senior Centre

### Book Group

The book group meets monthly to discuss an interesting and topical book that has been chosen by the group. The book selected comes in a batch from the Toronto Public Library so that everyone has a copy. You have a month to read it before the group meets. Speak to Lois to receive your copy.



**Date:** Tuesday, June 28 | **Time:** 1:30 p.m. – 2:30 p.m. | **Facilitator:** Pat Poitras

### Bridge

Join us for an afternoon of kitchen table bridge. All are welcome.

**Date:** Fridays | **Time:** 1 p.m. – 3:30 p.m. | **Facilitator:** Jo Croft | **Cost:** \$1

### Carpet Bowling

Calling all carpet bowlers! Come and enjoy a morning with friends for a few fun matches. Newcomers are welcome and we will show you how to play.



**Date:** Thursdays | **Time:** 10 a.m. – 12 p.m. | **Cost:** \$.50 per visit

### Crafts

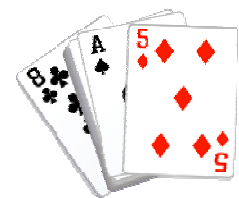
Bring out your creative side in a general craft group which emphasizes doing practical projects.

**Date:** Thursdays | **Time:** 10 a.m. – 12 p.m.  
**Cost:** \$24 for 8 classes | **Instructor:** Mary Peck

### Euchre

Come and enjoy a couple of rounds of cards with friends. Newcomers are welcome.

**Date:** Thursdays | **Time:** 12:45 p.m. – 3 p.m. | **Cost:** \$1 per visit



## Knitting Bee

Bring your knitting or other handiwork for a delightful social afternoon. Wool, needles and patterns are available to knit items for our sales. At home knitters are needed as well.

**Date:** Thursdays | **Time:** 1:30 p.m. – 3:30 p.m.

**Leaders:** Iza Murray and Jean Williams



## Let's Discuss It

Share your news and views over coffee, tea and cookies. Bring your sense of humour!

**Date:** Fridays | **Time:** 10:30 a.m. – 12 p.m. | **Cost:** \$ .50 per visit

**Facilitator:** Robert Brathwaite

## Men's Group

For the last men's group of the season we invite you to a delicious brunch. Enjoy the food, some time with your friends and a bit of music with Bruce King.

**Date:** Wednesday, June 15 | **Time:** 9:30 a.m. – 11 a.m. | **Cost:** \$5

## Painting

Water colour painter Pat Pollack will teach beginners the basics and give advice and encouragement to experienced painters.



**Date:** Wednesdays | **Time:** 1:15 p.m. – 3:45 p.m. (Excluding the last Wednesday of the month) | **Cost:** \$40 for 8 classes

## Plastic Canvas Embroidery

Use your basic stitchery skills to make an amazing variety of useful items for our craft sales.

**Date:** Wednesdays | **Time:** 10 a.m. – 12 p.m. | **Facilitators:** Edith Burnett and Anne Burton

## Quilting

Calling all quilters to work on the new 1<sup>st</sup> prize quilt for Candy Cane Magic 2011. This is a fun way to help the Centre and to keep up with all the news!

**Date:** Mondays | **Time:** 1:45 p.m. – 3:45 p.m. | **Volunteer Coordinator:** Doris Telford



# Workshops & Classes

To register for a Workshop or Class, please call 416-467-11  
Or sign up at the Senior Centre

## Advanced Computer Classes

This series of classes will be tailored to the needs of the class but can touch on how to:



- Use Windows Explorer
- Drag and drop
- Search with Google
- Cut/copy and paste
- Download photos from your camera
- Upload photos to internet photo sites

- Upload photos/files from a memory stick
- Upload mp3 music to your mp3player or cell phone

**Date:** Fridays, June 3, 10, 17. | **Time:** 1 p.m. – 3 p.m.

**Cost:** \$15 for 3 classes | **Instructor:** Catherine Copeland

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## Special Events



To register for a Special Event, please call  
416-467-1166 (Senior Centre) or 416- 422-2030 (Vacation Plus)  
OR sign up at the Senior Centre

### Special Events - [Book Now](#)

#### Card Bingo with Bette and Bob Martin

Enjoy a fun afternoon of Card Bingo, a variation on traditional bingo. All you need is a handful of nickels to play and your sense of humour to appreciate Bob's crazy jokes. Refreshments are served after the game.

**Date:** Friday, June 3 | **Time:** 1:30 p.m. | **Cost:** \$1

**Location:** Senior Centre, 1108 Greenwood Ave.

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#### Pub Lunch at the Greenwood

Join us for our annual pub lunch and sing-along. Mary's menu this year features chicken pot pie, salads, rolls and ice cream pie. Sign up quickly as 40 is the limit. After lunch try your hand at darts and enjoy the piano music of Bruce King.

**Date:** Friday, June 10 | **Time:** 12 p.m. | **Cost:** \$ 7 (Prepay by cheque)

**Location:** Senior Centre, 1108 Greenwood Ave.

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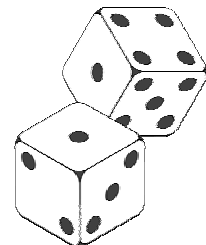
#### Games Day

Why not come out of the heat for an afternoon of fun and games. Several types of group games will be played using trivia and dice. Games played may include Hollywood Squares, Jackpot, 10,000 and Bonko. Refreshments will also be served. Come on out and try your luck!

**Date:** Friday, June 17 | **Time:** 1:30pm | **Cost:** \$1 for refreshments

**Location:** Senior Centre, 1108 Greenwood Avenue

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# Trips & Outings



To register for a Trip, please call Vacation Plus at 416-422-2030  
or sign up at the Senior Centre

## Trip and Outing Policies:

Once you have signed up for a trip or outing, please send in your cheque to complete your booking. We cannot complete your booking until we receive payment. Community Care East York reserves the right to cancel your booking if we do not receive payment.

Cancellation of an event booking will be accepted up to **5 business days** prior to the scheduled activity unless otherwise noted. **No refunds** will be issued for participants who do not cancel 5 business days prior to the scheduled activity or do not attend the activity. No refunds will be issued for prepaid ticketed events at anytime. If you are unable to attend a trip, you are responsible for the re-sale of your ticket.

## Trip and Outing Bus Departure Policies:

There must be a minimum of 10 passengers boarding at the Senior Centre, 1108 Greenwood Avenue in order to provide this as a pick up location. Please note that locations, start times and pick ups are subject to change.

## June Trips and Outings

### Lunch Outing - Teppanyaki Lunch

**Book on May 19**

Join us as we enjoy a teppanyaki lunch at Tako Sushi. Our full course menu includes soup, California and cucumber rolls, shrimp appetizer, green salad, fillet of chicken, strip loin steak, mixed vegetables, steamed rice, Japanese ice cream, and green tea. Enjoy the show while our chef prepares it right in front of us.



**Date:** Wednesday, June 1 | **Cost:** \$ 12 | **Time:** 12 p.m.

**Location:** Tako Sushi, 1300 Don Mills Road

**Directions:** From Don Mills station, take #25 bus south to Chipping Road OR from Pape station take #25 bus north.



### **"Anything Goes" at the Civic Light Opera Theatre** **Book Now**

"Anything Goes" is a musical with lyrics and music by Cole Porter. The story concerns madcap antics aboard an ocean liner bound from New York to London. Billy Crocker is a stowaway in love with heiress Hope Harcourt, who is engaged to Lord Evelyn Oakleigh. Nightclub singer Reno Sweeney and Public Enemy #13 Moonface Martin aid Billy in his quest to win Hope. The musical introduced such songs as "Anything Goes," "You're the Top," and "I Get a Kick Out of You."

**Date:** Saturday, June 4 | **Time:** 2 p.m. | **Cost:** \$25

**Location:** The Fairview Library Theatre

**Directions:** Take the Bloor–Danforth subway and exit at Yonge, then take the Yonge-University-Spadina subway north and exit at Sheppard-Yonge. Walk north on Don Mills Road to Fairview Mall Drive. Turn right on Fairview Mall Drive and proceed to the Fairview Library Theatre.



## Spadina Museum Tour

**Book on May 19**

For over a century, Spadina was home to three generations of the Austin family. Opened in 1984, it is one of 10 historic museums operated by the City of Toronto. Spadina Museum has recently completed its interior restoration, bringing the house into the twentieth century - 1920s & 30s. This transformative period dramatically changed Toronto. Join us as we take a guided tour through one of Toronto's finest mansions.



**Date:** Wednesday, June 8 | **Cost:** \$ 7 | **Time:** 1:30 p.m.

**Location:** 285 Spadina Rd

**Directions:** Yonge/University subway to Dupont subway station. Exit station and walk north to the Baldwin Steps at the intersection of Spadina Avenue and Davenport Road. Spadina Museum is located at the top of the Baldwin Steps, (110 of them) next door to Casa Loma. Alternate route (to avoid the stairs) from the St. George subway, take the Yonge-University-Spadina line north to St. Clair West. Exit and walk east on St. Clair west to Spadina road, then walk south on Spadina to 285.

## The Toronto Challenge is Coming

Dust off your running or walking shoes. Join the Community Care East York staff and volunteers in having fun while supporting our agency to improve the quality of life for seniors and adults with disabilities in East York. Prizes and free food are part of this great day so bring your kids and friends for the 1k or 5k walk or 5k run. Registration forms are available at the Senior Centre and at the office, 840 Coxwell Avenue. Suite # 303.

**Date:** Sunday, June 12 | **Time:** Race 9:30 a.m. (Registration opens 7:30 a.m.)

**Cost:** minimum sponsorship of \$10

**Location:** Metro Hall, 55 John Street. Meeting location **TBA**.

**Directions:** From St Andrews station, walk west on King Street to Metro Hall on south side. Free parking is available at Metro Hall for the first 300 cars, however, you must be in before 9 a.m. and cannot exit until after 11 a.m. Free baggage check will be available.



## Lunch Outing: The Old Mill Inn Buffet

**Book on May 19**

Join us in this beautiful setting and charming atmosphere for a decadent lunch buffet at the Old Mill. This indulgent buffet includes a variety of soups and salads, hot and cold seafood, prime rib, and irresistible desserts and coffee and tea just to name a few selections.

**Date:** Tuesday, June 14 | **Time:** 12 p.m. | **Cost:** \$30

**Location:** The Old Mill, 21 Old Mill Rd

**Directions:** From the Old Mill Station, Exit the station, turn right and walk the short distance to the Old Mill, Enter the restaurant off the parking lot.



## 1000 Islands Senior Fun and Sun at Colonial Inn & Spa

The Colonial Resort & Spa is a full service property situated on 10 landscaped acres at the west end Gananoque, the Heart of the Canadian 1000 Islands. Enjoy a variety of activities, great food and the memories that will last a lifetime! **WAIT LIST ONLY**



**Date:** Monday, June 20 to Friday, June 24

**Cost:** \$486 (single) \$381 (Double/Tpl/Quad)

Balance due by May 1, 2011

(Prepay by cheque; you are responsible for the resale of your ticket if there is no one on the waiting list to take your place)

**Departure:** 10:30 a.m. – Senior Centre, 1108 Greenwood Ave.

11:00 a.m. – York Mills Subway Station (North East corner)

**Return:** Approximately: 3 p.m. Friday, June 24

### Lunch Outing: Imperial Buffet

**Book on May 19**

Imperial Buffet is the ideal family restaurant for pleasant dining and great cuisine. It features Toronto's finest all-you-can-eat buffet, which includes Chinese, Canadian, and other oriental cuisines. After all your munching you can indulge yourself at the delightful desserts and ice cream bar for the finishing touch.



**Date:** Tuesday, June 21 | **Cost:** \$16 | **Time:** 12 p.m.

**Location:** Imperial Buffet, 24 Lebovic Ave.

**Directions:** From the Warden Subway station, take the 68 Warden bus towards Steeles. Exit at Warden and Comstock, and head north on Warden Ave. Turn left at Comstock Rd and then make a right on Lebovic Ave. Approximately a 6 minute walk.



### "Camelot" at Stratford Festival Theatre with Mary

**Book Now**

#### Morton Tours

Join us as we start off with lunch at the Waterlot, with entrée choices of Herb Crusted Halibut or Roasted Sirloin. At 2:00 p.m. it's showtime at the Stratford Festival Theatre for the performance of Lerner and Loewe's "Camelot". "In the realm of Camelot, King Arthur has created a utopian land of chivalry and civil rule. But when his beloved Queen Guenevere and his most trusted knight, Sir Lancelot, succumb to their passion for another, he faces a terrible dilemma that will rock his kingdom to its very foundation."

**Date:** Wednesday, June 22 | **Cost:** \$157 (**Prepay by cheque, no cancellations**)

**Departure:** 8:00 a.m. –Senior Centre, 1108 Greenwood Ave. (**Subject to availability**)

8:30 a.m. – Coffee Zone, 30 Carlton Street

9:00 a.m. – Islington Subway (North East corner of Islington & Bloor)

**Location:** Stratford Theatre, Stratford, ON




### Health Talk: Stroke

**Book Now**

**Date:** Friday June 24 | **Time:** 1 p.m. - 3 p.m.

**Cost:** Free (limited availability, please sign up early)

**Location:** Toronto Western Hospital auditorium, 399 Bathurst Street

**Directions:** From Bathurst Subway, transfer to the Bathurst streetcar going south to Dundas or from Dundas subway station (at Yonge), transfer to the Dundas streetcar west to Bathurst. 

**Health and Wellness Clinic at the Toronto Public Library – S. Walter Stewart Branch** **Book on May 19**

Community Care East York, in partnership with the Toronto Public Library, S. Walter Stewart branch, presents a monthly health and wellness clinic. Please join us this month as Nurse Diane and Leigh Robson will discuss the link between stress management and illness.


**Date:** Tuesday, June 28 | **Time:** 2 p.m. | **Cost:** Free

**Location:** S. Walter Stewart Library, 170 Memorial Park Ave.

**Directions:** From Coxwell subway station take the #70 O'Connor bus to Memorial Park Ave. 

**Water: The Exhibition at the Royal Ontario Museum** **Book on May 19**

Water is essential to life. It connects all living things. It shapes our planet, but is unevenly distributed across it, leaving nearly a billion people without access to clean drinking water. Journey around the world in this ground-breaking exhibition about the power, wonder, and the scarcity of water. Essential learning for every Canadian, this exhibition uses hands-on activities, live animals, and multi-media displays to demonstrate the importance of water. After the exhibit we will go to Eggstasy for a pay-as-you-go lunch/brunch.

**Date:** Wednesday, June 29 | **Time:** 11 a.m. | **Cost:** \$21/Lunch Pay As You Go 

**Location:** 100 Queen's Park

**Directions:** From St. George subway station walk east on Bloor Street to the museum. 



**UPCOMING TRIPS**



**Grand River Cruise with Mary Morton Tours**

Begin your day in "The Landing" at the Grand River Cruises near Caledonia, with a complimentary coffee and muffin, and shopping in their large craft shop. Enjoy and audio-visual presentation about the Grand River, followed by a fabulous live Music Show. You will then embark on a 3 hour cruise featuring a sumptuous 3-course roast beef lunch. During the cruise, your captain gives an informative commentary and a strolling musician plays your favorite songs. Refreshments are served before returning to dock. After your cruise, baked goods are available in the craft shop before departing for home.

**Date:** Wednesday, July 13 | **Cost:** \$93 (Prepay by cheque, no cancellations)

**Departure:** 9:00 a.m. – Coffee Zone, 30 Carlton Street

9:30 a.m. – Islington Subway (North East corner of Islington & Bloor)

**Return:** Approximately 6 p.m.

**Location:** Caledonia, ON



## **“The Melville Boys” at Kings Wharf Theatre with Mary Morton Tours**

We'll board the Miss Midland in Midland for our luncheon cruise, sailing amid the picturesque 30,000 islands of Georgian Bay. At 2:00 p.m. its showtime at the Kings Wharf Theatre in Penetanguishene for the Melville Boys – A Comedy of Brotherly Love. “Owen and Lee Melville arrive at a lakeside cabin for a weekend of fishing, but their plans are thrown out of whack by the arrival of two sisters who become catalysts for a tenderly funny and unsentimental look at four lives in transition”.

**Date:** Thursday, July 21 | **Cost:** \$130 (Prepay by cheque, no cancellations)

**Departure:** 8:00 a.m. – Coffee Zone, 30 Carlton Street

8:30 a.m. – Islington Subway (North East corner of Islington & Bloor)

**Return:** Approximately 6:30 p.m.

**Location:** Drayton, ON

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## **For Your Information: What's On in Toronto**

### **June FYI's - Book Now**

#### **Luminato Festival**

The arts take over Toronto with a series of performances, exhibits, and lectures exploring theatre, film, literature, music, dance, and theatre arts.

**Date:** Friday, June 10 – Sunday, June 19 | **Location:** Various locations in Toronto

**Time:** Wednesdays 12:30 p.m. – 1:30 p.m.

**For More Information:** Please visit the website [www.luminato.com](http://www.luminato.com)

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#### **The Taste of Little Italy**

This annual festival transforms College Street, into an Italian piazza with walking access to restaurants, shops, and music on every corner.

**Date:** Friday, June 17 – Sunday, June 19 | **Location:** College Street, Toronto

**Time:** Friday 6 p.m. – 2 a.m. | Saturday 12 p.m. – 2 a.m. | Sunday 12 p.m. – 10 p.m.

**For More Information:** Please visit the website [www.tastoflittleitaly.ca](http://www.tastoflittleitaly.ca)

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#### **Toronto Jazz Festival**

Get ready to kick off summer as the city's largest music festival presents free concerts, and workshops, late night jam sessions and some of the biggest names in jazz. It is a musical celebration like no other.

**Date:** Friday, June 24 – Sunday, July 23 | **Time:** Varied, depending on location

**Location:** Various locations throughout Toronto

**For More Information:** Please visit the website [www.torontojazz.com](http://www.torontojazz.com)

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## Announcements

### Peer Helper Meeting

**Date:** Monday, June 6 | **Time:** 11 a.m.

**Location:** Senior Centre, 1108 Greenwood Ave

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### Monday Lunch Bunch Volunteer Meeting

**Date:** Monday, June 13 | **Time:** 1:45 p.m.

**Location:** Senior Centre, 1108 Greenwood Ave

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### Notes from the Senior Centre and Vacation Plus



**Candy Cane Magic, November 19, 2011**



We are waiting for the raffle license to come from the City of Toronto so that we can order the raffle tickets for this year's Candy Cane Magic sale.

#### **Volunteer(s) Needed:**

\*\*\*Although we already have a hard-working committee in place, we are looking for one new person to work with us this year. Jeannie Smith who has coordinated the Raffle for many years will be working on different projects and so we are looking for one OR two people to work together to look after the raffle. This job entails looking after the distribution of the raffle tickets for sale and seeing that all tickets and money are in before the sale in November. Jeannie is very willing to orient the new volunteer(s) in their responsibilities. Please contact Jeannie or Lois for more information on how you can help in this very important role. This is a wonderful way to be involved in our very special annual event. **Please consider if you can help us make this another successful year.** \*\*\*

Remember to keep Candy Cane Magic in mind when you are spring cleaning. As usual, we need useable items ***in good condition*** and new items for the Silent Auction. Please put your name on your item if it is new and for the Silent Auction. Small items can be brought in now **BUT** keep larger items for closer to the sale.

If you have any jewellery, jewellery boxes or gift bags to donate, it will be most appreciated.

If you have any questions please get in touch with any committee member or Lois.

Your Candy Cane Magic Committee for 2011 is:

Anne Burton (Special Advisor)

Sheila Clarke

Linda Johnson

Jeannie Smith

Dorothy Willet (Coordinator)

Anne Laing

## June is Seniors Month!!

Many organizations have special events for seniors. Watch out for and ask for discounts during this time and enjoy the variety of special programming around the city such as “A Lost Lady” at the Toronto Public Library. They have book lectures, movies, workshops on preserving memoirs and leaving legacies, financial planning, fitness classes, jewellery making, and lessons on watercolour painting just to name a few! Check out [www.torontopubliclibrary.ca](http://www.torontopubliclibrary.ca) or pick up a “What’s On” guide at your branch to obtain details about these and other events.

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## Plastic Canvas Group

Thank you to everyone who bought the Easter treats made by our group on Monday, April 18 at Monday Lunch Bunch and throughout the week before Easter. We raised \$279.25 for the Senior Centre. We thank also all the hardworking, generous crafters who made the items for the sale.

Edith Burnett and Anne Burton

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## Garden/Yard Help?

Do you need help with your yard or garden? We have SCOPE students in the area that can help you with yard work and gardening for \$10 an hour. For more information, please call (416) 422-2026.



**WE REMEMBER...**



Our sympathy goes to the family and friends of Jane Wareham.

## **Program and Trip Information**

Community Care East York's Senior Centre and Vacation Plus program provide a full variety of exciting programs, classes and day trips to active adults 50+. Membership is free. Fees will be charged for certain activities. Please check program descriptions for details. Participation in Community Care East York programs and services is voluntary and it is the responsibility of the participant to assume all responsibility for their participation in programs.

Payments may be made by cheque. Separate current-dated cheques must be made for each event when submitting payment for multiple events. Please make cheques payable to **Community Care East York**, indicating the name of the program (Senior Centre or Vacation Plus) and the activity for which you are paying. All cheques can be mailed to **840 Coxwell Avenue, Suite 303, Toronto, Ontario, M4C 5T2**.

The Program and Events Guide is available for pick up at the first Thursday of every month, if possible. If you cannot pick it up, it will be mailed to you. Program information is available online at [www.ccey.org](http://www.ccey.org). Registration for activities and trips can be made over the phone or you can sign up at the Senior Centre. **For trips, registration begins at 9:00 a.m. on the 19<sup>th</sup> of every month, unless it falls on the weekend, then registrations will be on the following Monday.** Please check program descriptions for details.

Please check program descriptions for locations and departure information for trips and special events. Programs, locations, start times and pick ups are subject to change. Community Care East York will ensure that this information is communicated if changes are needed. Please arrive 30 minutes prior to start or departure time for trips. For other events, it is advisable to arrive 15 minutes early. Most venues/theatres in Toronto can accommodate wheelchairs with prior notice. For Your Information (**FYI**) events are non-escorted trips which you may wish to attend on your own. Please call to register or cancel as with any other trip booking. There may be a limited number of places available.

**Cancellation of a booking will be accepted up to 5 business days prior to the scheduled activity unless otherwise indicated. No refunds will be issued for prepaid ticketed events, or for participants who do not notify the coordinator or do not attend the activity.**

While every precaution is taken for the safety and good health of participants, Community Care East York staff, volunteers, and other partners in programming are hereby released from any liability for illness, accidents, injury or loss that may occur from participation within activities. In the event of an emergency, staff/ volunteers will contact Emergency Medical Services to support the health and well being of the participant. Community Care East York is not responsible for any additional expenses that may result from such services.

Community Care East York is committed to providing services that promote independence, good health and well-being. We have a variety of program and services to help you age well. Health clinics, transportation services, information and support, home maintenance and much more!

**Contact us for more information.**



**416-422-2026**

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