

Program & Events Guide October 2011

This Month's Features:

- **Private Lives at The Royal Alexander Theatre**
- **Smile Theatre at the Senior Centre**
- **High Tea at the Old Mill Inn**
- **Autumn Walk in High Park**

...And much more !

See Inside For Details

Contact Information

Lois - Senior Centre Supervisor 416-467-1166

Brenda - Vacation Plus Program: 416-422-2030

Jane – Interim Wellness Program Manager: 416-422-2026

Program Descriptions:

Fitness & Dance	2
Dining Programs	4
Clinics & Support Groups	5
Recreation & Leisure	6
Workshops & Classes	8
Special Events	9
Trips & Outings	10
Announcements	14

October is Influenza Immunization Awareness Month

The flu affects 5% to 15% of Canadians each year. While the majority of those who become sick will recover, the flu results in an average of 20,000 hospitalizations and 2,000 to 8,000 deaths in Canada each year. Combined with regular hand washing the flu shot is the best way to protect yourself and others from the virus. Each year there is a new vaccine to protect against the new strains of the influenza virus. The best time to get your influenza vaccine is between October and December, before the number of influenza cases increases in Canada. But, the shot is still effective even if you get it later in the season. It takes about 2 weeks after immunization before you are fully protected from the flu.

Source: Health Canada, 2011

Contact Information

Lois – Senior Centre Supervisor: 416-467-1166

Brenda – Vacation Plus: 416-422-2030

Jane – Interim Wellness Program Manager: 416-422-2026



Fitness & Dance



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

BEST Step Forward: Balance Exercises, Safety Tips for Falls Prevention

This is a program that combines exercises to improve balance and core strength with strategies to promote safe mobility at home and in the community.

Date: Tuesdays | **Time:** 1:30 p.m. to 2:30 p.m.
Cost: \$10 for 6 classes | **Instructor:** Joanne Procnier

This program is being offered on Tuesday, October 4, 11, 18, November 1, 8, 15

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

Hula for Health Hawaiian Dance

Hula dance is a fitness experience of mind, body and spirit. The class will begin with gentle exercises to stretch the arms, shoulders, and neck. While the hula dance will improve the strength and flexibility of your upper body, tone your muscles, improve breathing and help loosen stiff joints, it also creates a feeling of well-being and relieves stress as you listen and move to familiar songs such as “Blue Hawaii” “Lovely Hula Hands”, “Pearly Shells” and “Huki Lau”.

Date: Tuesdays | **Time:** 2:00 p.m. to 3:00 p.m.
Cost: \$28 for 8 classes | **Instructor:** Shanta Paradkar

Men’s Fitness

Come out for a fitness class especially developed for men! This class is a great way to get active, fit, and have fun doing so. The class will feature some calisthenics, kick and arm boxing “Kempo”, body weight exercises, sports patterned drills, and some standard exercises using dumbbells and balls. It’s a low impact class, but you will probably still sweat so bring water and a towel!

Chris will offer a **FREE** demonstration class on Friday, September 30, 9:15 a.m. to 10:15 a.m. where you’re encouraged to participate but you can also just watch.

Date: Fridays | **Time:** 9:15 a.m. to 10:15 a.m.
Cost: \$23 for 6 classes | **Instructor:** Chris Moffett

Regular classes will start on Friday, October 7



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.



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.

Date: Wednesdays | **Time:** 10:45 a.m. – 11:45 p.m.
Cost: \$30 for 10 classes | **Instructor:** Chris Moffett
Please note change of starting time.



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:** 11:00 a.m. to 12:00 p.m.
Level 2 – Intermediate Class – Mondays | **Time:** 9:30 a.m. to 10:30 a.m.

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:** 9:30 a.m. – 11:00 p.m.
Cost: \$75 for 10 classes | **Instructor:** Annabelle Ramsook



*** Please note that classes in the fall and spring will begin at 9:30 a.m. and classes in the winter will begin at 10:30 a.m. ***



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, and 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, October 24. 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, October 26 | **Time:** 12:00 p.m. to 2:00 p.m.

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

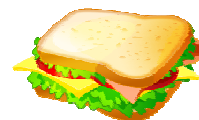
Monday Lunch Bunch (MLB)

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 is generally not required.

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

Time: Singsong & Lunch – 11:00 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 October:

Monday, October 3 - Mediator, teacher, and specialist in Stress Resilience, Karin Vagiste will talk about "Lowering Emotional Stress to Improve Heart Health". Her Kokoro program is structured to address underlying stress triggers in a very practical way, thereby reducing stress for good.

Monday, October 10 - The Senior Centre is closed for the Thanksgiving Holiday.

Monday, October 17 - Join Downsizing Diva, Karen Schinn for an enjoyable presentation that will be packed full of downsizing information, innovation, and inspiration with a laugh or two as well.

Monday, October 24 - Enjoy an early Halloween party with Marie Gogo and Don Guinn. Wear something orange or black, a costume, or a funny hat to get into the spirit.

Monday, October 31 - Join us for entertainer Adam Timoon.



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, October 18 | **Cost:** Free | **Time:** 9:15 a.m. – 11:00 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.

Facilitator: Clara Suter | **Time:** 11:00 a.m. – 12:00 p.m.

Date: Tuesday, October 25 (the 4th 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 a specialized foot care certification. Treatment for minor foot problems, such as corns and calluses, and cutting of toenails is available.

Dates: Tuesday, October 4, 11 | **Time:** 9:30 a.m. - 12:00 p.m.
Wednesday, October 12, 19 | **Time:** 12:30 p.m. - 3:30 p.m.
Friday, October 28 | **Time:** 9:30 a.m. - 12:00 p.m.

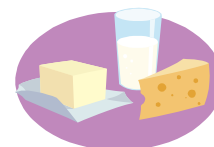
Please book an appointment | **Cost:** \$21 per visit



Osteoporosis Support Group

Join us monthly for discussion, information sharing and calcium-rich treats.

Facilitated by Osteoporosis Canada.



Date: Wednesday, October 5 | **Time:** 1:30 p.m. - 2:30 p.m. | **Cost:** \$1



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, October 25 | **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:** 1:00 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:** 10:00 a.m. – 12:00 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:** 10:00 a.m. – 12:00 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. – 3:00 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. – 12:00 p.m. | **Cost:** \$.50 per visit

Facilitator: Robert Brathwaite

Men's Group

Today we'll have the reminiscences of two POW's – Sid Richardson from World War 2 and Harold Sillito from the Korean War. We'd welcome any stories and memories from anyone else who served in one of the wars.

Date: Wednesday, October 19 | **Time:** 9:30 a.m. – 11:00 a.m. | **Cost:** \$.50

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:** 10:00 a.m. – 12:00 p.m. | **Facilitators:** Edith Burnett and Anne Burton

Quilting

Calling all quilters to work on the new 1st prize quilt for Candy Cane Magic 2012 raffle. This is a fun way to help the Centre and to keep up with all the news! We do need your help!



Date: Wednesdays | **Time:** 10:00 a.m. - 2:00 p.m. | **Volunteer Coordinator:** Doris Telford
Please note change of day and time

So You Think You'd Like to Draw?

Learn the art of drawing and practice your skills in a fun and friendly atmosphere!

This program will introduce the formal principles of composition and design covering concepts of tone and texture, light, and shadow, and positive and negative space through observational drawing.

Experiment with pencil, charcoal, and pastel and work at your own pace.



Date: Mondays | **Time:** 2:00 p.m. - 3:30 p.m. | **Cost:** \$25 for 7 classes, includes a complete package of materials. | **Instructor:** Marjorie Frost, George Brown College Student

Classes start on Monday, October 17

The Spring Chicken Theatre Group

Enjoy a fun morning with Janice reading your favourite scripts from the great television shows of the past as well as plays, skits, and poetry. All you need is a love of theatre, great scripts, and a desire to

have fun by trying your hand at a little acting! A performance will take place at a Monday Lunch Bunch in the future.

Date: Mondays | **Time:** 9:30 a.m. – 11:00 a.m. | **Cost:** \$25 for 10 classes
Facilitator: Janice Israeloff



Workshops & Classes

To register for a Workshop or Class, please call 416-467-1166
Or sign up at the Senior Centre

Beginner Computer Classes

This is an introduction to using the computer. Learn how to process documents, search the internet, create and send emails, play computer games and much more!

Date: Fridays, September 30, October 7, 14 | **Time:** 1:00 p.m. – 3:00 p.m.
Cost: \$15 for 3 classes | **Instructor:** Clara Suter



Cyber Café

Tutoring is available to enhance your computer knowledge. Learn how to improve your computer navigation skills and much more! Please sign up and let us know if you need to cancel.

Date: Fridays, September 30, October 7, 14 | **Time:** 3:00 p.m. – 4:00 p.m.
Cost: \$1 per visit | **Facilitator:** Clara Suter

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
- Upload photos/files from a memory stick
- Cut/copy and paste
- Download photos from your camera
- Upload photos to internet photo sites
- Upload mp3 music to your mp3player or cell phone



Date: Fridays, October 28, November 4, 11 | **Time:** 1:00 p.m. – 3:00 p.m.
Cost: \$15 for 3 classes | **Instructor:** Catherine Copeland

Driver's License Renewal Workshop

This innovative 3-hour classroom driver awareness and retraining program is designed to help older drivers pass the Driver's License Renewal test. The workshop, facilitated by a Canadian Pro Drivers' instructor, focuses on topics such as:

- The Rules of the Road
- Road Signs
- The Driver's Handbook
- What to expect at the Ministry of Transportation Seminar

Here is your opportunity to be prepared for this important test!



Date: Tuesday, October 25 | **Time:** 1:00 p.m. to 4:00 p.m. | **Cost:** \$40 (Prepay by cheque)
Location: Senior Centre, 1108 Greenwood Ave



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

Friday Afternoon at the Movies: "Roman Holiday" **Book Now**

Princess Ann, played by Audrey Hepburn, from an unnamed European country, embarks on a highly publicized tour of European capitals. In Rome, her last stop, the bored, and sheltered princess escapes her guardians and enjoys a romantic day in the Eternal City with an American newspaper man played by Gregory Peck. A fitting fairytale story, given England's royal wedding this year. The film is in black and white. Running time: 118 minutes. This film is re-scheduled from July. Book ahead for this event but pay at the door.



Date: Friday, October 7 | **Time:** 1:15 p.m. | **Cost:** \$1 for popcorn and a beverage
Location: Senior Centre, 1108 Greenwood Ave.

Financial Wellness for Men and Women **Book Now**

Beginning on October 14th and once a month until March 2012 we will be offering one hour information sessions on various financial themes that relate to men and women.

Join us for the first information session on Financial Abuse. Find out what it is, how to prevent it and what to do if it is happening to you or someone you know.

Date: Friday, October 14 | **Time:** 1:30 p.m. | **Cost:** Free

Location: Senior Centre, 1108 Greenwood Ave.

Facilitator for the series and today's presenter: Penny Fortais, BScN, Nursing Educator



Smile Theatre: "Anne of Green Gables" **Book Now**

Canada's favourite musical in a special Smile Theatre adaptation by Smile Artistic Director Jim Betts. The unforgettable story of the world's most famous red-haired orphan, Anne Shirley, from her arrival at Green Gables to live with Matthew and Marilla Cuthbert, through her struggles to control her fiery temper, her run-ins with green hair dye, and raspberry cordial, to her rivalry and romance with Gilbert Blythe. Featuring the songs "Gee, I'm Glad I'm No One Else But Me", "Ice Cream", and "Words".

Date: Friday, October 21 | **Time:** 2:00 p.m. Sharp | **Cost:** \$ 8 (Prepay by cheque)

Location: Senior Centre, 1108 Greenwood Ave.



Victorian Hat Show and Tea

Book Now

Get out your favourite hat and prepare to enjoy a fun afternoon with Norma Shepherd, Founder and Director of the Mobile Millinery Museum. The presentation will be a retrospective Millinery Fashion Show, including a one hour program focusing on the history of women’s hats. After the fashion show enjoy afternoon tea and sweets.



If you would like to be one of our models please let Lois know.

Date: Friday, October 28 | **Time:** 1:30 p.m. | **Cost:** \$10 (Prepay by cheque)

Location: Senior Centre, 1108 Greenwood Ave.

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 Ave.) in order to provide this as a pick up location. Please note that locations, start times, and pick ups are subject to change.

Lunch Outing: The Old Spaghetti Factory **Book On September 19**

Join us once again as we enjoy a delicious Italian feast! Our menu will include a crisp green salad, fresh baked sourdough bread and spaghetti with meat sauce. We will finish the meal off with spumoni ice cream and your choice of unlimited coffee and tea.



Date: Tuesday, October 4 | **Cost:** \$12 | **Time:** 12:00 p.m.

Location: the Old Spaghetti Factory, #54 the Esplanade

Directions: From Union subway station, walk south on Yonge (on the east side) to the Esplanade and walk east past Church street.

.....

1000 Islands Senior Fun and Sun At Colonial Inn and Spa

You had so much fun in June why not go back again for a fall getaway!! Highlights of the trip include; a visit to 1000 Island Casino, 1000 Islands Cruise, day trip with location to be determined, and nightly entertainment, just to name a few. For further information please contact the Senior Centre or Vacation Plus. Please make cheques payable to Community Care East York.

Date: Sunday, October 9 to Thursday, October 13

Cost: \$429 (single) \$328 (double)

\$50 Deposit due after booking; Balance due by September 12.

(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: Sunday, October 9 at 11:00 a.m. – Senior Centre, 1108 Greenwood Ave.

Return: Thursday, October 13 at approximately 3:00 p.m.



Tour of The Elgin and Wintergarden Theatre

Book On September 19

Join us as we take a tour of the last operating double-decker theatre in the world! Our tour will include the history and restoration of the complex, a backstage exhibit housing the Winter Garden's original Simplex Silent Film Projector, the original and new lobbies, as well as samples from the largest collection of vaudeville scenery.



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

Location: 189 Yonge St, the Elgin and Wintergarden Theatre

Directions: From the Queen subway station, walk west on Queen St East and turn right on Yonge Street.

High Park: An Autumn Walk

Book On September 19

We saw the cherry blossoms in bloom in May, now it is time to check out the beautiful fall colors High Park has to offer. We will walk on flat ground as much as possible and enjoy the fresh air for about an hour and a half. After the walk, you have the choice to join us for a pay-as-you-go lunch at the Grenadier Café. Gear up and enjoy a crisp fall day as you enjoy the great outdoors before the winter sets in.



Date: Tuesday, October 11 | **Cost:** Free walk / Pay as you go lunch | **Time:** 10:30 a.m.

Location: High Park. Meet at High Park Station – High Park Ave. exit at 10:30 a.m.

Directions: Take the Bloor subway line west to High Park station and follow the signs to High Park Ave.

'Jesus Christ Superstar' at the Stratford Avon Theatre

Book Now

We will start off with lunch at the Waterlot in New Hamburg, with entrée choices of Halibut or Chicken. At 2:00 p.m. it's showtime at the Stratford Avon Theatre for the musical Jesus Christ Superstar. "The zeal with which Christ's followers are hailing him as the son of God has become a source of dismay to his disciple Judas Iscariot. Fearing that this tide of religious fervour will provoke brutal repression by the occupying Romans, Judas must make his fateful choice between faith and betrayal."



Date: Thursday, October 13 | **Cost:** \$150 (**Prepay by cheque, no cancellations**)
Departure: 9:30 a.m. – Coffee Zone, 30 Carleton St
10:00 a.m. – Islington Subway (North East corner of Islington & Bloor)
Return: Approximately 7:30 p.m.
Location: Stratford, ON

Afternoon Tea at the Old Mill Inn

Book On September 19

The Old Mill Inn “Afternoon Tea” offers welcomed respite combining traditional favourites with contemporary flavours. Our menu will include a selection of loose leaf teas, a variety of finger sandwiches, lemon and raspberry tarts, almond shortbreads, mini carrot gateau, and currant and lemon scones with Devonshire cream.

Date: Tuesday, October 18 | **Cost:** \$26 | **Time:** 3:00 p.m.
Location: The Old Mill Inn, 21 Old Mill Rd

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

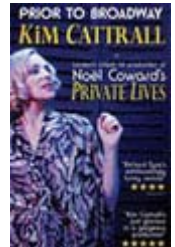


Private Lives at the Royal Alexander Theatre

Book Now

Kim Cattrall and Paul Gross co-star in a new production of Noel Coward's comedy classic! The glamorous divorcee Amanda and her prosaic new husband honeymoon on the French Riviera. When Amanda finds that the hotel room is next to theirs is occupied by her ex-husband, the rich and reckless Elyot, old passions begins to bubble. Elyot and Amanda -- with no regard for propriety—forget all about the faults that drove them away in the first place...at least for a little while, anyway.

Date: Wednesday, October 19 | **Time:** 2:00p.m. | **Cost:** \$76 (**Prepay by cheque, no cancellations**)
Location: Royal Alexander Theatre, 260 King St. West
Directions: From St. Andrew subway station, head west on King St W (Approximately a 2 minute walk).



Health and Wellness Clinic at the Toronto Public Library –

S. Walter Stewart Branch **Book On September 19 with Vacation Plus**

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 Sanborn and Leigh Robson will discuss Arthritis.

Date: Tuesday, October 25 | **Time:** 2:00 p.m. | **Cost:** Free

Location: 170 Memorial Park Avenue

Directions: From Coxwell subway station take the 70A O'Connor Bus and exit at Barker Ave. Walk north on Coxwell Ave and turn left at Memorial Park Ave.



Bowling at O'Connor Bowl

Book On September 19

We have had so much fun in the past; it is time to put our bowling skills to use once again. Join us at O'Connor Bowl where we will have a friendly game of 5-pin bowling; teams will be designated upon arrival. No prior experience necessary and bowling shoes will be provided. Afterwards you have the choice to join us for a pay-as-you-go lunch at Swiss Chalet (just across the street).

Date: Wednesday, October 26 | **Time:** 11:00 a.m. | **Cost:** Bowling \$6 / Pay as you go lunch (optional)

Location: O'Connor Bowl, 1401 O'Connor Drive

Directions: From the Coxwell subway station, take the 70A O'Connor bus. Exit at the Yardley Ave stop, right in front of the bowling alley.



Health Talk: Osteoporosis

Book On September 19 with Vacation Plus

Date: Friday, October 28 | **Time:** 1:00 p.m. – 3:00 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. From Bathurst St. and Dundas St. walk north to Toronto Western Hospital.



Upcoming Trips



Mary Poppins at the Princes of Wales Theatre

Book Now

Mary Poppins is one of the biggest stage musical successes in recent years. This consummate production features the irresistible story and unforgettable songs from one of the most popular Disney films of all time. Plus brand new breathtaking dance numbers and astonishing stage-craft to make it everything you could ever want in a hit Broadway show.

Date: Wednesday, November 16 | **Time:** 2:00p.m. | **Cost:** \$78 (Prepay by cheque, no cancellations)

Location: Princes of Wales Theatre, 300 King Street West

Directions: From St. Andrew subway station, head west on King St. W (Approximately a 4 minute walk).



For Your Information: What's On in Toronto

October FYI's

Scotiabank Nuit Blanche

This free overnight festival of contemporary art fills the streets with overnight performances. Take an afternoon nap and get ready to spend the night exploring!

Date: Saturday, October 1 | **Time:** 6:59 p.m. - Sunrise

Location: Throughout the city

For More Information: Please visit the website www.scotiabanknuitblanche.ca

The Delicious Food Show

A show designed to engage the consumer in a delicious all-food experience; cooking demonstrations, food pairings, and hands-on food seminars. Also featuring live presentations by the hottest celebrity chefs and culinary personalities.

Date: Friday, October 21 – Sunday October 23

Time: Friday 10:00 a.m. – 8:00 p.m. | Saturday 10:00 a.m. – 8:00 p.m. | Sunday 10:00 a.m. – 6:00 p.m.

Location: The Direct Energy Centre, 100 Princes Blvd

For More Information: Please visit the website www.deliciousfoodshow.ca

Zoomer Show

Check out this annual consumer and lifestyle expo for men and women 45+. There are over 250 exhibitors and live entertainment for only \$8. It is a show you won't want to miss!

Date: Saturday, October 29 – Sunday, October 30 | **Time:** 9:00 a.m. - 5:00 p.m.

Location: Direct Energy Centre, 100 Princes Blvd

For More Information: Please visit the website www.zoomershow.ca

Announcements

Notes from the Senior Centre and Vacation Plus

Peer Helper Meeting

Date: Monday, October 3 | **Time:** 11:00 a.m.

Members' Meeting

Our Members' Meeting is open to all members of the Senior Centre and Vacation Plus. Come and join us and let us hear from you. Pizza is available at \$1.25 per slice. Please call 416 467-1166 to pre-order.

Date: Thursday, October 13 | **Time:** 12:00 p.m. – 1:00 p.m.

Monday Lunch Bunch Volunteer Meeting

Date: Monday, October 17 | **Time:** 1:45 p.m.

New Trips and Outings Sign-Up Process

Dear members, we have received feedback from members in terms of calling-in vs. signing up for trips and outings at the Senior Centre. Based on that feedback and for the sake of efficiency we've decided that ALL Vacation Plus trips and outings will be processed through the Vacation Plus Coordinator, 416-422-2030 on the call-in day. Therefore there will no longer be sign-up sheets for trips and outings at the Senior Centre. We will continue to have sign up sheets for all special events that are being held at the Senior Centre. The new and improved sign-up process will begin on October 19, 2011 (November calendar call-in day). In the next month we will be working hard to ensure that our calendar is clear on where and how to sign up. If you have any questions or concerns regarding this new initiative please bring them to the next members' meeting on Thursday, October 13. Thank you in advance for your patience during this transition.



Candy Cane Magic, November 19, 2011



The Magic is Coming!

***Get ready for Candy Cane.
Won't be long 'til it's here again.
So many things to see and buy,
Bargains galore, my oh my!
Do come early
Don't be late.
November 19th is the date!
By Inge Gerson***

We hope everyone has marked their calendars as time is passing quickly with lots to do before our special day. Please help us by making an extra effort to sell our raffle tickets so we can have another successful year. To help with advertising Candy Cane Magic, small and large flyers are available to hand out to family, friends, neighbours and businesses. Please continue to bring in your items for the various tables and **mark any NEW items for the Silent Auction with your name.**

Sign-up sheets for Volunteers will be out on Monday, October 17th at the Centre. Please give some thought as to where you would like to help or you can sign up to help in "any area" as needed.

This is also a good time for you to be thinking about what you can donate to our very popular bake table. Preserves, candy, tarts, muffins, cookies, and pies are some of the items people look for at the sale.

As always, more details to come.

Dorothy Willett, Coordinator, Candy Cane Magic, 2011.

Committee members: Anne Burton, Sheila Clarke, Linda Johnson, Anne Laing, and Jeannie Smith



Just a Friendly Reminder to all members

It is very important that you **sign up** for every program listed in the Events Guide that you wish to attend whether it is free or not. Occasionally programs do have to be cancelled or the event time is changed and we wish to let everyone signed up know about any changes. Also, it is important to let us know if you wish to cancel a booking for any event so that we are able to accommodate anyone who is on the Waiting List. We do appreciate your help so that your programs run smoothly.

.....

Vacation Plus Event Ideas

Brenda Mutch, the Vacation Plus Coordinator is always looking for new and exciting trip/outing ideas. If you have any suggestions she would love to hear them! Please contact Brenda by phone at 416-422-2030, or by email at bmutch@ccey.org, or you can always bring your suggestions to your next event. All suggestions/comments are welcome!



WE REMEMBER...



Our sympathy goes to the family and many biking friends of Jack Roper.

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 the following week. Program information is available online at 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 19th of every month, unless it falls on the weekend, then registrations will be on the following Monday. Please check program descriptions for details including locations and departure information for trips and special events. 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. 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.

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.

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.



Serving our community since 1971

Main Office:
840 Coxwell Ave, Suite
303, Toronto, Ontario
M4C 5T2

416-422-2026





Serving our community since 1971

Senior Centre:
1108 Greenwood Ave
(in Cosburn United
Church)
Toronto, Ontario

416-467-1166

