

Program & Events Guide April 2011

This Month's Features:

- Rhinestone Cowgirl at the Senior Centre
- “My Fair Lady” at the Shaw Festival Theatre
with Mary Morton Tours
 - Art Sale and Tea
- “Our Town” at Soulepper Theatre

See inside for details.



Contact Information

Lois - Senior Centre Supervisor 416-467-1166

Brenda - Vacation Plus Program: 416-422-2030

Sarah – Wellness Program Manager: 416-422-2026

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April is National Oral Health Month

Put a smile in your body. Follow these simple steps to good oral health and watch your overall health improve too:

1. See your dentist regularly
2. Keep your mouth clean
3. Eat a well balanced diet
4. Check your mouth regularly for signs of gum disease and oral cancer
5. Avoid all tobacco products

Remember there is a connection between good oral health and overall health. April is National Oral Health Month so talk to your dentist about the reasons why.

Source: Canadian Dental Association, 2011 www.cda-adc.ca

Contact Information

Lois – Senior Centre Supervisor 416-467-1166
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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

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



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.

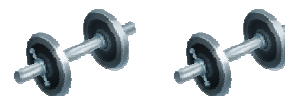
Date: Wednesdays | **Time:** 9:30 a.m. – 10:30 a.m.
Cost: \$30 for 10 classes | **Instructor:** Chris Moffett



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.

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.

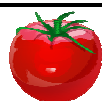


Instructor: From the Toronto Taoist Tai Chi Society | **Cost:** \$15 for 10 classes

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: \$75.00 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, April 25th. 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, April 27 | **Time:** 12 p.m. to 2 p.m.
Cost: \$7.35 (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.

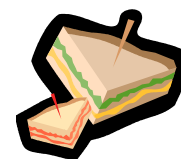
Date: Every Monday | **Cost:** \$3 (or \$1 for the program only which does not include lunch)

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

Transportation is available. Please contact Milady Kuba, the Transportation Coordinator at 416-422-2026 ext.259

Here is what's on for the month:

Monday, April 4 – Today we welcome back Historian and Author Ron Brown with a slide presentation on Lake Ontario.



Monday, April 11 – It's "Spring Fling" time with entertainer Alison Kremer.

Monday, April 18 – Jennifer Camelford brings her slides of mysterious Morocco. The Plastic Canvas group will have Easter treats for sale before and after lunch.

Monday, April 25 – The Senior centre is closed for the Easter Monday Holiday.



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, April 19 | **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, April 26 (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 specialized foot care certification. Treatment for minor foot problems such as corns and calluses, and cutting of toenails is available.

Dates: Tuesday, April 5, 12 | **Time:** 9:30 a.m. – 12 p.m.

Wednesday, April 6, 13, 20 | **Time:** 12:30 p.m. - 3:30 p.m.

Friday, April 29 | **Time:** 9:30 a.m. – 12 p.m.

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

Income Tax Clinic

Do you need help with your annual income tax return? Once again, we are offering an income tax clinic with qualified volunteers for retired residents of the East York community, persons with disabilities and Senior Centre and Vacation Plus members who have simple personal income tax returns.

The Income Tax Clinic Volunteers will be filing income tax returns by E-File every Thursday afternoon from 12 p.m. to 4 p.m., from Thursday, April 7th to Thursday, April 28th at the Senior Centre.

Appointments are required.

Please bring the following information to your appointment:

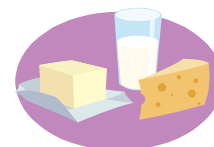
- Rough copy of your 2009 return and complete Notice of Assessment**
- The printed material or label from Canada Revenue Agency
- T4 slips (Old Age Security, Canada Pension, pension income etc.)
- T5 or T3 slips (bank interest, bond interest, mutual funds etc; all copies). Please **do not separate slips** prior to your appointment.
- Medical receipts for glasses, hearing aids, dentures, etc; private health and travel insurance premiums. Please total all these receipts and clip together.
- A print out of your 2010 prescription costs from your pharmacist
- Donation receipts clipped together and totaled
- Safety deposit box fee amount
- Property tax bill or amount of rent for 2010 and to whom paid
- Tax instalment information, if applicable

To make an appointment, you may sign up at the Senior Centre or call **416 467-1166**. The Income Tax Clinic is free but donations are gratefully accepted. An Income Tax Receipt will be issued for any donation over \$10.00.

If you are homebound and need help with your return, please call 416-422-2026 and ask for Intake.

Osteoporosis Support Group

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



Facilitated by Osteoporosis Canada.

Date: Wednesday, April 6 | **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, April 26 | **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

*** Please note there will be no craft class on Thursday, April 14th***

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:** \$1.00 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

Join us today for a DVD look at the Highlights of the Canadian Rockies. The ladies are always welcome.

Date: Wednesday, April 20th | **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 a.m. – 12 p.m. | **Facilitators:** Edith Burnett and Anne Burton

Quilting

Calling all quilters to work on the new 1st 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

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, March 18, April 1, 8, 15. | **Time:** 1 p.m. – 3 p.m.

Cost: \$15 for 4 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, March 18, April 1, 8, 15 | **Time:** 3 p.m. – 4 p.m.

Cost: \$1 per visit | **Facilitator:** Clara Suter

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, May 17 | **Time:** 1 p.m. to 4 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

Special Events - [Book Now](#)

Friday Afternoon at the Movies: "Nanny McPhee"

In this wickedly charming tale, Emma Thompson portrays a mysterious woman with special powers who enters the household of a recently widowed Mr. Brown played by Colin Firth and attempts to tame his seven very naughty children. The children have managed to drive away 17 previous nannies but as Nanny McPhee takes charge, they begin to notice that their misbehaving has magical and startling consequences. Running time: 1 hour, 39 minutes.

Date: Friday, April 1 | **Time:** 1:15 p.m.

Cost: \$1 (includes popcorn and a beverage – Sign up but pay at the door.)

Location: Senior Centre, 1108 Greenwood Ave.

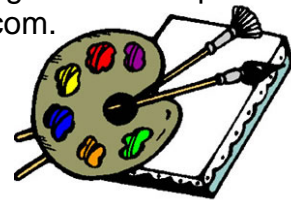


Art Sale and Tea

Patricia Hewins Pollack is a professional artist and has been a teacher at the Senior Centre for the past eleven years. She has been a member of the Toronto Watercolour Society since 1983 and is a member of the Willowdale Group of Artists, the North York Visual Artists Association and the Stratford Art Institution. She is having an inventory clearance sale and is giving the Senior Centre the opportunity to benefit jointly with her in the sale of her watercolours. The prices have been slashed and are very affordable with some as low as \$25.00 in a wide variety of subjects. All the paintings have been matted and are ready for framing, many for standard frame sizes. Come meet the artist and enjoy some light refreshments as well. If you are interested in seeing some examples of Patricia's work you can visit her website at www.patriciahewinspollack.com.

Date: Friday, April 8 | **Time:** 1:30 p.m. | **Cost:** Free

Location: Senior Centre, 1108 Greenwood Ave.



Physical Activity and Aging

We hear a lot in the news these days about how exercise and physical activity are good for you. In this presentation, we will discuss some of the recent findings on how exercise and physical activity can help slow down the aging process, allowing us to lead more independent lives. Come and discover how physical activity and exercise can become a part of our lives everyday. You'll even get to practice a bit of what Chris preaches! So, come prepared to move!

Presented by Chris Moffett, Certified Personal Trainer, Fitness Instructor and Older Adult Fitness Specialist.



Date: Friday, April 15 | **Time:** 1:30 p.m. | **Cost:** \$1 for a healthy snack
Location: Senior Centre, 1108 Greenwood Ave.

“Rhinestone Cowgirl”: A Tribute to Dolly Parton

We invite you to join Leisa Way and The Wayward Wind for this sensational live concert “*Rhinestone Cowgirl*”: a tribute to Dolly Parton! Much loved for her Patsy Cline tribute concerts (seen on our stage on June 11th, 2010 with Smile Theatre) Leisa Way literally erupts onto the stage in a flurry of feathers, fringe and bejewelled finery.

This fabulous concert is designed to leave audiences amazed, hugely entertained and clamouring for more. However, the real magic lies in hearing Dolly’s songs backed up by a terrifically talented band. This is a show that draws in audiences for a great afternoon of fun and entertainment. Don’t miss this spectacular tribute to the rags to riches “Rhinestone” cowgirl, Dolly Parton.



Date: Friday, April 29 | **Time:** 1:30 p.m.
Location: Senior Centre, 1108 Greenwood Ave. | **Cost:** \$10 (Prepay by cheque)



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.

April Trips and Outings

Elmira Maple Syrup Festival with Mary Morton Tours

Sold Out

Join us on this delightful day to the Elmira Syrup Festival, the largest festival of its kind, as well as the oldest. Our first stop will be at the Collegiate for the Arts and Crafts Show, with a large variety of crafts and handmade quilts. Stroll about the downtown area of Elmira and enjoy the Maple Syrup Festival. The delicious aromas will soon have you wanting to sample German Sausages, Potato Pancakes, Apple Fritters and delicious Apple Dumplings. Buffett lunch is included at the Crossroads Restaurant in Elmira with time to browse their gift shop. We will also spend time browsing in the village of St. Jacob.

Date: Saturday, April 2 | **Cost:** \$69 (**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)

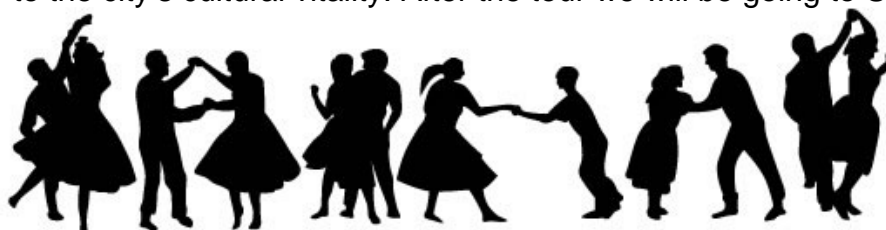
Return: Approximately 6:00 p.m.



St. Lawrence Market Gallery: “Dancing Through Time” and Lunch Outing at “Spring Rolls”

Book on March 21

First, we will visit the St. Lawrence Market Gallery featuring *Dancing Through Time: Toronto’s Dance History from 1900-1980*. The exhibition outlines the development of the city’s dance scene by exploring influential touring artists and vaudevillians, the evolution of ballet and modern dance, and the growing diversity of dance forms in the late 20th century. It features costumes, photographs, playbills, programs, posters, designs, video and more. Many of the exhibition items have been rarely seen, and have not been showcased at other museums. Some of the featured artifacts are: rare silk stockings and a practice tunic from the 1920s; sketches of the Ballets Russes by Grant Macdonald; a mask that toured to the 1936 Cultural Olympiad in Berlin and later survived Hurricane Hazel; costumes worn by famed National Ballet dancers David Adams and Lois Smith; a Karen Kain doll, and much more. Visitors will discover the personalities and history of this dynamic art form that has contributed greatly to the city’s cultural vitality. After the tour we will be going to Spring Rolls for lunch.



Date: Tuesday April 5 | **Time:** 10:30 a.m. | **Cost:** Gallery: Free / Lunch: **Pay-As-You-Go**

Location: Market Gallery, St. Lawrence Market (South Building)

Directions: From the King Subway (Yonge and King) take the streetcar east to Jarvis St. Walk one block south to the South St. Lawrence Market (Jarvis and Front). **Or**, take the subway to Union station (Bay/Front) and walk east along Front St. to the South St. Lawrence Market (Jarvis and Front). Enter building through the main double doors on Front St.; from the lobby take the elevator to the second floor.

Lunch Outing: Osgoode Hall Restaurant

Book on March 21

Osgoode Hall is home to heritage courtrooms, the stunning Great Library and (many may be surprised to find out) an impressive restaurant. “With a focus on local, seasonal ingredients, the ever-changing Chef’s Menu—a three-course prix fixe lunch—is a sweet deal! Your three course lunch includes salad, chicken dish, chef’s dessert and coffee and tea.

Date: Thursday, April 7 | **Time:** 12 p.m. | **Cost:** \$30 (Prepay by cheque)

Location: Osgoode Hall Restaurant, 130 Queen Street West

Directions: Exit Osgoode Subway station and walk to the north east corner of Queen and University

Full Tea Service at the Windsor Arms Hotel

Book on March 21

Since 1927, Tea at the Windsor Arms has been synonymous with elegant, afternoon indulgence. Relax in our French-style lobby tea room or our majestic purple room with its original working fireplace. Peruse a selection of teas from Russian Caravan to Sencha; staff will happily guide you through the various tastes and aromas.

- ❖ A Choice of Loose-Leaf Teas
- ❖ Fresh Scones with Preserves and Devon Cream
- ❖ A Selection of Fresh Sandwiches
- ❖ Berries and Whipped Cream
- ❖ Petits Fours



Date: Tuesday, April 12 | **Time:** 12:30 p.m. | **Cost:** \$39 (Prepay by cheque)

Location: Windsor Arms Hotel, 18 St. Thomas Street

Directions: Exit Bay Street subway station and walk west on Bloor Street to St. Thomas Street

Brunch at Green Eggplant Restaurant

Book on March 21

Join us as we indulge in a tasty selection of brunch items in a friendly atmosphere on Queen Street. This restaurant is known for its home style cooking and large portions. Brunch choices include: The Beaches Sunrise – 3 eggs, bacon, potato pancakes and toast; Greek Feta Mediterranean Omelette served with potato pancakes and toast; or the Sky High Mixed Berry French Toast, you decide when you arrive. Beverages include coffee or tea.



Date: Tuesday April 19 | **Time:** 11 a.m. | **Cost:** \$17 (Prepay by cheque)

Location: 1968 Queen St. East

Directions: From Woodbine Station take the 92 WOODBINE SOUTH to Queen Street and walk East toward Herbert Ave, Green Eggplant will be on the left.

My Fair Lady at the Shaw Festival Theatre with Mary Morton Tours

Book Now

Begin the day at Betty’s Restaurant, with a choice of beef, chicken or fish and chips. At 2:00 p.m., you will be in orchestra seats enjoying the Shaw Festival Theatre present “My Fair Lady”, based on “Pygmalion” by Bernard Shaw. Celebrate the unforgettable songs, “I Could Have Danced All Night”,

“The Rain in Spain” and “On the Street Where You Live”. Remember why it has been called one of the best musicals of the 20th Century and was one of the longest running shows in Broadway history.

Date: Wednesday, April 20 | **Cost:** \$111 (**Prepay by cheque, no cancellations**)

Departure: 8:45 a.m. –Senior Centre, 1108 Greenwood Ave.

9:15 a.m. – Coffee Zone, 30 Carlton Street

9:45 a.m. – Islington Subway (North East corner of Islington & Bloor)

Return: Approximately 7:15 p.m.

“Our Town” at the Soulpepper Theatre

Book Now

The Soulpepper's Theatre beloved version of Thornton Wilder's masterpiece *Our Town* returns to remind us to make the most of life's every blessing. Set at the turn of the 20th century, the play reveals the ordinary lives of the people in the small town of Grover's Corners; a place where the simplest acts can leave the greatest impressions.



Date: Friday, April 22 | **Cost:** \$55 (Prepay by cheque) | **Time:** 1:30 p.m.

Location: Yonge Centre, 55 Mill Street, Building 49

Directions: From Castle Frank station, take the 65 Parliament Bus to Front Street and walk one block south to Mill Street. The Young Centre is located at the north-east corner of the Distillery District, at the intersection of Mill Street and Cherry Street.

Retirement Home Tour –

Amica at Bayview Gardens

Book on March 21

Come and see the newest Amica residence offering many amenities and services. Enjoy a tour of this elegant building with stunning interior design by Canada's talented interior designer, Brian Gluckstein. After the tour, you will have an opportunity to ask questions about the facility while enjoying lunch. Please meet in the front lobby.

Date: Tuesday, April 26 | **Time:** 12 p.m. | **Cost:** Free

Location: Amica at Bayview Gardens, 19 Rean Drive

Directions: Exit Bayview subway station and walk northeast on

Sheppard Ave East. Turn right at Rean Drive (approximately a 6 minute walk).



Lunch Outing: Kingsway Fish and Chips

Book on March 21



The ambience of Kingsway Fish and Chips is only part of the equation. The main event here is the fish and chips. Only halibut is used and the recipe, perfected over the course of nearly 50 years in the business, is a carefully guarded secret.

Enjoy crispy halibut and chips, mushy peas, bread and butter, choice of dessert and coffee, tea or a soft drink.

Date: Tuesday, April 29 | **Time:** 12 p.m. | **Cost:** \$23 (Prepay by cheque)

Location: Kingsway Fish & Chips, 3060 Bloor Street West

Directions: From the Royal York subway station, walk west on Bloor Street. Approximately a 3 minute walk.

Health Talk: Cancer Prevention and Screenings

Book Now

Date: Friday, April 29 | **Time:** 1 p.m. – 3 p.m.

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

Location: The 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

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UPCOMING TRIPS



“The Railway Children” at the Roundhouse Theatre **Book Now**

Set in the early Edwardian era, *The Railway Children* tells the story of Bobbie, Peter and Phyllis, three children who are reduced to poverty after their father is unjustly imprisoned and they are forced to move from a large comfortable house in London to a poor cottage in rural Yorkshire adjacent to the railroad tracks. The children befriend the local railway porter and embark on a magical journey of discovery, friendship and adventure. Originally serialized in 1905 in *London Magazine* and published in book form in 1906, *The Railway Children* has been popular for many generations.

Performed on moving platforms that glide on and off the real tracks and on the wooden platforms on either side, the play is set within a country railway station in Yorkshire, providing the perfect stage for the show’s star – a real, live period steam train – and setting the scene for the final emotional return of the children’s father. The London critics instantly hailed the production as one of the year’s best, and it immediately became one of the city’s top-grossing stage shows, setting box office records.

Date: Wednesday May 18 | **Time:** 1:30 (Subject to Change) | **Cost:** \$62

Location: The Roundhouse Theatre, 222 Bremner Blvd.

Directions: From St. Andrew Subway, walk east on King St West, turn right at University Ave. Continue onto York Street and then turn right at Bremner Blvd (approximately a 10 minute walk)

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“Hairspray” at St. Jacobs Country Playhouse With Mary Morton Tours

Book Now

Spend time browsing at the St. Jacobs Farmer’s Market. Buffet lunch at Crossroads will follow, with time to browse their gift shop. At 2:00p.m. it’s showtime at the St. Jacobs Country Playhouse for “Hairspray” – the Broadway Musical. “Get ready for something big with Hairspray, the musical-comedy phenomenon that inspired a major motion picture and won eight Tony Awards, including Best Musical. Loveable plus-sized heroine Tracy Turnblad ushers in an era of radical social change when she lands a spot on a local TV dance program...without denting her ‘do’! Don’t miss Broadway’s big fat musical hit!

Date: Thursday, May 26 | **Cost:** \$109 (Prepay by cheque, no cancellations)

Departure: 8:00 a.m. – Senior Centre, 1108 Greenwood Ave.

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

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

Return: Approximately 7:00 p.m.



1000 Islands Senior Fun and Sun At Colonial Inn & Spa



Special Booking March 18 at 9:00 a.m.



Please see the enclosed flyer for details of this annual 5 day holiday offering. Bookings will open at **9:00 a.m. on Friday, March 18, 2011**. Please make cheques payable to Community Care East York.

Date: Monday, June 20 to Friday, June 24

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

\$50 Deposit due after booking; 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: 3:00 p.m. Friday, June 24

For Your Information: What's On in Toronto

April FYI's - Book Now

One of a Kind Spring Show

The One of a Kind Spring Show features an endless selection of handcrafted items created by talented artists and craftspeople.

Date: March 30 – April 3 | **Location:** 100 Princes' Blvd, Direct Energy Centre

Time: Monday- Saturday 10 a.m. - 9 p.m. | Sunday 10 a.m. – 6 p.m.

For More Information: Please visit the website www.oneofakindshow.com

Total Health 2011

The Total Health Show explores the effects of our food, the environment and more at the Metro Toronto Convention Centre.

Date: Friday, April 8 - Sunday April 10

Location: 255 Front Street West, Metro Toronto Convention Centre

Time: Friday 6 p.m. – 10 p.m. | Saturday 10 a.m. – 9 p.m. | Sunday 10 a.m. – 9 p.m.

For More Information: Please visit the website www.totalhealthshow.com

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The Green Living Show

Kicking off with the Green Toronto Awards ceremony, the Green Living Show will continue to showcase green products and ideas at the Direct Energy Centre at Exhibition Place throughout the weekend.

Date: Friday, April 15 - Sunday April 17 | **Time:** Friday- Saturday 10:00 a.m. – 9:00 p.m.
Sunday 10:00 a.m. – 6:00 p.m.

Location: 100 Princes' Blvd, Direct Energy Centre

For More Information: Please visit the website www.greenlivingonline.com

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Announcements

New Vacation Plus Coordinator

Brenda Mutch, who has been working within the Wellness Team for over 5 years is now shifting gears and will be taking over the responsibilities of the Vacation Plus Program. Feel free to offer any suggestions for events you would like to see featured.

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Peer Helper Meeting

Date: Monday, April 4 | **Time:** 11 a.m.

Location: Senior Centre, 1108 Greenwood Ave

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Members' Meeting

There will be no members' meeting in April. The next meeting will be in May.

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 your pizza.

Date: Thursday, May 12 | **Time:** 12 p.m. - 1 p.m.

Location: Senior Centre, 1108 Greenwood Ave.

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Monday Lunch Bunch Volunteer Meeting

Date: Monday, April 4 | **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



The application for a raffle license will soon be sent to the City of Toronto. The Candy Cane Magic Committee is still in the process of gathering the prizes for this year's raffle. Many thanks to Deborah Kuiper who responded to last month's request for a Raffle coordinator. We all look forward to working with Deborah for another successful raffle. More information will come soon.

Please remember when you are spring cleaning to save **useable items in good condition** for the White Elephant, Special Treasures and Jewellery tables. Be sure that items are complete, in good working condition and aren't chipped or cracked. We will let you know when we are able to accept items. But we do ask that you keep larger items until close to the sale date.

Please think about where you might volunteer so that you will be ready when the volunteer sheets come out. If you have a car and can help us pick up items please let us know.

Your Candy Cane Magic Committee thanks you in advance for your support. More details will follow.

Dorothy Willet, Coordinator,
Candy Cane Magic 2011

Would you like to learn how to play "Wizard"?

Bruce Brackett of the Euchre group knows a great card game called "Wizard" which is easier than Euchre and Bridge and can be flexible in the number of players per table. Please let Bruce or Lois if you would like to learn how to play this game. We'll set up a time if there is sufficient interest.

Last Notice for Renewals

Please remember to complete your renewal form, sign it and return it to the Senior Centre or to the main office by March 31, 2011. If we do not receive your renewal form, you will be taken off the membership and mailing list and you will no longer receive a calendar. Thank you to all members who have already submitted their renewal forms.

Brain Teasers



Saxophone Player
or
Woman?



Rabbit
or
Swan?



Donkey
or
Seal?

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. 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.

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

840 Coxwell Avenue, Suite 303
Toronto, Ontario, M4C 5T2