

# Program & Events February 2012

## This Month's Features:

- Smile Theatre at the Senior Centre
- Winterlicious Lunch
- Tour of Toronto Police Museum
- Snow Train with Mary Morton Tours

**...And much more !**

**See Inside For Details**

## Contact Information

Senior Centre Supervisor 416-467-1166  
Vacation Plus Program: 416-422-2030

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**February is Heart Month**

People who are physically inactive are more likely to be at risk for heart disease or stroke than people who are physically active. Active living is important to maintain good heart health throughout your life. Being active means something different to everyone, whether it is gardening, walking, or running. Any physical activity can have a positive impact on your heart health. It is a great way to maintain a healthy weight, reduce high blood pressure, lower cholesterol levels, manage stress, and cut your risk of heart disease. Choose activities that you enjoy, start slowly and find a buddy to keep you motivated. Remember that doing any physical activity is better than doing none at all. Always check with a healthcare professional first before starting any physical activity program.

Source: Heart and Stroke Canada, 2011

**Contact Information**

Senior Centre Supervisor: 416-467-1166  
Vacation Plus Coordinator: 416-422-2030



# Fitness & Dance



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

## Beach Ball Volleyball

Have you ever felt that you would like to try a game of Volleyball, but running, jumping or diving are not your thing? Then, this might be the perfect game for you! This 8-week program has been specially designed with a gentle approach to promote balance, flexibility and improve hand-eye coordination while having fun playing on a team. Come play for the joy of the game!



**Date:** Tuesdays | **Time:** 1:00 p.m. - 2:30 p.m. | **Cost:** \$.50 per session

**Facilitator:** Marjorie Frost, George Brown College Student

\*\*\*This program starts on January 24, 2012\*\*\*

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## 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 and Mary Jane McIntyre

\*\*\*This program is being offered on Tuesday, February 7, 14, 21, March 6, 13, 20\*\*\*

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## Dance Like You Are the Only One!

You will dance the waltz, swing, tango, jive, cha-cha, rumba, samba, mambo, and even belly dance **with style**, and **without a partner**. The dances are easy to follow, even if you think you don't know your left foot from your right. You will dance not only with your feet and arms, but with the body and the mind. This is a chance to dance with your friends, but dance like you are the only one!



**Date:** Tuesdays | **Time:** 1:00 p.m. to 2:30 p.m.

**Cost:** \$24 for 8 classes | **Instructor:** Cathy Liang

\*\*\*Please note the class on Tuesday, January 24<sup>th</sup> is free so that you can try out this new, exciting dance class. This series finishes on March 27<sup>th</sup>\*\*\*

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## Fitness

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

**Date:** Tuesdays | **Time:** 9:15 a.m. - 10:15 a.m.

**Cost:** \$16 for 8 classes | **Instructor:** Leigh Robson

\*\*\*Please note change of time. This class starts on Tuesday, January 17, 2012\*\*\*

## 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!

**Date:** Fridays | **Time:** 9:15 a.m. to 10:15 a.m.

**Cost:** \$30 for 8 classes | **Instructor:** Chris Moffett

\*\*\* Please note there is no class on Friday, March 2, 2012\*\*\*

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## 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

\*\*\*Please note there is no class on Wednesday, February 29, 2012\*\*\*

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## 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 a.m.

**Cost:** \$30 for 10 classes | **Instructor:** Chris Moffett

\*\*\*Please note there is no class on Wednesday, February 29, 2012\*\*\*

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## 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 Taoist Tai Chi Society of Canada | **Cost:** \$15 for 10 classes



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



\*\*\* Please note that the 1.5 hour classes in the fall and spring will begin at 9:30 a.m. and classes in the winter will begin at 10:00 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's Senior Centre 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, February 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, February 29 | **Time:** 12:00 p.m. to 2:00 p.m.  
**Cost:** \$7.40 (please make cheques payable to East York Meals on Wheels)

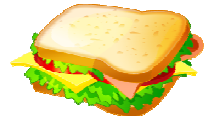
### Monday Lunch Bunch (MLB)

Enjoy a sing-song of "golden oldies" before a delicious sandwich lunch followed by cookies, tea or coffee. After lunch, stay for the weekly program. 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:** Sing-song & 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 January:

**Monday, February 6** – Lori Jackson, Hearing Care Counsellor, Canadian Hearing Society, will talk about new products, aids and new changes in funding for hearing aids.

**Monday, February 13** – Celebrate Valentine's Day by wearing something red or pink and then sit back and enjoy the music of Jay Franco.

**Monday, February 20** – The Senior Centre and Vacation Plus are closed for the Family Day holiday.

**Monday, February 27** – One of our members, Susan Aihoshi, reads from her new children’s book, *Torn Apart*, which explores the uprooting of Japanese Canadians through the eyes of a 12-year old girl living in Vancouver in 1941. Her story draws on the real life stories of member, Molly Aihoshi.



## 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, February 21 | **Cost:** Free | **Time:** 9:15 a.m. – 11:00 a.m.

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### 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, February 28 (the 4<sup>th</sup> Tuesday of each month)

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### 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, February 7, 14 | **Time:** 9:30 a.m. - 12:00 p.m.

Wednesday, February 8, 15 | **Time:** 12:30 p.m. - 3:30 p.m.

Friday, February 24 | **Time:** 9:30 a.m. - 12:00 p.m.

**Please book an appointment** | **Cost:** \$21 per visit which will be billed to you.

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### Hearing Support Group

This is a monthly hearing support group which will concentrate on communication techniques; what to do if you can’t hear; understanding your hearing loss; understanding your hearing aids and how to use them in large groups. The goal of this group is to improve communication and to give you additional tools to use when out in the community.

**Facilitator:** Lori Jackson, Hearing Care Counsellor, Canadian Hearing Society

**Date:** Wednesday, February 8

**Time:** 1:30 p.m. – 2:30 p.m. | **Cost:** Free

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## Osteoporosis Support Group

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

**Facilitated by:** Osteoporosis Canada

**Date:** Wednesday, February 1 | **Time:** 1:30 p.m. - 2:30 p.m. | **Cost:** \$1 for refreshments



# 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. Ask at the front desk to receive your copy.



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

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## 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

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## 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

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## 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

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## 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



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## 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

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## Men's Group

Today we welcome back John Watson with a new collection of old electric appliances and gadgets. Please bring in any items you have for show and tell.

**Date:** Wednesday, February 15 | **Time:** 9:30 a.m. – 11:00 a.m. | **Cost:** \$.50

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## 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 | **Instructor:** Pat Pollack  
\*\*\*Classes start on January 11, 2012\*\*\*



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## 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

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## Quilting

Calling all quilters: help us work on the 1<sup>st</sup> prize quilt for the 2012 Candy Cane Magic 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



# 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!

Spaces still available!

**Date:** Fridays, January 20, 27, February 10 | **Time:** 1:00 p.m. – 3:00 p.m.

**Cost:** \$15 for 3 classes | **Instructor:** 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
- The fourth class will be on how to get the best from your digital photos with Barb McCutcheon

**Date:** Fridays, February 17, 24, March 2, 9 | **Time:** 1:00 p.m. – 3:00 p.m.

**Cost:** \$15 for 4 classes | **Instructor:** Catherine Copeland



# Senior Centre Special Events



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

## Lavender Blue

**Book Now at the Senior Centre**

“From the writer of *The Light In Winnie’s Window* comes a new Smile Theatre musical about friendship, patriotism, and courage. Full of both original and familiar songs, this fascinating new musical by Smile Theatre favourite, Dinah Christie – based on a true story – will enchant, move and surprise you.” Refreshments will be served after this one-hour live theatre production on our stage.

**Date:** Friday, February 3 | **Time:** 2:00 p.m. | **Cost:** \$8.00

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





**Date:** Wednesday, February 1 and Wednesday, February 8 | **Time:** TBA  
**Cost:** TBA | **Location:** TBA | **Directions:** TBA



## Snow Train with Mary Morton Tours

**Book Now with Vacation Plus**

You will head to Orangeville where we will board the Credit Valley Explorer. The “Snow Train” is a very popular tour; it will take us on a 70km adventure through the wintery hills and valleys, along icy rivers and across the famous Forks of the Credit railway trestle. Lunch will be included in the dining car, with entrée choices of Hot Turkey Dinner or Vegetable Lasagna. Our final stop of the day will take us to Magnotta Winery in Vaughan, where we will be able to taste some of their delicious wines, browse their impressive wine boutique and explore their original art gallery

**Date:** Saturday, February 4 | **Cost:** \$102 (Prepay by cheque, no cancellations)

**Departure:** 9:15 a.m. - Coffee Zone, Carleton Street

9:45 a.m. – Islington Subway Station – At the northeast corner of Bloor and Islington Ave, at the subway’s station’s street level entrance on the east side of Islington Ave.

**Return:** Approximately 5:15 p.m.

**Location:** Orangeville, ON



## Toronto Police Museum Tour

**Book On January 19 with Vacation Plus**

Occupying 3,000 square feet the Toronto Police Museum reflects the rich tradition and history of policing in our great city. Built entirely from private donations, the Museum offers a vibrant blend of the new and old, with interesting interactive displays dedicated to expanding the community’s understanding of policing in Toronto. Join us as we take a guided tour!

**Date:** Tuesday, February 7 | **Cost:** \$1 (Please bring money to the event)

**Time:** 1:00 p.m. | **Location:** Toronto Police Museum, 40 College St

**Directions:** From the College subway station, exit and head west on College St, towards Bay St.



## The Glenn Gould School Performers at The Royal Conservatory of Music – Koerner Hall

**Book On January 19 with Vacation Plus**

Hear the talented solo performers of The Glenn Gould School compete for the opportunity to perform their concerto with the Royal Conservatory Orchestra.

**Date:** Thursday, February 9 | **Cost:** Free (Space is limited)

**Time:** 2:00 p.m. Concert begins/Please arrive at 1:30 p.m. for seating purposes

**Location:** The Royal Conservatory - Koerner Hall, 273 Bloor Street West

**Directions:** From the St. George subway station, exit and head south on St. George St, turn left at Bloor St W.

## Tour of the Design Exchange

**Book On January 19 with Vacation Plus**

Canada's only design promotion center, Design Exchange exhibits the latest in fashion, graphic design, and ergonomics. Named after its location in the former Toronto Stock Exchange building, the Design Exchange also boasts the original trading floor, with its historic murals intact. The mural depicting "Work" is particularly fascinating, with its use of color and technique. International, national,

and local designers are on display in the exhibition hall. Join us as we take a guided tour through this fascinating building!

**Date:** Wednesday, February 15 | **Cost:** \$6 | **Time:** 1:30 p.m.

**Time:** 1:30 p.m. | **Location:** Design Exchange, 234 Bay St

**Directions:** From the King subway station, depart and head west on King St E, go straight on King St W and turn left on Bay St.

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## Health Talk: Cancer Prevention and Screening

**Book On January 19 with Vacation Plus**

**Date:** Friday, February 24 | **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.

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## Speakers Luncheon at the Old Mill Inn

**Book Now with Vacation Plus**

We will start the day off with lunch at The Old Mill Inn, with entrée choices of chicken, salmon, or pork chops. At 2:00 p.m. enjoy listening to Ron Brown and Frank Kershaw speak about their fields of expertise. Ron's topic is "In Search of the Grand Trunk" and will take you back to the era in which railways in Ontario were of vital importance. Ron Brown is an author, geographer, and travel writer and has led many tours to out-of-the-way places that people never knew existed. Frank Kershaw will be speaking about gardens. Frank is an award-winning horticulturalist with over 30 years experience and is a popular guest speaker at Canada Blooms, and the Toronto Flower and Garden Show.

**Date:** Saturday, February 25 | **Cost:** \$52 (**Prepay by cheque, no cancellations**)

**Time:** 12:30 p.m. | **Location:** The Old Mill Inn, 21 Old Mill Road

**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.

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## Lunch Outing: Tucker's Marketplace

**Book On January 19 with Vacation Plus**

Tucker's Marketplace is a genuinely unique buffet experience. Almost everything is made from scratch using only the finest, freshest, and most authentic ingredients possible. They have everything from breads warm from the oven, pick-your-own salads and hearty soups, to their famous hand-carved roast beef, made-to-order pastas, stir fries and tantalizing desserts. All at one all-inclusive price!

**Date:** Tuesday, February 28 | **Cost:** \$16 | **Time:** 12:00 p.m.

**Location:** 880 Warden Ave (Eglinton & Warden)

**Directions:** From Warden Subway station, take the 68 Warden bus towards Steeles. Exit at the intersection of Warden Ave and Eglinton Ave East.



## Health and Wellness Clinic at the Toronto Public Library – S. Walter Stewart Branch

**Book On January 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 will discuss Heart Health.

**Date:** Tuesday, February 28 | **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.



## Upcoming Trips



### War Horse at The Princess of Wales Theatre

**Book Now with Vacation Plus**

“As World War 1 begins, Joey, young Albert’s beloved horse, is sold to the cavalry and shipped to France. He is soon caught up in enemy fire, and fate takes him on an extraordinary journey, serving on both sides before finding himself alone in No Man’s Land. But Albert cannot forget Joey and, though not old enough to enlist he embarks on a treacherous mission to find his horse and bring him home.” Join us for this remarkable tale of courage, loyalty, and friendship.

**Date:** Wednesday, March 14 | **Cost:** \$80 (Prepay by cheque, no cancellations)

**Time:** 1:30 p.m.

**Location:** The Princess of Wales Theatre, 300 King Street West

### National Chinese Acrobats at the Sony Centre

**Book Now with Vacation Plus**

Visually stunning, the National Chinese Acrobats join the Kitchener-Waterloo Symphony in an unforgettable performance featuring daring maneuvers, feats of strength, gymnastics, balancing and more. The Symphony features traditional Chinese instruments, along with western orchestral instruments. The acrobats will mesmerize and mystify with their stunning displays of the best in Chinese martial arts, illusion, acrobatics, music, dance, and drama. **Tickets will only be ordered if there is enough interest.**

**Date:** Saturday, May 12 | **Cost:** Tickets range from \$55 to \$74, depending on size of group

**Time:** 3:30 p.m.

**Location:** The Sony Centre for the Performing Arts, 1 Front St. East

# For Your Information: What's On in Toronto

## **February FYI's**

### **Winterlicious**

Every winter over a hundred fine dining restaurants in Toronto offer prix fixe (fixed price) lunch and dinner menus as part of "Winterlicious", which also includes special culinary-themed events.

**Date:** Friday January 27 – Thursday, February 9 | **Time:** Varied, depending on location

**Location:** Various locations throughout the GTA

**For More Information:** Please visit the website [www.toronto.ca](http://www.toronto.ca) or call 311.

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### **Montgomery's Inn Farmer's Market**

The Montgomery's Inn weekly Farmers market will now be held indoors every Wednesday from 3-6 p.m. Buy direct from the farmer in a warm, historical setting. Featured items include: Fresh bread from the Inn's wood-fired bake oven, meat, cheese, winter/greenhouse vegetables, fruit, cider, tofu, jam, baked goods and more.

**Date:** Every Wednesday | **Time:** 3:00 p.m. – 6:00 p.m.

**Location:** Montgomery's Inn, 4709 Dundas Street West

**For More Information:** Please visit the website [www.toronto.ca](http://www.toronto.ca) or call 416-394-8113

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### **Orpheus Choir of Toronto at Roy Thomson Hall**

The 60-voice Orpheus Choir of Toronto has earned a reputation as one of our city's most distinguished and illustrious large choir ensembles. Admission is free; tickets are not issued and seating is available on a first-come, first-served basis.

**Date:** Thursday, February 23

**Time:** 12:00 p.m. Please arrive around 11:30 a.m. for seating purposes.

**Location:** Roy Thomson Hall, 60 Simcoe St.

**For More Information:** Please visit the website [www.roythomson.com](http://www.roythomson.com) or call 416-593-4822 ext 326

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# Announcements

## Notes from the Senior Centre and Vacation Plus

### **Members' Meeting**

Our Members' Meeting is open to all members of the Senior Centre and Vacation Plus. Come join us and let us hear from you. Pizza is available at \$1.50 per slice. Please call 416- 467-1166 to pre-order your pizza.

**Date:** Thursday, February 9 | **Time:** 12:00 p.m. – 12:45 p.m.  
**Location:** Senior Centre, 1108 Greenwood Ave.

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**Monday Lunch Bunch Volunteer Meeting**

**Date:** Monday, February 13 | **Time:** 1:45 p.m.  
**Location:** Senior Centre, 1108 Greenwood Ave.

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**Peer Helper Meeting**

**Date:** Monday, February 6 | **Time:** 11:00 a.m.  
**Location:** Senior Centre, 1108 Greenwood Ave.

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**Welcome Jane!**

As of January 1, 2012, Jane Weber, Manager of Wellness Programs will be covering at the Senior Centre until Katherine Ho the new Senior Centre Supervisor returns from her maternity leave. Please join me in welcoming Jane's friendly face. Look forward to the March Program and Events guide to hear more from Katherine.



**Candy Cane Magic, 2011**



This is just a final note on our very successful Candy Cane Magic sale on Saturday, November 19th, 2011. The final figures show that we made \$18,097.38. Congratulations on one of our best sales ever! Community Care East York's Senior Centre thanks all the volunteers who contributed so many hours, everyone who came to support the event, all the bakers, crafters, those who sold so many raffle tickets and most especially the CCM Volunteer Committee who worked tirelessly to organize such a wonderful sale. The Committee will soon be at work to plan for CCM 2012 on Saturday, November 17<sup>th</sup>. If you have any ideas or suggestions please let us know. We will be talking about Candy Cane Magic at our Members' Meetings on the 2<sup>nd</sup> Thursday of each month. We encourage everyone to attend.

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**Income Tax Clinic for the Tax Year 2011**

The Senior Centre will start taking appointments to help you with your 2011 Income Tax Return on **Tuesday, February 7<sup>th</sup>**. The Income Tax Clinic will be open to do returns on Thursday afternoons from 12:00 p.m. to 4:00 p.m. **starting on Thursday, March 1<sup>st</sup>** and continuing to **Thursday, April 26<sup>th</sup>**. This is a free service offered by our qualified volunteers; however, donations to Community Care East York's Senior Centre are welcome. An official Income Tax Receipt will be issued for any donation over \$10.00. An information sheet on what you need to bring will be available at the Senior Centre shortly and in the March Programs and Events Guide. Please call 416-467-1166 to make an appointment.

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**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 have to be cancelled or the event time may change, and it is our policy to contact anyone who signed up 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 all the programs run smoothly.

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### **Vacation Plus Event Ideas**

I am always looking for new and exciting trip/outing ideas. If you have any suggestions for me I would love to hear them! You can contact me by phone at 416-422-2030, or by email at [bmutch@ccey.org](mailto:bmutch@ccey.org), or you can always let me know next time you see me at an event. All suggestions are welcomed!

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### **Paid Instructor Programs at the Senior Centre**

Please register as soon as possible for your paid instructor programs for the winter 2012 term so that we know if we have the required registration. If you are not already registered in the class of your choice, please call the **Senior Centre (416-467-1166)** to register. **Most classes start the week of January 9<sup>th</sup>**. Check the January and February Program and Events Guide for complete information. Fees for these classes are not due until the first class. Cheques for all paid instructor programs can be put on one cheque. Thank you for your cooperation.

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### **Winter Weather at the Senior Centre**

Just a gentle reminder: when the weather is wet and snowy, it is important to bring indoor shoes to the Centre and take your boots off at the door. This helps us to make walking in the Centre safe for all. Your cooperation is very much appreciated.

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### **Loonies for Charity**

At the Senior Centre Christmas Lunch we collected \$200.00, which was divided between The East York Women's Shelter and Touchstone Youth Centre. We also collected non-perishable food items for the Food Bank, which were delivered by Frank Whitehouse. Thank you for your generosity.

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### **WE REMEMBER...**



Our sympathy goes to the family and friends of Pam Daplyn and Edrick Wasitis. They will be missed.

## 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](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 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.

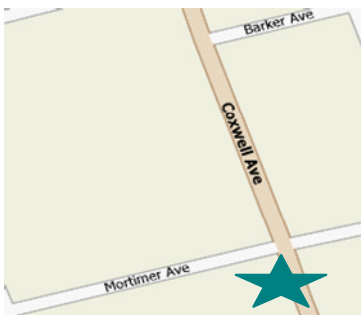


Serving our community since 1971

### 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**

