

Program & Events January 2012

This Month's Features:

- New Year's Party at the Senior Centre
- Lunch Outing at The Pear Tree Restaurant
- Bach Children's Choir at Roy Thomson Hall
- Grace Kelly Exhibition at TIFF Bell Lightbox

...And much more !

See Inside For Details

Contact Information

Senior Centre Supervisor 416-467-1166

Vacation Plus Program: 416-422-2030

Wellness Program Manager: 416-422-2026

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January is Alzheimer’s Awareness Month

The human brain, sometimes called the “3 pound universe within”, is one of the most vital organs. It plays a role in every action and every thought and just like the rest of your body it needs to be looked after. By making healthy lifestyle choices now, you may be able to reduce your risk of developing Alzheimer’s Disease and improve your brain’s ability to sustain long-term health. Did you know that doing puzzles like crosswords and word searches is a great way to keep you brain active? Also, maintaining a healthy diet and choosing the right foods is a great way to boost the nutrition that feeds your brain. While there are no guarantees, healthy lifestyle choices will keep your brain as healthy as possible as you age. Since a healthier brain can withstand illness better, it’s important to take action on the things you can control – lifestyle choices.

Source: Alzheimer Society, 2011

Contact Information

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

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.

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. - 2:30 p.m.

Cost: \$10 for 6 classes | **Instructor:** TBA

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

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. - 2:30 p.m.

Cost: \$24 for 8 classes | **Instructor:** Cathy Liang
+ 1 free class

Please note that the class on Tuesday, January 24, 2012 is free so that you can try out this new, exciting dance class. The other 8 classes follow afterwards.

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. The first class is 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. - 10:15 a.m.

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

The first class is on Friday, January 20, 2012.

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

The first class is on January 11, 2012.



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 change of starting time. The first class is on January 11, 2012.



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. - 12:00 p.m.

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

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

Tai Chi 1 starts on January 10, 2012. Tai Chi 2 starts on January 16, 2012.



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 change of starting time. The first class starts on January 20, 2012.***



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, January 23. 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, January 25, 2012 | **Time:** 12:00 p.m. - 2:00 p.m.

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

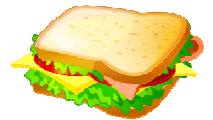
Monday Lunch Bunch (MLB)

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: Mondays | **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 2012:

Monday, January 2 – The Senior Centre is closed for New Year's Day

Monday, January 9 – Personal Trainer, Sara Sahr will talk about realistic New Years Resolutions regarding fitness.

Monday, January 16 – Further on the topic of realistic goals for the New Year, Holistic Nutritionist Nelson Narciso will bring us some thoughts on Healthy Weight Management.

Monday, January 23 – It's time to celebrate Robbie Burns Day! Get out your plaids, try some haggis, and enjoy the antics of Marie Gogo and Don Guinn. The Knitting Bee group will have a knitwear sale before and after lunch.

Monday, January 30 – Anne Murray will present a slideshow and talk about her recent trip to Honduras.



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, January 17, 2012 | **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, January 24, 2012 (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, January 3, 10 | **Time:** 9:30 a.m. - 12:00 p.m.
Wednesday, January 11, 18 | **Time:** 12:30 p.m. - 3:30 p.m.
Friday, January 27 | **Time:** 9:30 a.m. - 12:00 p.m.

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

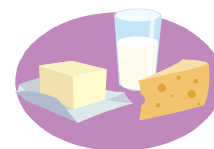


Osteoporosis Support Group

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

Facilitated by Osteoporosis Canada.

Date: Wednesday, February 1, 2012 | **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. Ask at the front desk to receive your copy.



Date: Tuesday, January 24, 2012 | **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

Classes start on January 19, 2012.

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 fundraisers. At home knitters are needed as well.

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

Leader: Iza Murray

*** Knitting Bee group starts on January 12, 2012.***



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

This program starts on January 13, 2012.

Men's Group

Once again Magi Thompson will bring Wii Sports so that you can enjoy the virtual sports of bowling, archery, or whatever you choose.

Date: Wednesday, January 18 | **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 | **Instructor:** Pat Pollack

Classes start on January 11, 2012.



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: help us work on the 1st 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!

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

Let's Celebrate the Arrival of 2012! [Book Now at the Senior Centre](#)

It's time to celebrate the arrival of a New Year. We'll put on our fancy party hats and get out the noisemakers to welcome 2012! You can dance, hum, and tap your toes to the music of the Mark Kersey Duo. Following the entertainment, join us for some delicious refreshments; a time to renew old acquaintances and to make new ones, as well as talk about the holidays. Don't forget to sign up for this event before the busy holiday season starts.

Date: Friday, January 6, 2012 | **Time:** 1:30 p.m. | **Cost:** \$6.00 

Location: Senior Centre, 1108 Greenwood Ave.



Friday Afternoon at the Movies: "The Vicar of Dibley".

[Book Now at the Senior Centre](#)

One of our members phoned and asked us to show a funny movie. So here is your chance to laugh at a few episodes of "The Vicar of Dibley". The sleepy village of Dibley has a new Vicar, but it's not your standard-order bloke with a beard, Bible, and bad breath. There's a new Vicar of Dibley played by Dawn French with a hysterical outlook on life, love, and the Church of England.

Date: Friday, January 13, 2012 | **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.



Financial Wellness for Men and Women [Book Now at the Senior Centre](#)

This is the fourth session in the six-part monthly series on Financial Wellness for Men and Women. This month, the topic is: "Preplanning your Funeral" or "Estate Planning" which will be hosted by Carol Philp and Jim Kondas of The Mount Pleasant Group.



Date: Friday, January 20, 2012 | **Time:** 1:30 p.m. | **Cost:** Free
Location: Senior Centre, 1108 Greenwood Ave.
Facilitator for the series: Penny Fortais, BScN, Nursing Educator

Card Bingo with Bette and Bob Martin

Book Now at the Senior Centre

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



Date: Friday, January 27, 2012 | **Time:** 1:30 p.m. | **Cost:** \$1
Location: Senior Centre, 1108 Greenwood Ave.



Trips & Outings



To register for a Trip or Outing, please call Vacation Plus at 416-422-2030

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. We reserve 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.

Lunch Outing: The Pear Tree Restaurant

Book On December 19 with Vacation Plus

Located in the heart of Toronto's Cabbagetown, The Pear Tree Restaurant is a local favourite located on Parliament Street. The cozy and elegant dining room coupled with impeccable service and fabulous food makes for a truly unforgettable dining experience. The menu starts off with your choice of appetizer: green, ceaser, or greek salad, soup of the day, tiger shrimp cocktail, or calamari. The main course includes your choice of one of the following: 10oz New York strip loin steak, grilled lamb chops, grilled Atlantic salmon, Cajun jump fry, or spinach and cheese stuffed ravioli. We will finish the meal off with your choice of desserts, as well as coffee and tea.

Date: Thursday, January 5, 2012 | **Cost:** \$33 | **Time:** 12:00 p.m.
Location: The Peartree Restaurant, 507 Parliament St.
Directions: From the Castle Frank subway station, take the #65 Parliament bus towards the Esplanade. Exit at Carleton St, and walk north on Parliament St.



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Grace Kelly Exhibition at the TIFF Bell Lightbox

Book On December 19 with Vacation Plus

Grace Kelly: From Movie Star to Princess will feature rarely-displayed items and artifacts ranging from Kelly's days as one of Hollywood's most popular actresses to a princess of one of Europe's oldest royal families. Based on the Grimaldi Forum's The Grace Kelly Years exhibition in Monaco, and the Victoria and Albert Museum's Grace Kelly: Style Icon exhibition in London, the TIFF Bell Lightbox is the only venue in North America to host elements from these landmark shows and to complement the exhibition with a dedicated film programme.

Date: Tuesday, January 10, 2012 | **Cost:** \$14 | **Time:** 1:00 p.m.

Location: Reitman Square - 350 King Street West (King Street West and John Street)

Directions: From the St. Andrew subway station, walk west on King St West. To avoid the walk from the King subway station, take the 350 King Street West streetcar. Exit at John Street.

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Bach Children's Choir at Roy Thomson Hall

Book On December 19 with Vacation Plus

The Bach Children's Chorus (also known as BCC or the Choir) is a vibrant group of 200 young people aged 6 and up who love to sing. Founded in 1987, the BCC has developed a reputation throughout Toronto for its beautiful musical sound, and its professional approach. Join us for this free concert.

Date: Tuesday, January 17, 2012 | **Cost:** Free (space is limited) | **Time:** 12:00 p.m.

Location: Roy Thomson Hall, 60 Simcoe St

Directions: From the St. Andrew subway station, exit and walk west on King St West, turn left at Simcoe St. You can also follow the signs to Roy Thomson Hall via the underground PATH system from the King subway station.

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Afternoon Tea at Le Meridien King Edward Hotel

Book On December 19 with Vacation Plus

Afternoon Tea has been a Le Meridien King Edward tradition since their opening in 1903. Rekindle a connection amid old-world charm and timeless elegance. Receive royal treatment with an assortment of traditional tiered finger sandwiches, delicate pastries, and of course, scones with Devonshire cream. You will also have your choice from 12 different varieties of tea, including their signature Kings Blend. Join us for an afternoon of decadence!

Date: Friday, January 20, 2012 | **Cost:** \$46 | **Time:** 2:30 p.m.

Location: Le Meridien King Edward Hotel, 37 King St. East

Directions: From the King subway station, exit and walk east on King St.



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Retirement Home Tour – Fellowship Towers

Book On December 19 with Vacation Plus

Fellowship Towers welcomes all seniors to join their vibrant community, complete with a full offering of services and activities to support active, healthy lifestyles. Join us as we take a guided tour through this beautiful facility. 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, January 24, 2012 | **Cost:** Free (space is limited)

Time: 11:00 a.m. | **Location:** Fellowship Towers, 877 Yonge St

Directions: From the Rosedale subway station, walk west on Crescent Rd towards Yonge St. Turn left on Yonge St. and walk south.

Niagara Ice Tour with Mary Morton Tours

Book Now with Vacation Plus

Our first stop of the day will be at Kittling Ridge for a wine tasting. Lunch will be at Elements On The Falls, where you will have a stunning view of Niagara Falls. You may choose your entrée there. Afterwards, we will enjoy a relaxing drive along the Falls, be sure to bring your camera! Our final stop of the day will be at the Butterfly Conservatory, which features 2000 exotic butterfly species from around the world. It is sure to be an uplifting experience.

Date: Wednesday, January 25, 2012 | **Cost:** \$87 (**Prepay by cheque, no cancellations**)

Departure: 9:00 a.m. - Coffee Zone, Carleton Street

9:30 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 6:00 p.m.

Location: Niagara Falls, ON



Lunch Outing: Mandarin

Book On December 19 with Vacation Plus

Welcome the Year of the Dragon! Enjoy the all-inclusive Chinese buffet lunch at The Mandarin. You will have a wide selection of appetizers, soups, salads, as well as hot and cold dishes from which to choose. Leave room for dessert, as well as coffee and tea.

Date: Thursday, January 26, 2012 | **Time:** 12:00 p.m. | **Cost:** \$16

Location: The Mandarin Restaurant, 2200 Yonge Street (Canada Square)

Directions: From Eglinton subway station, walk south on Yonge St. to the restaurant (approximately a 2 minute walk).



Health Talk: Hip, Knee, Foot, and Ankle Problems

Book On December 19 with Vacation Plus

Date: Friday, January 27, 2012 | **Time:** 1:00 p.m.

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

Location: Toronto Western Hospital auditorium, 399 Bathurst Street

Directions: From Bathurst subway station, transfer to the Bathurst southbound streetcar to Dundas St. or from Dundas subway station (at Yonge), transfer to the Dundas westbound streetcar to Bathurst St.



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

Book On December 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 and Leigh Robson will discuss Diabetes.

Date: Tuesday, January 31, 2012 | **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.

Buffett Breakfast at Yonge Street Grill

Book on December 19 with Vacation Plus

We will meet at the Yonge Street Grill, located in the Marriot Courtyard Hotel, for an all-you-can-enjoy buffet breakfast. Choose from a selection of breakfast delights, including a made-to-order omelette station, pancakes and waffles, fresh cut fruit, a selection of pastries, an assortment of tea, coffee and juices, plus more! Enjoy one of the best breakfast buffets in Toronto.

Date: Tuesday, January 31, 2012 | **Cost:** \$23 | **Time:** 10:30 a.m.

Location: Yonge Street Grill (in the Marriot Courtyard Hotel), 475 Yonge St

Directions: Exit the College subway station and walk north on Yonge Street. The Yonge Street Grille is located at the intersection of Yonge Street and Wood Street, on the main floor of the Marriot Courtyard hotel.



Upcoming Trips



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 wintry 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, 2012 | **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



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, 2012 | **Time:** 12:30 p.m. | **Cost:** \$52 (**Prepay by cheque, no cancellations**)

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.

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, 2012 | **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

January FYI's

Mayor Rob Ford's New Year's Day Levee

Mayor Rob Ford will host a free reception on New Year's Day. You will have the chance to meet your representatives and other local residents, and often enjoy some free family entertainment as well.

Date: Sunday, January 1, 2012 | **Time:** 2:00 p.m. – 4:00 p.m.

Location: City Hall Rotunda, 100 Queen St West

For More Information: Please visit the website www.toronto.ca or call 416-392-2489.

Toronto's Ultimate Travel Show

As our famous winter weather arrives, what better way to escape the winter blues than exploring warm and exotic vacation opportunities, or home-grown escapes. Discover cultures from around the world through the exciting exhibitors, seminars and entertainment from around the world. This show has everything you need to inspire you to plan your best vacation ever!

Date: Saturday, January 28 – Sunday, January 29, 2012

Time: Saturday 10:00 a.m. – 6:00 p.m. | Sunday 10:00 a.m. – 5:00 p.m.

Location: Metro Toronto Convention Centre (South Building), 222 Bremner Blvd

For More Information: Please visit the website www.totravelshow.com or call 905-842-6591.

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, 2012 | **Time:** Varied, depending on location

Location: Various locations throughout the GTA

For More Information: Please visit the website www.toronto.ca or call 311.

Announcements

Notes from the Senior Centre and Vacation Plus

Peer Helper Meeting

Date: Monday, January 9, 2012 | **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 \$1.50 per slice. Please call 416-467-1166 to pre-order.

Date: Thursday, January 12, 2012 | **Time:** 12:00 p.m.

Monday Lunch Bunch Volunteer Meeting

Date: Monday, January 16, 2012 | **Time:** 1:45 p.m.



Candy Cane Magic, 2011



The sun shone on us again this year and over 600 people came to our 21st annual Candy Cane Magic sale on Saturday, November 19th. It was a wonderful day which took 637 volunteer hours in total to make happen! As of printing time, we only have a preliminary total for the funds raised, so please watch the bulletin board at the Senior Centre or look in the February Program and Events Guide for the updated total. We are waiting for final sales figures from the Silent Auction.

The lucky winners of our raffle prizes are as follows:

<u>Prize</u>	<u>Donor</u>	<u>Winner</u>	
1 st prize	Queen Sized Quilt	Quilting Group	Barry Walden
2 nd prize	E-book Reader	CCEY	Teresa Calabria
3 rd prize	Paper Toile Picture	Marjorie Faudemer	Peg Holloway
4 th prize	Quilted Wall Hanging	Virginia Gossling	Susan Garner
5 th prize	Watercolour Painting	Kitty Gafney	Gloria Paisley
6 th prize	Afghan	Anonymous	Herb Workman
7 th prize	Wooden Reindeer	Mary and Stan Peck	June Llewellyn

Thank you to everyone who helped at Candy Cane Magic. Special thanks to Dorothy Willett and her organizing committee: Anne Burton, Sheila Clarke, Linda Johnson, Anne Laing and Jeannie Smith for a well-organized, successful event. The amount of time spent on baking, soliciting prizes, sorting, pricing, and arranging the tables is truly incredible.

Listed below are the Businesses and Politicians who have donated to Candy Cane Magic 2011. If you see any of them please thank them for their generosity and support.

We want to thank all those who helped in any way: those who bought and sold raffle tickets, helped with advertising, baked, made sandwiches, volunteered their time, as well as those who donated items to sell. The

crafters, knitters, and quilters are to be congratulated for their time and efforts all year long. Thank you to all who came, had lunch, placed a bid on the silent action items, and bought something to take home. Candy Cane Magic is a team effort and you all are winners in making this day so special.

Donors and Supporters of Candy Cane Magic

- Anixis Darling Flowers & Gifts
- Avondale Retirement Residence
- Benjamin Sports
- Bill's Garden & Design
- Black Creek Pioneer Village
- Blair Court Pharmacy
- Bulk Barn, Golden Mile
- Capri Flowers and Gifts
- CN Tower
- Canadian Tire
- Casa Loma
- Continent Paint and Wallpaper
- Curves (Woodbine Club)
- Daco Manufacturing
- Dave & Charlotte's No Frills
- Janet Davis, Toronto Councillor, Ward 31
- Diamond Estates – The Winery
- Donlands Restaurant
- Food Basics #880 (Pape & Gamble)
- Mary Fragedakis, Toronto Councillor, Ward 29
- Freeman Jewellery
- Fresh From the Farm
- Geopan Canada Picture Frames
- Hansen's Danish Pastry Shop
- Hear for Life
- Home Depot - Leaside
- Hurst Pharmacy
- Johnston and Green Real Estate Ltd.
- Mary Kapches: Bosley's Real Estate Ltd.
- Keg Restaurants
- Mathew Kellway, MP, Beaches/East York
- Kismet Design – Brenda Hay
- Leaside Retirement Residence
- Len Duckworth Fish & Chips
- Metro Store #37 3003 Danforth Ave.
- Metro Store #800, Eglinton Square
- Millwood Wine Works
- Nine Twenty-One Millwood
- Olde Yorke Fish & Chips
- Ontario Science Centre
- John Parker, Toronto Councillor, Ward 26
- Pet Value, Danforth and Jones Ave
- Peter's Paint & Paper
- Jane Pitfield, Author
- Michael Prue, MPP, Beaches/East York
- Redpath Sugar
- Royal Canadian Legion Branch 10
- Select Bakery-Donlands
- Sherrin Funeral Home
- Sobey's - Danforth
- Sobey's - Todmorden
- Stanbury's Pharmacy
- Steven's Custom Tailor
- Peter Tabuns, MPP, Toronto/Danforth
- Toronto Raptors Basketball Inc.
- Trull Funeral Home
- Velvet Paws Grooming Salon
- Vicky's Hair Styling
- Watt's Restaurant
- Kathleen Wynne, MPP. Don Valley West 3

CCEY Senior Centre Program and Event Guide Will Have a New Logo

Important! CCEY will be joining WoodGreen Community Services on January 1, 2012. You will continue to receive regular information on programming and events under the WoodGreen Community Services name beginning in January. If you have any questions, please call Barbara Nytko at 416-422-2026.

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 number of registrations. If you are in a class already, fill in the sign-up sheet in your class at the end of the Fall term. If you are not registered in the class of your choice, please call the **Senior Centre (416-467-1166)** to register. **Most classes start the week of January 9th, 2012.** Check the January 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.

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.

A Letter from Lois Scott, Senior Centre Supervisor

To all my friends at Community Care East York,

I am writing to let you know that I've decided to retire from my role as Community Care East York's Senior Centre Supervisor. I have known that this time would eventually come, but I feel it's important for you to know that I have not made this decision lightly. My family and I have considered it very carefully.

While this decision was not an easy one for me to make, I have been considering retirement for a while and it never seemed the right time until now. I now have the opportunity to look ahead and do all the wonderful things that you have been teaching me, while I was with you.

My 23 years at the Senior Centre have been filled with new opportunities for growth, a chance to meet and work with some truly amazing people, and it has given me the confidence to know that there is life after work. I've often wondered how I would ever say goodbye but maybe it is only *au revoir* and one day you'll see me at yoga or volunteering along side you at Candy Cane Magic.

I hope that you will continue doing everything you are doing to keep well and active in this community. My time at Community Care East York has made me realize that I have had my dream job, and it's all because of you.

May all of life's blessings be with you and thank you for all you've meant to me.

Lois



WE REMEMBER...



Our sympathy goes to the family and friends of Minnie Beckberger, Pam Daplyn, Grace Fairney and Bob Mann. 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. 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.

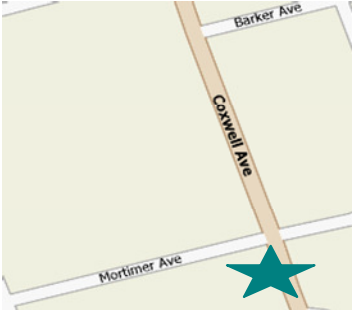
Once you have signed up for a trip or outing, please send in your cheque to complete your booking. We cannot complete your booking until we receive payment. Community Care East York reserves the right to cancel your booking if we do not receive payment. Cancellation of an event booking will be accepted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



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



416-467-1166