

# Program & Events Guide July & August 2011

## Summer Programming Features:

- Grand River Cruise with Mary Morton Tours
- Lunch Outing at Bombay palace
- Summerlicious
- Trip Outing to Windreach Farms

.....And much more!

**See Inside for Details**

## Contact Information

Lois - Senior Centre Supervisor: 416-467-1166

Brenda - Vacation Plus Program: 416-422-2030

Wellness Program Manager: 416-422-2026

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**Summer Programming**

We have put together a Summer Events Guide for you to explore the hottest happenings throughout Toronto during the hottest season of the year! Toronto has tons of exciting experiences for you to enjoy. The long roster of summer events features everything from lively cultural and arts festivals, captivating theatre, enchanting and engaging exhibitions, and parades that bring Toronto's streets to life! Always remember to bring your water, hat, and sunscreen when you are out and about. We hope you have a wonderful summer and as always, Happy Travels!!!!



**Contact Information**

Lois – Senior Centre Supervisor: 416-467-1166  
Brenda - Vacation Plus: 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

## Stretch and Strengthen

Forget the heat of the summer and come to this invigorating class where you can “work out” in the relative cool of the “Green Room” without “working up a sweat”. This class focuses on building and maintaining strength, balance, and flexibility to allow you to get on with your day and do your activities with greater ease. Exercises will be done seated or standing beside a chair so that everyone can participate. The class features a light cardio warm-up at the beginning. Resistance bands, balls, and a chair are all you need to get stronger, feel more balanced, and have more flexibility.

**Date:** Wednesdays | **Time:** 10:00 a.m. – 11:00 a.m.  
**Cost:** \$22.50 for 6 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.

**Date:** Tuesdays | **Time:** 10:00 a.m. to 11:00 a.m.  
**Cost:** \$9 for 6 classes | **Instructor:** Phillip Barnett from the Toronto Tai Chi Society



\*\*\* This will be a combined Tai Chi level 1 and level 2 class to keep you ready for the fall sessions\*\*\*



# Dining Programs



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

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

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

## Diner's Club

Enjoy food, fun, and friendship. We do the preparing, serving, and clean up, while you enjoy your lunch and a program with friends once a month at the Diner's club. Registration is required. Last day for booking or cancellations is Monday, August 29. 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.

\*\*\* Please Note there is no Diner's club in July\*\*\*

**Date:** Wednesday, August 31 | **Time:** 12 p.m. to 2 p.m.  
**Cost:** \$7.40 (please make cheques payable to East York Meals on Wheels)

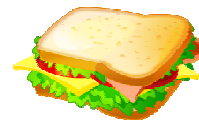
## Monday Lunch Bunch (MLB)

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

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

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

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



### Here is what's on for July:

**Monday, July 4** – Join us today for a “Down East Show” with the Tom Hamilton Duo.

**Monday, July 11** – We welcome back one of our favourite entertainers, Lillian Bosity with her special blend of piano, vocals, and poetry.

**Monday, July 18** – Enjoy a hot dog lunch with all the trimmings before an interesting program from Barbara Rusch on “Madame Tussaud: A life in Wax”.

**Monday, July 25** – The Senior Centre is closed for a week.

### Here is what's on for August:

**Monday, August 1** – The Senior Centre is closed for the Civic Holiday.

**Monday, August 8** – Today, Holistic Nutritionist Nelson Narciso will talk to us about the nutritional “Foundations of Health”.

**Monday, August 15** – Vocalists “Marty and Mony” are our guest entertainers.

**Monday, August 22** – The Senior Centre is closed for a week.

**Monday, August 29** – It's corn on the cob day! Bring a small knife if you need to cut the corn off the cob. Then Fran Saltzman, a retired Police Officer will bring us up to date on the issue of Identity Theft.



## 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, July 19 and Tuesday, August 16 | **Cost:** Free | **Time:** 9:15 a.m. – 11 a.m.

## 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, July 5 and August 2 | **Time:** 9:30 a.m. – 12 p.m.  
Wednesday, July 13, 20 and August 10, 17 | **Time:** 12:30 p.m. - 3:30 p.m.

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



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

	<h1>Recreation &amp; Leisure</h1>	
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To register for an activity, please call 416-467-1166  
Or sign up at the Senior Centre

## Book Group - July

The book group will be going out to lunch this month at Watts Restaurant in Eglinton Square. Please sign up at the Senior Centre if you wish to attend.

**Date:** Tuesday, July 19 | **Time:** 12:00 p.m. | **Facilitator:** Pat Poitras  
**Directions:** From the Coxwell Ave. subway station take the #70 O'Connor bus to Eglinton Ave. Eglinton Square is located on the South east corner of Eglinton Ave. and Victoria Park Ave.



## Book Group – August

The Book Group will meet this month at the Senior Centre to discuss your favourite book of the year. The new book for September will be available for pick-up.

**Date:** Tuesday, August 30 | **Time:** 1:30 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



## Euchre

Come and enjoy a couple of rounds of cards with friends. Newcomers are welcome. On Thursday, July 7 we will start off the summer euchre season with a fun game of Court Whist for prizes. The cost of the Court Whist is \$2.00. Please sign up for the Court Whist, but please pay at the door.

**Date:** Thursdays | **Time:** 1:00 p.m. – 3 p.m. | **Cost:** \$2.00 for Court Whist  
\$1 per visit for regular euchre



## 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

## Summer Craft Work Group

This small work group has been organized by Anne Burton to create some new and different crafts for Candy Cane Magic, 2011. For those participants who have been contacted by Anne, there will be no fee as all crafts are for our fall fundraiser. Watch for these exciting new crafts at Candy Cane Magic on November 19<sup>th</sup>, 2011.

**Date:** Tuesdays | **Time:** 10:00 a.m. – 3:00 p.m. | **Leaders:** Anne Burton and Jane Pollock



# 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**

### Canada Day Eh?

Come and celebrate Canada's 144<sup>th</sup> birthday at the Senior Centre. Test your knowledge on all things Canadian. There will be a trivia style bingo, followed by a virtual tour of Canada. In honour of this day there will be Canada themed refreshments available. Join in the spirit of Canada's birthday by wearing red and white.

**Date:** Wednesday, July 6 | **Time:** 1:30 p.m. | **Cost:** \$2:00  
**Location:** Senior Centre, 1108 Greenwood Ave.



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## Movie: “Senior Star: National Finale 2010”

Following regional auditions in over 60 locations across Canada, celebrity judges Gordie Tapp, Tim Louis, and Dan Clancy have selected 10 finalists from almost 500 performances. We congratulate the finalists who competed in the National Finale at the historic Carlu concert hall in Toronto. Be part of the excitement as we find out who is the 2010 “Senior Star”.

The film and refreshments are being provided by Krystal D’Souza of 921 Millwood, a retirement residence with Chartwell Seniors Housing REIT, which has sponsored the Senior Star competition for the past four years.

**Date:** Friday, July 8 | **Time:** 1:15 p.m. | **Cost:** Free, but please sign up and be sure to cancel if you are unable to attend

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



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## Make your own Window Ledge Herb Garden

Not only does Mary Peck cook, but she gardens as well! Today you’ll plant a small herb garden of chives, parsley, and lemon thyme in a container you can decorate as you fancy. We’ll talk about recipes using the herbs, how to care for the herbs, and enjoy some treats after the hard work of planting. If you have any favourite recipes using herbs please bring them. Please bring a bag to take home your own herb garden at the end of the day.

**Date:** Friday, July 15 | **Time:** 1:30 p.m. | **Cost:** \$15:00

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



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## Friday Afternoon at the Movies: “Roman Holiday”

Princess Ann, played by Audrey Hepburn, from an unnamed European country, embarks on a highly publicized tour of European capitals. In Rome, her last stop, the bored and sheltered princess escapes her guardians and enjoys a romantic day in the Eternal City with an American newspaper man played by Gregory Peck. A fitting fairytale story, given England’s royal wedding. Film is in black and white. Running time: 118 minutes.

**Date:** Friday, July 22 | **Time:** 1:15 p.m. | **Cost:** \$1:00. Includes popcorn and a beverage

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



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## Card Bingo with Fifi and Lois

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 Fifi’s jokes. Refreshments are served after the game.

**Date:** Friday, August 5 | **Time:** 1:30 p.m. | **Cost:** \$1

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



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## Traditional Ethiopian Coffee Ceremony

Summer student Fifi will be leading a traditional Ethiopian coffee ceremony. She will guide us through the customs and culture of her native land. You will be given the chance to see how coffee is made the traditional way from start to finish. There will be a short slide show followed by a coffee ceremony and some authentic Ethiopian treats. Be sure to come and experience coffee like you have never before.

**Date:** Friday, August 12 | **Time:** 1:30 p.m. | **Cost:** \$2:00  
**Location:** Senior Centre, 1108 Greenwood Ave.



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## Hamburger Pub Lunch

Have you wished for a delicious home-made barbecued hamburger with all the trimmings? Then today is your day! Mary will provide a lunch of hamburgers, salads and of course, a sweet dessert. Play darts afterwards or listen to Bruce King on the piano.

**Date:** Friday, August 19 | **Time:** 12:00 p.m. | **Cost:** \$7:00  
**Location:** Senior Centre, 1108 Greenwood Ave.



 <h1 style="font-size: 2em;">Trips &amp; Outings</h1> 
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**To register for a Trip, please call Vacation Plus at 416-422-2030  
or sign up at the Senior Centre**

### Trip and Outing Policies:

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

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

### Trip and Outing Bus Departure Policies:

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

## July Trips and Outings

### Spring Island Walk

**Book On June 21**

We will be taking the ferry to Hanlan's Point and walking to the Rectory Café for a pay-as-you-go light lunch. We will then be walking across the Island to catch the Centre Island ferry back to the mainland. Come and enjoy the spring birds, the budding trees, and the lake views. Please dress appropriately and remember the lake breezes can be chilling. The walk is approximately 4- 5 kms long.

**Date:** Tuesday, July 5 | **Time:** 10 a.m. – 3:00 p.m. | **Cost:** Pay as you go (ferry cost \$4)

**Location:** The Toronto Island, meet at Ferry Docks at **9:45 am**, foot of Bay street on Queen's Quay

**Directions:** From Union Station, take #509 Harbourfront or #510 Spadina streetcars south to the Bay and Queen's Quay stop. Alternately, take the Bay bus #6 southbound from the corner of Front and Bay to the Bay and Queen's Quay stop.

### Summerlicious Mystery Lunch

**Book On June 21**

It is that time of year again! Excellent food at rock bottom prices! The actual restaurant cannot be announced at this time. Details will be available by June 20. Treat yourself and enjoy a Summerlicious lunch.



**Date:** Tuesday, July 12 or Tuesday July 19 | **Time & Location:** TBA | **Cost:** TBA

### Grand River Cruise with Mary Morton Tours

**Book Now**

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

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

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

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

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

**Location:** Caledonia, ON



### "The Melville Boys" at Kings Wharf Theatre with Mary Morton Tours

**Book Now**

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

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

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



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

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

**Location:** Penetanguishene, ON

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## Lunch Outing – Bombay Palace

**Book On June 21**

Over 20 years ago the first Bombay Palace was opened in Montreal. It has been a trusted favourite ever since, expanding its proven recipe for success to locations, such as New York, Hong Kong, and Toronto to name a few. Join us for a buffet lunch that includes a variety of vegetarian, tandoori, seafood specials, and coffee and tea, plus dessert all at one low price!



**Date:** Tuesday, July 26 | **Time:** 12 p.m. | **Cost:** \$17

**Location:** 71 Jarvis St.

**Directions:** From the King subway station, transfer to 504 King streetcar east to Jarvis and walk north.

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## Summer Caribana BBQ at the Sunshine Centres for Seniors

**Book Now**

Join us as we enjoy the hospitality of the Sunshine Centres for Seniors on Toronto's Wards Island. It feels like a holiday from the time you step on the ferry and feel those lake breezes. Join in the Caribana games and fun, or simply relax under a tree. Enjoy a ride on the golf cart or take a stroll with a group. The BBQ lunch will include burgers (veggie available), salad, dessert, and coffee or tea. Please bring a sweater as the island's breezes can be cooler than you think. We encourage you to bring a friend or a relative to this event because it is a great chance to introduce people to Vacation Plus/Senior Centre gatherings. Please include their names when you book your trip.

**Date:** Friday, July 29 | **Time:** 9:45 a.m. Ferry departure; meet inside after paying your ticket

**Return:** 3:45 p.m. Ferry arriving Toronto Island Ferry Terminal by 4 p.m.

**Cost:** \$12 (prepay by cheque) an additional \$4 will be needed for the Island Ferry

**Location:** Wards Island, Sunshine Centre for Seniors

**Directions:** Take #504 or #505 streetcar from Broadview station to Bay Street. Transfer to #6 southbound Bay bus, which lets you off directly in front of the Harbour Castle Hotel. Proceed to the docks OR take the Yonge subway to Union Station. Follow the signs to the LRT and get off at the first stop.

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## Health Talk: Driving For Seniors

**Book On June 21**

**Date:** Friday June 29 | **Time:** 1 p.m. - 3 p.m.

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

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

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



## August Trips and Outings

### **Billy Bishop Goes to War at the Soulpepper Theatre** **Book Now**

Billy Bishop Goes to War is a Canadian musical written by John MacLachlan Gray and Eric Peterson. One of the most widely-produced plays in Canadian theatre; it dramatizes the life of Canadian World War 1 fighter pilot Billy Bishop. Set to music, this journey follows a heroic World War I fighter pilot down in the trenches, up to the skies, through the halls of Buckingham Palace, and inside the human spirit as he attempts to reconcile his love of flying with the horrors of war.

**Date:** Wednesday, August 3 | **Time:** 1:30 p.m. | **Cost:** \$55 (Prepay by cheque)

**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.



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### **Lunch Matinee at Sisters Buffet Restaurant** **Book On June 21**

Enjoy a delicious hot and cold buffet with dessert, tea or coffee at Sisters Buffet Restaurant. Then sit back and be entertained by Alec and Aaron featuring “Sinatra and the Forties”.

**Date:** Friday, August 5 | **Cost:** \$21.00 inclusive (Prepay by cheque) | **Time:** 12:00 p.m.

**Location:** Sisters Buffet Restaurant, 4 Old Kingston Road (Kingston Rd. North Side, East of Morningside Rd.)

**Directions:** Take the Bloor-Danforth subway east to Kennedy station. Then transfer to the Scarborough #86A bus and get off at the restaurant, which is two bus stops east of Morningside (you will see the Salvation Army Thrift shop across the street). There is parking in front of the restaurant.



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### **Let's Go Irish Luncheon Cruise on the Lady Muskoka with Mary Morton Tours** **Book Now**

Put on your Irish green and join us for this exciting Let's Go Irish themed day onboard the Lady Muskoka. It's not the Emerald isle, but we'll be seeing plenty of lush green shorelines, sparkling blue waters, and enchanting lakeshore homes and cottages. Enjoy a traditional Irish feast, which includes an entrée with your choice of corned beef brisket or chicken, boiled potatoes, cabbage and turnip, and Irish soda bread. You'll be entertained with Irish ballads and a sing-a-long, plenty of Irish decorations, leprechauns, and green derbys. For the Irish in all of us, an entertaining afternoon! There will also be the chance to do some browsing at Maple Orchard Farms.

**Date:** Tuesday, August 9 | **Cost:** \$100 (Prepay by cheque, no cancellations)

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

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

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

**Location:** Muskoka, ON



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### **Textile Museum of Canada Tour** **Book On June 21**

The Textile Museum of Canada (TMC) is one of Toronto's most engaging visual arts organizations. With more than 12,000 objects from more than 200 countries and regions, the TMC's permanent

collection celebrates cultural diversity and includes traditional fabrics, garments, carpets and related artifacts, such as beadwork and basketry. The museum offers a broad variety of exhibitions with themed shows based on their permanent collection and contemporary exhibitions of the work of Canadian and international artists. Join us as we take a guided tour through this fascinating museum!

**Date:** Thursday, August 11 | **Time:** 12 p.m. | **Cost:** \$12

**Location:** 55 Centre Avenue

**Directions:** From the St. Patrick subway station, walk north on University Ave, turn right at Dundas St W, and then make a right at Centre Ave. Total walking time is approximately 2 minutes.



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## Windreach Farm Picnic

**Book On June 21**

Today we travel by *school bus* to Windreach farm for our annual picnic and barbeque. Windreach is a beautiful and inviting spot north of Whitby which has been especially designed for seniors to enjoy. Feed the animals, take a wagon ride through the farm, walk on the boardwalk or just appreciate the beauty of nature. We'll provide hot dogs and hamburgers with all the trimmings, potato chips, watermelon, and some tasty treats. All you have to do is bring a cold or hot drink for yourself and your sense of adventure. On the way home we'll make a stop at Hy Hope Farm to give you a chance to pick up some fresh produce and baking or maybe enjoy a delicious ice cream cone.

**Date:** Tuesday, August 16 | **Cost:** \$25.00 (Prepay by cheque)

**Departure:** 9:00 a.m. - Senior Centre, 1108 Greenwood Ave.

9:30 a.m. - York Mills Subway Station (North east corner of Yonge St. and York Mills)

**Return:** Approximately 3:30 p.m.



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## Lunch Outing: Christina's on the Danforth

**Book On June 21**

If one restaurant can be said to embody all the good qualities that Greek Town is known for, then Christina's is that place. Join us for lunch where your menu includes, chicken souvlaki with lemon roasted potatoes and seasonal vegetables, Mousaka served with seasonal vegetables, or tilapia served with rice and seasonal vegetables. Finish your meal with coffee or tea, and your choice of baklava, a dessert with layers of phyllo pastry, walnuts, cinnamon, and spices soaked in a sweet honey sauce or enjoy galaktoboureko, layers of phyllo pastry with a custard filling topped with light honey and syrup.

**Date:** Wednesday, August 17 | **Time:** 12 p.m. | **Cost:** \$28 (Prepay by cheque)

**Location:** Christina's on the Danforth, 492 Danforth Ave

**Directions:** From Chester subway station, walk east towards Danforth Ave.



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## CNE Games and BBQ at the Sunshine Centres for Seniors

**Book Now**

Join us as we once again enjoy the hospitality of the Sunshine Centres for Seniors on Toronto's Wards Island. It feels like a holiday from the time you step on the ferry and feel those lake breezes. Join in the CNE games and fun or just relax under a tree. Rides on the golf cart will be available and you are guaranteed that there will be a group going for a stroll. Lunch will be a BBQ with a choice of burgers or veggie burgers, salad, dessert and coffee or tea. Please bring a sweater as the island's breezes can be cooler than you expect. We encourage you to bring a friend or a relative to this event

because it is a great chance to introduce people to Vacation Plus/Senior Centre gatherings. Please include their names when you book your trip.

**Date:** Friday, August 19 | **Time:** 9:45 a.m. Ferry departure; meet inside after paying your ticket

**Return:** 3:45 p.m. Ferry arriving Toronto Island Ferry Terminal by 4 p.m.

**Cost:** \$12 (prepay by cheque) an additional \$4 will be needed for the Island Ferry

**Location:** Wards Island, Sunshine Centres for Seniors

**Directions:** Take #504 or #505 streetcar from Broadview station to Bay Street. Transfer to #6 southbound Bay bus which lets you off directly in front of the Harbour Castle Hotel. Proceed to the docks OR take the Yonge subway to Union Station. Follow the signs to the LRT and get off at the first stop.



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## Lunch Outing: Kingsway Fish and Chips

**Book On June 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 secret recipe has been perfected over the course of nearly 50 years in the business. Enjoy crispy halibut and chips, mushy peas, bread and butter, a choice of desserts, and coffee, tea or a soft drink.

**Date:** Tuesday, August 23 | **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.

*Back by  
Popular Demand!*

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## “How to Succeed in Business Without Really Trying” at the Drayton Festival Theatre with Mary Morton Tours

**Book Now**

Spend time browsing at the St. Jacobs Farmers Market. Then enjoy a buffet lunch at Crossroads, with time to browse their gift shop. At 2:00 p.m., it's showtime at the Drayton Festival Theatre for the big business musical, “How to Succeed in Business Without Really Trying”. “Power, ambition, greed...it's just another day at the office for this Pulitzer Prize – winning musical. After reading a life-changing book, a humble window washer puts its principals to the test and quickly climbs to the top of the corporate ladder. But when forced to succeed on his own merit, will his career go down in flames?”

**Date:** Thursday, August 25 | **Cost:** \$108 (Prepay by cheque, no cancellations)

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

9:0 a.m. – Islington Subway (North East corner of Islington & Bloor)

**Return:** Approximately 7 p.m.

**Location:** Drayton, ON



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## Health Talk: Hearing Problems

**Book Now**

**Date:** Friday August 26 | **Time:** 1 p.m. - 3 p.m.

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

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

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



## Scenic Harbour Tour with Mariposa Cruises

**Book On June 21**

Join us as we board one of Mariposa's classic vessels and experience a one-hour narrated sightseeing cruise through Toronto's scenic harbourfront and island parklands. Some of the many sights you will take in on your tour include: CN Tower, Roger Centre, Redpath Sugar Refinery, and the fabled Gibraltar Point Lighthouse.



**Date:** Wednesday, August 31

**Time:** 1:30 p.m. (**Boat departs at this time, please arrive 15 minutes prior**)

**Cost:** \$15 | **Location:** Queens Quay, Pier 6

**Directions:** From Union Station, take the #509 or #510 Harbourfront streetcar and get off at York Street. We will meet at Pier 6, where the boat departs from.



## Upcoming Trips



### Follow the Apple Route with Peter Brotherhood and Mary Morton Tours

**Book Now**

Peter Brotherhood will take us along the Apple Route through Cobourg. Visit the award winning Moore's Orchards where we'll talk to an orchardist. There will be an opportunity to buy baked goods, preserves and in-season fresh apples. We'll dine at the Grafton Village Inn, a former coach house, with entrée choices of chicken or fish (talapia). Spend time browsing the boutiques in the village of Grafton. We'll visit the Nawatin Nature Sanctuary and Wetland trail, and stop at the Cuttle Cottage lavender Farm, with 4 acres of gardens and lavender products. Our last stop of the day will be at the Burnham Family Market to buy fresh vegetables, seasonal fruit, baking, and crafts.

**Date:** Wednesday, September 14 | **Cost:** \$89 (**Prepay by cheque, no cancellations**)

**Departure:** 8:00 a.m. – Islington Subway (North East corner of Islington & Bloor)

8:45 a.m. – Coffee Zone, 30 Carleton St

9:30 a.m. – Agincourt Mall

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

**Location:** Cobourg, ON



### Stouffville Train, Ocala Winery & Port Perry with Mary

#### Morton Tours

**Book Now**

All Aboard! Board the York Durham Railway Train for this thrilling 1 way train ride between Stouffville and Uxbridge. The coach will pick us up in Uxbridge and take us to the Tin Mill where lunch awaits, with entrée choices of chicken or tilapia. Visit Ocala Orchards Farm Winery, with a tour and tastings of their fine fruit and grape wines. The winery itself is housed within a uniquely renovated 100 year old board and beam dairy barn. Spend time browsing in Port Perry, famous for its picturesque Victorian-era downtown, featuring many one-of-a-kind shops.

**Date:** Sunday, September 25 | **Cost:** \$100 (**Prepay by cheque, no cancellations**)

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

10:00 a.m. – Coffee Zone, 30 Carleton St

10:30 a.m. – Agincourt Mall

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

**Location:** Stouffville, ON



# For Your Information: What's On in Toronto

## July FYI's - Book Now

### **Toronto Outdoor Art Exhibit**

Now in its 50th year, the Toronto Outdoor Art Exhibition (TOAE) is a showcase of contemporary fine art and crafts, which takes place in Nathan Phillips Square every July. As the largest outdoor art exhibition in Canada, the TOAE offers a fresh-air alternative to conventional art shows and galleries. More than 500 artists participate and an estimated 100,000 visitors attend the exhibition every year.

**Date:** Friday, July 8 – Sunday, July 10

**Time:** Friday & Saturday 10:30 am.-7:30 p.m.; Sunday 10:30 a.m. - 6:30 p.m.

**Location:** Nathan Phillips Square, 100 Queen Street West

**Directions:** take the TTC Queen streetcar #501 or take the Yonge line subway (exit Queen station) or the University line subway (exit Osgoode Station).

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### **Scotiabank Caribana**

Caribana is a two week long event full of exciting cultural and artistic events; come see a kaleidoscope of Caribbean culture through an array of colourful pageantry. The main event is the Caribana Parade on July 30.

**Date:** Thursday, July 14 – Sunday, July 31 | **Time:** Varied, depending on location

**Location:** Various locations throughout Toronto

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

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### **Beaches International Jazz Festival**

Outdoor stages across Toronto's Beach Community will feature the best when it comes to jazz music. Over a million people will stop to take pleasure in the music throughout the ten-day festival, which features both international and local jazz sensations.

**Date:** Friday, July 15 – Sunday, July 24 | **Time:** Varied, depending on location

**Location:** Various locations in The Beach

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

## August FYI's - Book Now

### **Pilaros Taste of the Danforth**

Greektown Taste of the Danforth sponsored by Pilaros is one of Toronto's signature events, showcasing the best of Hellenic food, culture, and music. From souvlaki to mezes, authentic Greek

music to interactive children's games, the Danforth has it all! Come enjoy the culture that makes the Danforth a year round destination.

**Date:** Friday, August 5 – Sunday, August 7

**Time:** Friday 6 p.m. – 12 a.m. | Saturday 12 p.m. – 12 a.m. | Sunday 12 p.m. – 8 p.m.

**Location:** Danforth Ave

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

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## Canadian National Exhibition

The Canadian National Exhibition (CNE) is the largest annual fair in Canada and one of the most highly attended and anticipated in North America, offering a unique variety of entertainment.

**Date:** Friday, August 19 – Monday, August 5

**Time:** Daily 10 a.m. – 10 p.m.

**Location:** Canadian National Exhibition, 210 Princes Blvd

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

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## Scotiabank Buskerfest

Now the largest festival of its kind in North America, Buskerfest not only entertains, but it also raises awareness and funds for Epilepsy. There is something for everyone including silent comedy, acrobats, magicians, and other acts that will leave you speechless.

**Date:** Thursday, August 25 – Sunday, August 28

**Time:** Thursday 12 p.m. – 10 p.m. | Friday 12 p.m. – 11 a.m. | Saturday 11 a.m. – 11 p.m.  
Sunday 11 p.m. – 8 p.m.

**Location:** St. Lawrence Market Neighbourhood

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

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# Announcements

## Notes from the Senior Centre and Vacation Plus

### Summer Closures at the Senior Centre

As in years past, the Senior Centre will be closed for a time during the summer. This summer we will be closed for one week in July and one week in August. The dates we will be closed are:

July 25 to 29, reopening after the Civic Holiday on Tuesday, August 2.

August 22 to 26, reopening on Monday, August 29.

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### New Information System at CCEY

It is the dawn of a new era at Community Care Easy York when it comes to our Information System. In order to enhance our services and better serve our members, we have moved to an information system called Procura. With any change we all know there can be 'growing pains', so we greatly appreciate your patience at this time. We welcome you to contact us if you need any help or have any questions during this time of transition.

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## May Blossom – May 6<sup>th</sup>, 2011

Thank you to everyone who attended, helped out, baked, or bought baked goods at May Blossom. We had a wonderful day and raised \$1028.15. Thanks for your support!

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## Candy Cane Magic, November 19, 2011



This will be the last calendar until early August. We hope to have the raffle tickets ready shortly for you to sell during the summer months. The tickets will be \$1.00 each or 6 for \$5.00. Many of the prizes are hand crafted items made by our members, which includes the 1<sup>st</sup> prize of a beautiful hand-stitched queen-sized quilt! Additional prizes include an e-book reader.

We are grateful to Shirley Emms for volunteering to look after the Raffle this year under the experienced guidance of Jeannie Smith.

We encourage you to bring in useable items for Special Treasures, White Elephant, as well as new items for the Silent Auction and Jewellery any time. **Please keep the larger items until October.** If you are donating something for the Silent Auction please make sure your name is on it.

We will need many volunteers to assist the Committee to make this another successful fund-raiser. Let us know where you would like to help. If you have any questions please ask any of the Committee members or the staff. As always, more details to come!

Have a happy and, above all, a healthy and safe summer. We look forward to seeing you in the fall.



Dorothy Willett, Coordinator, Candy Cane Magic, 2011.

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

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## Registration for Paid Instructor Programs

Please call the Senior Centre at 416-467-1166 starting the week of August 8 to register for any paid-instructor programs that you wish to take part in. All program information and costs will be in the September Program and Events Guide, which will be available on Thursday, August 4. Fees for these programs are not due until the first class in September.

All of us at the Senior Centre and Vacation Plus wish you a safe, healthy and happy summer wherever you are. We look forward to seeing you out at some of the programs we have organized for you during the beautiful summer months ahead.

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**WE REMEMBER...**



Our sympathy goes to the family and friends of Muriel Terence

## 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 on 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. **Please note that trip registration will be on Tuesday, June 21 instead of Monday, June 20, due to the Annual General Meeting.** 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 are wheelchair accessible; however, prior notice is required.

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.

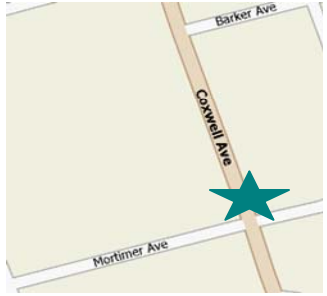
While every precaution is taken for the safety and good health of participants, Community Care East York staff, volunteers, and other partners in programming are hereby released from any liability for illness, accidents, injury or loss that may occur from participation within activities. In the event 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**

