

This Month's Features:

- Health Promotion and Active Living Fair at the CCEY Senior Centre
- Toronto International Film Festival
“Bell Lightbox” Tour and Exhibition



Please Review the
Updated Trip and
Outing Policies
on Page 9

Contact Information

Lois - Senior Centre Supervisor 416-467-1166

Vacation Plus Program: 416-422-2030

Sarah – Wellness Program Manager: 416-422-2026

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March is National Nutrition Month

Take time for breakfast! According to the Dietitians of Canada, eating breakfast every day can help to improve concentration, reduce hunger and maintain a healthy weight. Look for fast and easy choices such as whole grain breads and muffins, cereal with milk, fruit and fruit juice, yogurt and yogurt shakes, cheese, and eggs, or be creative with last night's leftovers. Try this quick and easy to make shake recipe below for a quick breakfast or as a healthy snack. This "sunny orange" shake is packed with bone-building calcium:

- $\frac{3}{4}$ cup lower fat vanilla yogurt
- 2 tbsp skim milk powder
- $\frac{1}{2}$ cup orange juice

In a blender, combine yogurt, skim-milk powder and orange juice; blend until smooth.

Source: Dietitians of Canada 2011 <http://www.dietitians.ca/>

Contact Information

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Fitness & Dance



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

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 | **Instructors:** Anne Medlock



This program may be extended if there is sufficient interest.

Fitness

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

Date: Tuesdays | **Time:** 10 a.m. – 11 a.m.
Cost: \$20 for 10 classes | **Instructor:** Ann Lotter
Please note the change of time for this term only.

Sit and Be Fit with Renee

This is a fitness class incorporating a more gentle set of exercises for those who would like to be fit but need somewhere to start. All exercises are seated and require no equipment. At the conclusion of each class there will be time of guided meditation and breathing exercises to ensure that participants leave feeling strong and ready to get on with their day.



Date: Fridays | **Time:** 9:45 a.m. – 10:30 a.m.
Cost: \$.50 per visit | **Instructor:** George Brown College Activation student Renee Kirkwood

Please note there is no class on Friday March 4th

Staying Strong/Keeping Fit 1

Join in a program of heart-healthy exercise, muscle strengthening, balance and flexibility training. **Most of the hour-long program is done standing.** Equipment used includes stretch bands, weights, balls, and mats where appropriate. This program adheres to the principles set out for older adult fitness by the Canadian Centre for Activity and Aging and is suitable for those with Osteoporosis. Men are encouraged to join.

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



Staying Strong/Keeping Fit 2

Join in a program of heart-healthy exercise, muscle strengthening, balance and flexibility training. **A large portion of the hour-long program is done seated.** Equipment used includes stretch bands, balls, and

weights. This program adheres to the principles set out for older adult fitness by the Canadian Centre for Activity and Aging and is suitable for those with Osteoporosis. Men are encouraged to join.

Date: Wednesdays | **Time:** 11 a.m. – 12 p.m.
Cost: \$30 for 10 classes | **Instructor:** Chris Moffett



Taoist Tai Chi

Tai Chi is a traditional Chinese mind-body relaxation exercise combining movement, meditation and breathing to enhance the flow of vital energy in the body, improve circulation, balance control and cardiovascular fitness.

Level 1 – Beginner Class – Tuesdays | **Time:** 11 a.m. to 12 p.m.
Level 2 – Intermediate Class – Mondays | **Time:** 9:30 a.m. to 10:30 a.m.



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

Traditional Line Dancing (Mixed Levels)

Gain confidence as you learn the basic line dance steps so you can enjoy dancing to the music you love.

Date: Tuesdays | **Time:** 1:30 p.m. – 3 p.m.
Cost: \$22.50 for 10 classes | **Instructor:** Iris Kersey



Yoga

Yoga is probably the world's most perfect form of exercise. It cultivates cardiovascular health, strength and flexibility. It encourages the body's capacity to relax and helps reduce the negative effects of stress.

Date: Fridays | **Time:** 10:30 a.m. – 12 p.m.
Cost: \$67.50 for 9 classes | **Instructor:** Annabelle Ramsook



Please note there is no Yoga class on Friday, March 4



Dining Program



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

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

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

Diner's Club

Enjoy food, fun & friendship. We do the preparing, serving and clean up, while you enjoy your lunch and a program with friends once a month at the Diner's club. Registration is required. Last day for booking or cancellations is Monday, March 28th. 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, March 30 | **Time:** 12 p.m. to 2 p.m.
Cost: \$7.35 (please make cheques payable to East York Meals on Wheels)

Monday Lunch Bunch (MLB)

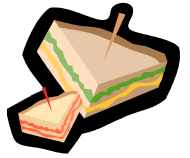
Enjoy a sing-song of “golden oldies” before a delicious sandwich lunch followed by cookies, tea or coffee. After lunch, stay for an interesting program each week. We have special presentations, educational sessions, entertainers and much more! Preregistration not required.

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

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

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

Here is what's on for the month:



Monday, March 7 – Join us for a lively game of Bingo for prizes and maybe a surprise!

Monday, March 14 – To honour St. Patrick's Day wear something green and enjoy the talented Tom Hamilton Duo.

Monday, March 21 – A Nutrition month presentation on healthy eating from “The Foundation of Health”.

Monday, March 28 – Today we welcome back Barbara Rusch with part 2 of “Celebrated and Notorious women of the 19th Century”.



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, March 15 | **Cost:** Free | **Time:** 9:15 a.m. – 11 a.m.

Diabetes Support Group

Do you have Diabetes or know someone who does? Would you like to share your feelings on diagnosis? Areas of discussion will be the challenge of eating out at restaurants, exercise, weight control and how to keep records. Occasionally, there will be a guest speaker.

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

Date: Tuesday, March 22 (the 4th Tuesday of each month)

Foot Care Clinic

Professional foot care for your feet is important to maintain mobility and a healthy lifestyle. The clinic is staffed by a registered nurse with specialized foot care certification. Treatment for minor foot problems such as corns and calluses, and cutting of toenails is available.

Dates: Tuesday, March 1, 8 | **Time:** 9:30 a.m. – 12 p.m.
Wednesday, March 2, 9, 16 | **Time:** 12:30 p.m. - 3:30 p.m.
Friday, March 25 | **Time:** 9:30 a.m. – 12 p.m.

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

Income Tax Clinic

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

The Income Tax Clinic Volunteers will be filing income tax returns by E-File every Thursday afternoon from 12 p.m. to 4 p.m., from Thursday, March 3rd to Thursday, April 28th at the Senior Centre.

Appointments are required.

Please bring the following information to your appointment:

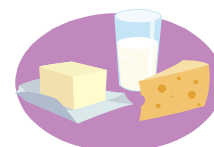
- Rough copy of your 2009 return and complete Notice of Assessment**
- The printed material or label from Canada Revenue Agency
- T4 slips (Old Age Security, Canada Pension, pension income etc.)
- T5 or T3 slips (bank interest, bond interest, mutual funds etc; all copies). Please **do not separate slips**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

To make an appointment, you may sign up at the Senior Centre or call **416 467-1166 on or after February 8th**. The Income Tax Clinic is free but donations are gratefully accepted. An Income Tax Receipt will be issued for any donation over \$10.00.

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

Osteoporosis Support Group

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



Facilitated by Osteoporosis Canada.

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



Recreation & Leisure



To register for an activity, please call 416-467-1166
Or sign up at the Senior Centre

Book Group

The book group meets monthly to discuss an interesting and topical book that has been chosen by the group. The book selected comes in a batch from the Toronto Public Library so that everyone has a copy. You have a month to read it before the group meets. Speak to Lois to receive your copy.



Date: Tuesday, March 22 | **Time:** 1:30 p.m. – 2:30 p.m. | **Facilitator:** Pat Poitras

Bridge

Join us for an afternoon of kitchen table bridge. All are welcome.

Date: Fridays | **Time:** 1 p.m. – 3:30 p.m. | **Facilitator:** Jo Croft | **Cost:** \$1

Please note there will be no Bridge Group on Friday, March 4th

Carpet Bowling

Calling all carpet bowlers! Come and enjoy a morning with friends for a few fun matches. Newcomers are welcome and we will show you how to play.



Date: Thursdays | **Time:** 10 a.m. – 12 p.m. | **Cost:** \$.50 per visit

Crafts

Bring out your creative side in a general craft group which emphasizes doing practical projects.

Date: Thursdays | **Time:** 10 a.m. – 12 p.m.
Cost: \$24 for 8 classes | **Instructor:** Mary Peck

Euchre

Come and enjoy a couple of rounds of cards with friends. Newcomers are welcome.

Date: Thursdays | **Time:** 12:45 p.m. – 3 p.m. | **Cost:** \$1.00 per visit



Knitting Bee

Bring your knitting or other handiwork for a delightful social afternoon. Wool, needles and patterns are available to knit items for our sales. At home knitters are needed as well.

Date: Thursdays | **Time:** 1:30 p.m. – 3:30 p.m.
Leaders: Iza Murray and Jean Williams



Let's Discuss It

Share your news and views over coffee, tea and cookies. Bring your sense of humour!

Date: Fridays | **Time:** 10:30 a.m. – 12 p.m. | **Cost:** \$.50 per visit

Facilitator: Robert Brathwaite

*** Please note there will be no Discussion Group on March 4th ***

Men's Group

We welcome today our own Gord Hazlett with more of his old auto tales. Bring your own story or photo of your first automobile. The ladies are always welcome.

Date: Wednesday, March 16th | **Time:** 9:30 a.m. – 11:30 a.m. | **Cost:** \$.50

Painting

Water colour painter Pat Pollock will teach beginners the basics and give advice and encouragement to experienced painters.



Date: Wednesdays | **Time:** 1:15 p.m. – 3:45 p.m. (Excluding the last Wednesday of the month) | **Cost:** \$40 for 8 classes

Plastic Canvas Embroidery

Use your basic stitchery skills to make an amazing variety of useful items for our craft sales.

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

Quilting

Calling all quilters to work on the new 1st prize quilt for Candy Cane Magic 2011. This is a fun way to help the Centre and to keep up with all the news!

Please check that there is a quilting group before attending as it has been put on hold during the bad weather.



Date: Mondays | **Time:** 1:45 p.m. – 3:45 p.m. | **Volunteer Coordinator:** Doris Telford



Workshops & Classes

To register for a Workshop or Class, please call 416-467-11
Or sign up at the Senior Centre

Computer Classes

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

Date: Fridays, February 4, 11, 25, March 11 | **Time:** 1 p.m. – 3 p.m.

Cost: \$15 for 4 classes | **Instructor:** Clara Suter



Please note the change of date of the last computer class

Cyber Café

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

Date: Fridays, February 4, 11, 25, March 11 | **Time:** 3 p.m. – 4 p.m.

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

Please note the change of date of the last Cybercafe class

Quilting Technique

Have you always wanted to learn how to quilt? Let master quilter Virginia Gossling show you how to make a sampler quilt. You need to know how to do basic hand sewing.

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

Instructor: Virginia Gossling | **Cost:** Materials only



Special Events



To register for a Special Event, please call
416-467-1166 (Senior Centre) or 416- 422-2030 (Vacation Plus)
OR sign up at the Senior Centre

Special Events - **Book Now**

Friday Afternoon at the Movies: “Billy Elliot”

Set against the background of the 1984 Miner’s Strike in the UK, “Billy Elliot” is the story of an 11-year old boy who stumbles out of the boxing ring onto the ballet floor. He faces many trials and triumphs as he strives to conquer his family’s set ways, his inner conflict and standing on his toes. See the movie which started the theatre phenomenon. Running time:110 minutes.

Date: Friday, March 11 | **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.



Card Bingo with Bette and Bob Martin

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, March 18 | **Time:** 1:30 p.m. | **Cost:** \$1

Location: Senior Centre, 1108 Greenwood Ave.



Spring Fashion Show and Sale

Are you tired of winter and are you looking for a breath of Spring? Are you weary of your dark winter clothes? Then join us for a spring fashion show with bright, colourful clothes from Alia and Tan Jay.

This show is brought to us by Leed Solutions a leading provider of fashion show services to seniors' organizations throughout Ontario. We'll start off with a fashion show of the new spring trends modeled by our own members and then after some light refreshments you can shop for something new for your wardrobe. Space will be provided for trying on the clothes provided. This will be a fun-filled event with a look toward spring after our hard winter. There will be a door prize for some lucky lady.

If you would like to be one of our models please let Lois know. Your outfits will be provided an hour before the event.

Date: Friday, March 25 | **Time:** 1:30 p.m. | **Cost:** \$1

Location: Senior Centre, 1108 Greenwood Ave.



Trips & Outings



Updated 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.

Updated Trip and Outing Bus Departure Policies:

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

**To register for a Trip, please call Vacation Plus at 416-422-2030
or sign up at the Senior Centre**

March Trips and Outings



Age Well 2011 - Health Promotion Active & Living Fair at the CCEY Senior Centre

Book Now

Age Well 2011 will be an exciting event that will provide information and education on the programs, services and products available in the community to help us age well. There will be a keynote address, information displays, workshops, and healthy snacks to be enjoyed by all.

To arrange CCEY transportation for this event, please contact Milady, our transportation coordinator at 416 422-2026.

Date: Friday, March 4 | **Time:** 11 a.m. – 3 p.m.

Cost: Free, but please sign up

Location: Senior Centre, 1108 Greenwood Ave

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
OACAO
The Voice of Older Adult Centres
Le voix des centres pour aînés



Lunch Outing at Irish Embassy Pub and Grill

Book on February 22

Come celebrate St. Patrick's Day at the Irish Embassy. We will once again dine in the "Dublin Lounge" set in a magnificent old bank building built in 1873. Choose from Traditional Irish Stew, Battered Haddock or Shepherd's Pie. Decide on your entrée as well as what you will indulge in for dessert when you arrive. Coffee or tea included.

Date: Tuesday, March 8 | **Time:** 11:45 a.m.

Cost: \$30

Location: 49 Yonge Street (Yonge & Wellington)

Directions: From Yonge and Bloor Station, take the Yonge line south to King Station, exit and walk south. The Irish Embassy Pub is on the east side of Yonge.

**Back by
popular Demand!**

"Echoes of Ireland" with Mary Morton Tours

Book Now

Whether you're Irish or not, St. Patrick's Day celebrations brings out "a wee bit o' Irish" merriment in all of us. Buffet lunch included at the Best Western Brant. At 2:00 p.m., it's showtime for Echos of Ireland at the Sanderson Centre. "Take the rich comic blarney and guttersnipe grit of Emerald Isle storytelling royalty Frank McCourt (author of Angela's Ashes) and brother Malachy McCourt with their masterful memories of Irish childhood and beyond – from the dank streets of Limerick, Ireland to the hustle and bustle of the "The Big Apple's" Brooklyn. Mix in the magic of Ireland's timeless culture of lively music, song and dance".

Date: Thursday, March 10 | **Cost:** \$94 (Prepay by cheque, no cancellations)

Departure: 10:00 a.m. – Coffee Zone, 30 Carlton Street

10:30 a.m. – Islington Subway (North East corner of Islington & Bloor)

Return: Approximately 6:00 p.m.



IMAX HUBBLE at the Ontario Science Centre

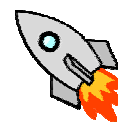
Book on February 22

Experience the gripping story - full of hope, crushing disappointment, dazzling ingenuity, bravery, and triumph. Journey through distant galaxies to explore the grandeur and mysteries of our celestial surroundings. It's your chance to accompany space-walking astronauts as they attempt the most difficult and important tasks in NASA's history. It offers an inspiring and unique look into the Hubble Space Telescope's legacy and highlight its profound impact on the way we view the universe and ourselves.

Date: Friday, March 11 | **Time:** 1 p.m. | **Cost:** \$9

Location: 770 Don Mills Road (at the corner of Eglinton Avenue East)

Directions: Take the Bloor-Danforth subway line east to the Pape station and transfer to the Don Mills (route 25) bus. Get off at St. Dennis Drive, right in front of the Science Centre



Toronto International Film Festival “Bell Lightbox” Tour and Exhibition

Book on February 22

The Toronto International Film Festival (TIFF) is considered one of the most prestigious film festivals in the world, screening more than 300 films from 60+ countries every September. To acknowledge this yearly event, the TIFF “Bell Lightbox” was built as a permanent space dedicated to showcase more of the great Canadian and international filmmakers.

We will start our visit with a guided tour of the facility including the public atrium, public cinemas, learning studios and galleries designed by a world renowned architectural firm. Next, we will visit the exhibit of Canadian native and the “original movie star” Mary Pickford. The Pickford collection includes photographs, posters, lobby cards, memorabilia, postcards, heralds, glass slides, products endorsed by Pickford, and many other items. Spanning Pickford’s life and career—from her early childhood to her starmaking days, her marriage to Douglas Fairbanks and her later years—and complemented by a screening programme featuring some of her greatest films, this exhibition illustrates why the diminutive actress is still revered as one of the silent cinema’s greatest stars. After, if you choose, enjoy lunch at the Oliver & Bonachini Market Café and Bakery (**pay on your own**) located at the front of the Bell Lightbox or browse the TIFF Gift Shop featuring leading edge giftware, books, DVDs, special product collections reflecting TIFF curated films, programs and gallery installations.

Date: Monday, March 14 | **Time:** 10:30 a.m. | **Cost:** Free (Limited Availability)
Location: Reitman Square - 350 King Street West (King Street West and John Street)
Directions: Exit King subway station and take the 350 King Street West streetcar.
Exit at John Street.



Canada Blooms at the Direct Energy Centre **Book on February 22**

Experience the first Breath of Spring at Canada Blooms: The Toronto Flower & Garden Festival. Explore over 6 acres of stunning creative gardens in a dazzling display of colour, texture and fragrance designed by Canada's best landscaping talents. Enjoy gardening demonstrations and talks where local, national and international experts share their wealth of knowledge and passion for horticulture. Please meet at the Canada Blooms Ticket Booth - located in the Galleria of the Direct Energy Centre to receive your ticket. Explore as a group or on your own!

Date: Thursday, March 17
Time: 10 a.m.
Location: Direct Energy Centre (DEC) Halls A & B, 100 Princes' Blvd.
Cost: \$16



Directions: From Dufferin Subway Station and proceed to street level. Board the #29 bus south to Exhibition Place **OR** From Bathurst Subway Station and proceed to street level. Board the #511 streetcar south to Exhibition Place **OR** from Union Station, proceed to the Queens Quay platform. Board the #509 streetcar west to Exhibition Place.



Bowling at O'Connor Bowl – Part Two

Book Now

We had so much fun bowling in January; we have decided to make it a regular event! We will meet again at O'Connor bowl for some friendly games of 5-pin bowling; teams will be designated upon arrival. No prior experience necessary and bowling shoes will be provided.

Date: Tuesday, March 22 | **Time:** 10:30 a.m.

Cost: \$12

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

Directions: From Coxwell subway station, transfer to the **70A** O'Connor bus. Depart at Yardley Ave stop located in front of O'Connor bowl



“Shear Madness” with Mary Morton Tours

Book Now

Begin the day by browsing at Picard Peanuts followed by a buffet lunch at Crossroads Restaurant featuring plenty of hot and cold selections to suit every palate. Then it is showtime at the St.Jacobs Country Playhouse where you will discover why everyone is excited to see “Shear Madness”, the screamingly funny comedy where the audience gets to solve the crime. Hairdresser Tony Whitcomb and manicurist Barbara DeMarco comb through the tasks of a normal day until concert pianist Isabel Czerny is murdered. Tony, Barbara and the Shear Madness customers are all suspects. But whodunit? You decide!

Date: Wednesday, March 23 | **Cost:** \$99 (Prepay by cheque, no cancellations)

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

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

Return: Approximately 6:30 p.m.



Health Talk: Glaucoma

Book Now

Date: Friday, March 25 | **Time:** 1 p.m. - 3 p.m.

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

Location: The Toronto Western Hospital auditorium, 399 Bathurst Street

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



Lunch Outing: Pappas Grill

Book on February 22

“OPA” a joyful Greek expression can be used to describe Pappas Grill. Critically acclaimed to be among Toronto's best Greek restaurants, Pappas Grill offers Trademark homemade fare prepared with the finest market fresh ingredients. Choose from either chicken or pork souvlaki served with rice, roasted potato, Greek salad and tzatziki or grilled chicken breast served on a Greek salad or spanakopita, a Greek filo pastry filled with spinach and feta cheese and served with a Greek salad. Finish your meal with either ice cream or Baklava, a traditional Greek dessert of filo pastry filled with chopped walnuts, cinnamon and topped with a sweet honey syrup and tea or coffee.

Date: Tuesday, March 29 | **Time:** 12 p.m. | **Cost:** \$28

Location: 440 Danforth Ave

Directions: Exit Chester subway and walk south to Danforth Ave.

Turn left on Danforth and walk approximately 3 minutes to destination.



Water: The Exhibition at the Royal Ontario Museum

Book on February 22

Water is essential to life. It connects all living things. It shapes our planet, but is unevenly distributed across it, leaving nearly a billion people without access to clean drinking water. In freshwater and oceanic environments, life is fragile but resilient; these ecosystems can thrive again with some help.

Journey around the world in this ground-breaking exhibition about the power, wonder, and scarcity of water. Essential learning for every Canadian, discover what you and your family can do to help conserve water and protect the future of our blue planet.

Date: Thursday, March 31 | **Time:** 11 a.m. | **Cost:** \$21

Location: 100 Queen's Park

Directions: From St. George subway station walk east on Bloor Street to the museum.



UPCOMING TRIPS



Elmira Maple Syrup Festival with Mary Morton Tours

Book Now

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

Date: Saturday, April 2 | **Cost:** \$69 (**Prepay by cheque, no cancellations**)

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

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

Return: Approximately 6:00 p.m.



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

Book Now

Begin the day at Betty's Restaurant, with a choice of beef, chicken or fish and chips. At 2:00 p.m., you will be in orchestra seats enjoying the Shaw Festival Theatre present "My Fair Lady", based on "Pygmalion" by Bernard Shaw. Celebrate the unforgettable songs, "I Could Have Danced All Night", "The Rain in Spain" and "On the Street Where You Live". Remember why it has been called one of the best musicals of the 20th Century and was one of the longest running shows in Broadway history.

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

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

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

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

Return: Approximately 7:15 p.m.



For Your Information: What's On in Toronto

**You are welcome to attend these unaccompanied events on your own.
Please call Vacation Plus at 416-422-2030
to sign up and obtain any additional information.**

March FYI's

The Golf and Travel Show

Book Now

Golf & Travel Show is Canada's largest consumer golf show! Now in its 22nd year, the Golf Show features golf courses and resorts from all over the world, golf-related travel destinations, Ontario PGA professionals giving onsite instructions and ongoing golf demonstrations. Test the newest golf clubs and discover the latest accessories to improve your game. It's the must-attend event for every golf enthusiast, from beginner to expert.

Date: Runs Friday, March 4 through Sunday, March 6 | **Cost:** \$11

Time: Friday, 12 p.m. – 7 p.m. | Saturday, 10 a.m. – 6 p.m. | Sunday, 10 a.m. - 5 p.m.

Location: Metro Toronto Convention Centre, north building

Directions: From Union Subway Station, Take the "Skywalk" West to the Metro Toronto Convention Centre (approximately a 10 minute walk)

Health and Wellness Clinic at the Toronto Public Library – Leaside Branch

Book Now

Community Care East York, in partnership with the Toronto Public Library Leaside branch, presents a monthly health and wellness clinic. Please join us this month as Nurse Diane will discuss the basics of nutrition as well as leading an open discussion on practical lifestyle tips.

Date: Wednesday, March 2

Time: 3 p.m. – 4 p.m. | **Cost:** Free

Location: Leaside Public Library, 165 McRae Drive

Directions: From St. Clair subway station, take the #88 bus to McRae Drive.



Earth Hour at Yonge-Dundas Square

Book Now

Come and celebrate Earth Hour in the heart of downtown Toronto! Enjoy an evening of fun-filled, family-friendly activities including street performers, concerts and more.

Date: Saturday, March 26 | **Time:** 5:30 p.m.

Cost: Free

Location: Yonge-Dundas Square

Directions: Exit Dundas subway station. Located at the intersection of Yonge and Dundas.



Toronto Film Society Double Bill: A British Film Presentation

Book Now

Toronto's Ultimate Film Buffs presents a James Mason double bill. Featuring *Troubled Waters* (1936), starring Alistair Sim, a poacher leads a government agent along a twisting trail that leads to certain death. One of Mason's first roles has him again teamed up with Virginia Cherrill (*City Lights*) in this very rare film presentation. In addition, *They Were Sisters*, the life stories of three sisters are marked by their distinct personalities and the men they married. At a reunion 18 years later, two of them realize that the third is in the tortuous grasp of her sadistic husband and try to save her.

Date: Saturday March 26 | **Time:** 7:30 p.m. - 10:30 p.m.

Cost: \$10 - \$19

Location: Innis Town Hall, 2 Sussex Avenue (St. George Street & Sussex Avenue)

Directions: Exit St. George subway station. Walk south on St. George street to destination. Approximately a 4 minute walk.



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

Book Now

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 the basics of nutrition as well as leading an open discussion on practical lifestyle tips.

Date: Tuesday, March 29 | **Time:** 2 p.m. – 4 p.m.

Cost: Free | **Location:** S. Walter Stewart Library, 170 Memorial Park Ave

Directions: From Coxwell subway station take the #70 O'Connor bus to Memorial Park Ave.



Announcements



Renewals

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

Peer Helper Meeting

Date: Monday, March 7 | **Time:** 11 a.m.

Location: Senior Centre, 1108 Greenwood Ave

Members' Meeting

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

Date: Thursday, March 10 | **Time:** 12 p.m. - 1 p.m.

Location: Senior Centre, 1108 Greenwood Ave.

Monday Lunch Bunch Volunteer Meeting

Date: Monday, March 14 | **Time:** 1:45 p.m.

Location: Senior Centre, 1108 Greenwood Ave

Notes from the Senior Centre and Vacation Plus



Candy Cane Magic, November 19, 2011



Your Candy Cane Magic Committee met for the first time this year in January to start planning for this year's sale. Candy Cane Magic 2011 will be held on **Saturday, November 19th** so mark your calendar now. Your committee members are: Anne Burton (Special Advisor), Sheila Clarke, Linda Johnson, Jeannie Smith and Dorthy Willett (Coordinator). We look forward to working with all of you to have another successful sale. There will be lots more information in the months to come. If you or anyone you know has any jewellery that you would like to donate please bring it in any time. We would like to have a fresh look to the jewellery table this year.

Although we already have a hard-working committee we are looking for at least two new people to work with us this year. Jeannie Smith who has coordinated the Raffle for many years will be working on different projects and so we are looking for someone OR two people to work together to look after the raffle. This job entails looking after the distribution of the raffle tickets for sale and seeing that all tickets and money are in before the sale in November. The tickets are printed and ready for sale in June. Jeannie is very willing to orient the new volunteer(s) in their responsibilities. Please contact Jeannie or Lois for more information or to volunteer to sit on the committee. This is a wonderful way to be involved in our very special annual event. **Please consider if you can help us make this another successful year.**



WE REMEMBER...



Our sympathy goes to the family and friends of Gordon Ferguson, Norah Mulock and Roma Scott.

Health Canada's Five Guidelines for Healthy Eating:

1. Enjoy a variety of foods.
2. Emphasize cereals, breads, other grain products, vegetables and fruit.
3. Choose lower-fat dairy products, leaner meats and food prepared with little or no fat.
4. Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
5. Limit salt, alcohol and caffeine.



Health Canada, 2011 <http://www.hc-sc.gc.ca/fn-an/index-eng.php>

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.

Community Care East York is committed to providing services that promote independence, good health and well-being. We have a variety of program and services to help you age well. Health clinics, transportation services, information and support, home maintenance and much more!

Contact us for more information.



416-422-2026