



Opportunity made here.

# Program & Events

## March 2012

### This Month's Features:

- Tour of Ontario Legislative Building
- Lunch Outing at The Dragon Pearl Buffet
- Celebrate St.Patrick's Day at the Senior Centre
- Income Tax Clinic at the Senior Centre

**...And much more !**

**See Inside For Details**

### Contact Information

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



## **Program Descriptions:**

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### **March is Nutrition Month**

Take time for breakfast! According to the Dieticians 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:

- ¾ cup lower fat vanilla yogurt
- 2 tbsp skim milk powder
- ½ cup frozen berries or orange juice

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

Source: Dieticians of Canada 2012

### **Contact Information**

Senior Centre Supervisor: 416-467-1166

Vacation Plus Coordinator: 416-422-2030



# Fitness & Dance



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

## Beach Ball Volleyball

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



**Date:** Tuesdays I **Time:** 2:45 p.m. - 3:45 p.m. I **Cost:** \$.50 per session

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

\*\*\*This program will end on March 20, 2012\*\*\*

\*\*\*Please note, change to time \*\*\*

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## BEST Step Forward: Balance Exercises, Safety Tips for Falls Prevention

This is a program that combines exercises to improve balance and core strength with strategies to promote safe mobility at home and in the community.

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

**Cost:** \$10 for 6 classes I **Instructor:** Joanne Procnier and Mary Jane McIntyre

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

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## Dance Like You Are the Only One!

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



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

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

\*\*\*This program will end on March 20, 2012\*\*\*

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## Fitness

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

**Date:** Tuesdays I **Time:** 9:30 a.m. - 10:30 a.m.

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

\*\*\*Please note change of time. This 8-class session will end on March 6, 2012 and a new 8-class session will start on Tuesday March 13, 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 I **Time:** 9:15 a.m. to 10:15 a.m.

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

\*\*\* Please note there is no class on March 2, 2012, so the last class of this 8-class session will be March 16, 2012. A new 8-class session will start on Friday, March 23, 2012\*\*\*

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## Staying Strong/Keeping Fit 1

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



**Date:** Wednesdays I **Time:** 9:30 a.m. – 10:30 a.m.

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

\*\*\*Please note, this 10-class session will end on March 21, 2012. A new 10-class session will start March 28\*\*\*

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## Staying Strong/Keeping Fit 2

Join in a program of heart-healthy exercise, muscle strengthening, balance and flexibility training. **A large portion of the hour-long program is done seated.** Equipment used includes stretch bands, balls, and weights. This program adheres to the principles set out for older adult fitness by the Canadian Centre for Activity and Aging and is suitable for those with Osteoporosis.



**Date:** Wednesdays I **Time:** 10:45 a.m. – 11:45 a.m.

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

\*\*\* Please note, this session will end on March 21, 2012. A new 10-class session will start March 28\*\*\*

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## Taoist Tai Chi

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



Level 1 – Beginner Class – Tuesdays I **Time:** 11:00 a.m. to 12:00 p.m.

Level 2 – Intermediate Class – Mondays I **Time:** 9:30 a.m. to 10:30 a.m.

**Instructor:** From the Taoist Tai Chi Society of Canada I **Cost:** \$15 for 10 classes

\*\*\*Please note, Level 1 - Beginner 10-class session will end March 13, 2012 and Level 2 - Intermediate 10-class session will end March 19, 2011. New 10-class sessions will start the following weeks.\*\*\*

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



\*\*\* Please note, this 10-class session will end March 23, 2011 \*\*\*



# 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, March 26. 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 28 I **Time:** 12:00 p.m. to 2:00 p.m.  
**Cost:** \$7.40 (please make cheques payable to East York Meals on Wheels)

## Monday Lunch Bunch (MLB)

Enjoy a sing-song of "golden oldies" before a delicious sandwich lunch followed by cookies, tea or coffee. After lunch, stay for the weekly program. We have special presentations, educational sessions, entertainers, and much more! Preregistration is generally not required.

**Date:** Every Monday I **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 March:

**Monday, March 5** – We are happy to welcome back Dorothy Duncan to the Centre. Dorothy has worked tirelessly to ensure that Canada's culinary history is recognized, researched, and recorded. Dorothy will be pulling material from her books to talk about the culinary history around Canadian celebrations, special days, and holidays. Her food samples are sure to bring back some fond memories!

**Monday, March 12** – Celebrate St. Patrick's Day by wearing something green and sit back to enjoy the music of Steve Vaughan on the guitar.

**Monday, March 19** – Come to enjoy the light music from the Celebration Duo, a flute and guitar duo.

**Monday, March 26** – Police Constable, Karry St. Clair from the Toronto Police is stopping in to speak to us about traffic and pedestrian safety in hopes to reduce injuries and death from vehicular collisions involving our seniors in Toronto. In case you couldn't make it to Candy Cane Magic 2011, the Plastic Canvas group will be having their annual Easter Sale. Items will be on sale before and after the MLB lunch and program. Your support is greatly appreciated!



## Clinics / Support Groups

To register for a clinic or support group, please call 416-467-1166  
OR sign up at the Senior Centre

### 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 1 to Thursday, April 26 at the Senior Centre.

### Appointments are required.

Please bring the following information to your appointment:

- Rough copy of your 2010 return and complete Notice of Assessment**
- The printed material or label from Canada Revenue Agency
- T4P 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.
- T2201 Disability Credit – if a new claim, it must be certified by a physician
- 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 2011 prescription costs from your pharmacist
- Donation receipts clipped together and totaled
- Safety deposit box fee amount
- Property tax bill or amount of rent for 2011 and to whom paid
- Tax installment information, if applicable

To make an appointment, you may sign up at the Senior Centre or call **416 467-1166 on or after February 7**. 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.

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### **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's Senior Centre offers a free Blood Pressure Clinic by a registered nurse. Everyone is welcome to this monthly clinic. Please book an appointment.

**Date:** Tuesday, March 20 | **Cost:** Free | **Time:** 9:15 a.m. – 11:00 a.m.

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### **Diabetes Support Group**

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

**Facilitator:** Clara Suter | **Time:** 11:00 a.m. – 12:00 p.m.

**Date:** Tuesday, March 27 (the 4<sup>th</sup> Tuesday of each month)

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### **Foot Care Clinic**

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

**Dates:** Tuesday, March 6, 13 | **Time:** 9:30 a.m. - 12:00 p.m.  
Wednesday, March 14, 21 | **Time:** 12:30 p.m. - 3:30 p.m.  
Friday, March 30 | **Time:** 9:30 a.m. - 12:00 p.m.

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



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### **Hearing Support Group**

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

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

**Date:** Wednesday, March 14

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

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### **Osteoporosis Support Group**

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

**Facilitated by:** Osteoporosis Canada

**Date:** Wednesday, March 7 | **Time:** 1:30 p.m. - 2:30 p.m. | **Cost:** \$1 for refreshments



# Recreation & Leisure

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

## Book Group

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



**Date:** Tuesday, March 27 I **Time:** 1:30 p.m. – 2:30 p.m. I **Facilitator:** Pat Hofman

## Bridge

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



**Date:** Fridays I **Time:** 1:00 p.m. – 3:30 p.m. I **Facilitator:** Jo Croft I **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 I **Time:** 10:00 a.m. – 12:00 p.m. I **Cost:** \$.50 per visit

## Crafts

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

**Date:** Thursdays I **Time:** 10:00 a.m. – 12:00 p.m.

**Cost:** \$24 for 8 classes I **Instructor:** Mary Peck

\*\*\*Please note, this 8-class session will end March 15, 2012 and a new 8-class session will start March 22, 2012\*\*\*

## Euchre

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



**Date:** Thursdays I **Time:** 12:45 p.m. – 3:00 p.m. I **Cost:** \$1 per visit

## Knitting Bee

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



**Date:** Thursdays I **Time:** 1:30 p.m. – 2:30 p.m.

## Let's Discuss It

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

**Date:** Fridays I **Time:** 10:30 a.m. – 12:00 p.m. I **Cost:** \$ .50 per visit

**Facilitator:** Robert Brathwaite

## Men's Group

From the award winning producers of "Planet Earth" comes the fascinating BBC documentary called, "Life". We will marvel over their series on Birds (narrated by renowned naturalist, David Attenborough), which will take us to different corners of the world to showcase unique stories about our fine feathered friends.

**Date:** Wednesday, March 21 I **Time:** 9:30 a.m. – 11:00 a.m. I **Cost:** \$.50

## Painting

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

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

\*\*\*This 8-class session will end on March 7, 2012. A new 8-class session will start on March 14.\*\*\*



## Plastic Canvas Embroidery

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

**Date:** Wednesdays I **Time:** 10:00 a.m. – 12:00 p.m. I **Facilitators:** Edith Burnett & Anne Burton

## Quilting

Calling all quilters: help us work on the 1<sup>st</sup> prize quilt for the 2012 Candy Cane Magic raffle. This is a fun way to help the Centre and to keep up with all the news! We do need your help!

**Date:** Wednesdays I **Time:** 10:00 a.m. - 2:00 p.m. I **Volunteer Coordinator:** Doris Telford



# Workshops & Classes

To register for a Workshop or Class, please call 416-467-1166  
OR Sign up at the Senior Centre

## Beginner Computer Classes

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



**Date:** Fridays, March 16, 23, 30 I **Time:** 1:00 p.m. – 3:00 p.m.  
**Cost:** \$15 for 3 classes I **Instructor:** Clara Suter

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**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 I **Time:** 1:00 p.m. – 3:00 p.m.  
**Cost:** \$15 for 4 classes I **Instructor:** Catherine Copeland





## Senior Centre Special Events

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

**Celebrate Nutrition Month!**

**Book Now at the Senior Centre**

In celebration of Nutrition Month, Nurse, Diane, will be at the Centre to give her fun and enthusiastic presentation on nutrition and health. There will be lots of time to answer your specific questions. Come prepared for a great afternoon of useful tips that will help you stay healthy all year round. Refreshments will be served after this one-hour presentation.

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



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**Financial Wellness for Men and Women**

**Book Now at the Senior Centre**

This is the sixth and final session of the six-part monthly series on Financial Wellness for Men and Women. This month, the topic is: “Estate Planning and Living-wills”.

**Date:** Friday, March 16 I **Time:** 1:30 p.m. I **Cost:** Free  
**Location:** Senior Centre, 1108 Greenwood Ave.  
**Presenter:** Inayet Sharif from Sun Life Financial  
**Facilitator for the series:** Penny Fortais, BScN, Nursing Educator



**Card Bingo with Bette & 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 you sense of humour to appreciate Bob's crazy jokes. Refreshments are served after the game.

**Date:** Friday, March 23 | **Time:** 1:30 p.m. | **Cost:** \$1  
**Location:** Senior Centre, 1108 Greenwood Ave.



**Friday Afternoon at the Movies: "Buena Vista Social Club"**

**Book Now at the Senior Centre**

Aging Cuban musicians whose talents had been virtually forgotten following Castro's takeover of Cuba are brought out of retirement by Ry Cooder (fellow guitarist), who travelled to Havana in order to bring the musicians together, resulting in triumphant performances of extraordinary music, and resurrecting the musicians' careers. In this film, we see and hear some of the songs being recorded in Havana. There is also footage from concerts in Amsterdam and New York City's Carnegie Hall. The film was nominated for an Academy Award for best documentary feature in 1999. It won best documentary at the European Film Awards and received seventeen other major accolades internationally.

**Date:** Friday, March 30 | **Time:** 1:30 p.m. | **Cost:** \$1 (includes popcorn and a beverage – sign up, but pay at the door)  
**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. Woodgreen Community Services 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.

**A Day in the Country with Mary Morton Tours**

**Book Now with Vacation Plus**

We will be heading to Briar's Resort for the day!! The Briars is a heritage Ontario lakeside resort, a refuge of relaxation and genuine hospitality amidst acres of lush lawns, gardens, and towering trees. Their captivating marriage of traditional country inn warmth with extensive resort facilities provided such a sense of private retreat that you'll think you're in "Another World". A buffet lunch is included at the Briars Resort, after lunch, we will enjoy a "friendly" game of Bingo, followed by afternoon tea.

**Date:** Thursday, March 1 | **Cost:** \$80 (**Prepay by cheque, no cancellations**)  
**Departure:** 9:00 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.  
9:30 a.m. – Coffee Zone, 30 Carleton Street  
**Return:** Approximately 6:00 p.m.  
**Location:** Jackson Point, ON

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**Leonardo Da Vinci Workshop – The Exhibition at the Ontario Science Centre** **Book on February 21 with Vacation Plus**

This special exhibition will encourage visitors to explore the science of art and machines. See Leonardo's concepts spring to life with 20 exclusive scale models of his inventions, including his Mechanical Lion, as well as the famous Great Kite flying machine. You can use innovative technology to interact with his paintings, zoom in to view more details, and see how the Last Supper and the Mona Lisa would have originally appeared without restoration. Join us as we explore this fascinating exhibition! The cost also includes admission into the Science Center.



**Date:** Tuesday, March 6 | **Time:** 1:30 p.m. | **Cost:** \$20  
**Location:** Ontario Science Centre, 770 Don Mills Rd  
**Directions:** From Pape subway station, transfer to the Don Mills #25 bus. Get off at St. Dennis Drive, right in front of the Science Centre

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**Tour of Ontario Legislative Building** **Book on February 21 with Vacation Plus**

Explore over a century of history inside one of Ontario's most significant heritage buildings. Opened in 1893, the Legislative Building at Queen's Park has since been the meeting place for Ontario's Members of Provincial Parliament. Join us as we take a guided tour through this historic building!



**Date:** Thursday, March 8 | **Time:** 2:00 p.m. | **Cost:** Free  
**Location:** Ontario Legislative Building, Queen's Park  
**Directions:** From the Queen's Park subway station, depart and walk east on College St, turn left at Queen's Park Crescent.

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**War Horse at The Princess of Wales Theatre** **Sold Out**

"As World War 1 begins, Joey, young Albert's beloved horse, is sold to the cavalry and shipped to France. He is soon caught up in enemy fire, and fate takes him on an extraordinary journey, serving

on both sides before finding himself alone in No Man's Land. But Albert cannot forget Joey and, though not old enough to enlist he embarks on a treacherous mission to find his horse and bring him home." Join us for this remarkable tale of courage, loyalty, and friendship.

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

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

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

**Directions:** From St. Andrew subway station, depart and head west on King St W (Approximately a 4 minute walk).



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**Lunch Outing: Dragon Pearl Buffet**

**Book On February 21 with Vacation Plus**

Join us for a buffet lunch at the Dragon Pearl! 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, March 15 | **Cost:** \$17 | **Time:** 12:00 p.m.

**Location:** Dragon Pearl Buffet, 855 York Mills Rd

**Directions:** From the Pape subway station, take the #25 Don Mills bus towards Steeles. Get off at Don Mills Rd and York Mills stop. Depart and walk north on Don Mills Rd, turn left at York Mills Rd, this walk should take about 6 minutes. To avoid the walk, from the York Mills subway station, take the #95 York Mills bus. Exit at York Mills Rd at Upjohn Rd, then walk west on York Mills.

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**Canada Blooms Show/National Home Show**

**Book On February 21 with Vacation Plus**

For one low price you can visit one of these shows or you can visit both! New this year, the National Home Show & Canada Blooms bring you the largest North American display of innovative products & new ideas for all things home & garden with over 800 retailers and industry experts! 1 ticket, 2 great events!

**Date:** Thursday, March 22 | **Time:** 1:00 p.m. | **Cost:** \$17

**Location:** Direct Energy Centre, 100 Princes Blvd

**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.

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**Lunch Outing: Irish Embassy** **Book On February 21 with Vacation Plus**

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 from 1873. Choose from Ontario's Lamb Shepard's Pie, or Battered Haddock. Dessert choices include blueberry cheesecake, sticky toffee pudding or apple crumble. Coffee or tea included.



**Date:** Tuesday, March 27 | **Time:** 12:00 p.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.

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

**Walter Stewart Branch**

**Book On February 21 with Vacation Plus**

WoodGreen Community Services, 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 Nutrition and Health.

**Date:** Tuesday, March 27 | **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.

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**Health Talk: Epilepsy**

**Book On February 21 with Vacation Plus**

**Date:** Friday, March 30 | **Time:** 1:00 p.m. – 3:00 p.m.

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



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

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

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**Elmira Maple Syrup Festival with Mary Morton Tours**

**Book Now with Vacation Plus**

We are heading to Elmira, where we will browse the Arts and Craft Show at the Elmira District Secondary School. A buffet lunch is included at Crossroads. Our last stop will be to the village of St. Jacobs for browsing.

**Date:** Saturday, March 31 | **Cost:** \$70 (Prepay by cheque, no cancellations)

**Departure:** 8:00 a.m. - Coffee Zone, 30 Carleton Street

8:30 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:** Elmira, ON



## Upcoming Trips



### 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.

**Date:** Saturday, May 12 | **Cost:** \$57 | **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

### March FYI's

#### **Toronto's St. Patrick's Day Parade**

Since 1987, the Toronto St. Patrick's Day Parade has drawn a spirited crowd of people to cheer on the marching bands, floats, music and leprechauns.

**Date:** Sunday, March 13 | **Time:** 12:00 p.m.

**Location:** Parade starts at Bloor and St. George, and will continue along Bloor and finish on Queen Street at Nathan Phillips Square

**For More Information:** Please visit the website [www.topatrick.com](http://www.topatrick.com) or call 416-487-1566

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#### **Wine and Cheese Show**

The three day event features a tasty selection of gourmet foods, wine, beer, and spirits, as well as interactive and educational events.

**Date:** Friday, March 16 – Sunday, March 18

**Time:** Friday – Saturday 12:00p.m. – 10:00 p.m., Sunday 12:00 p.m. – 6:00 p.m.

**Location:** International Centre, 6900 Airport Rd

**For More Information:** Please visit the website [www.towineandcheese.com](http://www.towineandcheese.com) or call 905-842-6591.

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#### **One of a Kind Spring Show**

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

**Date:** Wednesday, March 28 – Sunday, April 1

**Time:** Weekdays and Saturday 10:00 a.m. – 9:00 p.m., Sundays 10:00 a.m. – 6:00 p.m.

**Location:** Direct Energy Centre, Exhibition Place

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

## Announcements

### Notes from the Senior Centre and Vacation Plus

#### **Members' Meeting**

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

**Date:** Thursday, March 8 I **Time:** 12:00 p.m. – 12:45 p.m.  
**Location:** Senior Centre, 1108 Greenwood Ave.

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**Monday Lunch Bunch Volunteer Meeting**

**Date:** Monday, March 12 I **Time:** 1:45 p.m.  
**Location:** Senior Centre, 1108 Greenwood Ave.

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**Peer Helper Meeting**

**Date:** Monday, March 5 I **Time:** 11:00 a.m.  
**Location:** Senior Centre, 1108 Greenwood Ave.

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**Calling All Knitters!**

At-home knitters are always welcome to help out with our annual knitting sale. Call the Centre if you'd like to knit from home. Supplies such as, knitting needles, patterns, and wool can be provided.

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**Workin' 9:00 a.m. to 5:00 p.m.**

The Senior Centre and Vacation Plus are now on a 9:00 a.m. to 5:00 p.m. operating schedule. We understand that you like to get to where you're going early, but we don't want you left out in the cold. Thank you for your cooperation!

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**A Letter from Katherine**

Hello Senior Centre Members,

I would like to take this opportunity to introduce myself. My name is Katherine Ho and I am the new Senior Centre Supervisor. I have had the pleasure of meeting many of you over the years in my role as Community Care East York's Wellness Coordinator and with Vacation Plus. For those of you I have not met, I look forward to meeting you in the coming months. I am currently enjoying my last few weeks of maternity leave with baby Xavier and will be returning to work on February 27th.



I am thrilled to be taking on this new role. I know I have big shoes to fill; Lois has been an integral part of the Senior Centre since the beginning. My goal is to continue to provide quality activities and services and to ensure that the Senior Centre continues to be an important part of our community.

I look forward to your suggestions or feedback.

Sincerely,  
Katherine Ho  
Senior Centre Supervisor

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**Vacation Plus Event Ideas**

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

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### **Payments for Programs**

Please note, that when you are making a payment for a program or event, please make cheques payable to **Woodgreen Community Services**. Payments for all **trips and outing** should still be mailed or dropped off to Brenda Mutch at 840 Coxwell Ave, Suite 303, Toronto, Ontario, M4C 5T2. Payment for programs at the Senior Centre can be made at the Centre.

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### **Friendly Reminder to All Members**

It is very important that you **sign up** for every program listed in the Events Guide that you wish to attend whether it is free or not. Occasionally programs have to be cancelled or the event time may change, and it is our policy to contact anyone who signed up about any changes. Also, it is important to let us know if you wish to cancel a booking for any event, so that we are able to accommodate anyone who is on the Waiting List. We do appreciate your help so that all the programs run smoothly.

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

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

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

Our sympathy goes to the family and friends of Anna Alexander, Lorraine Hazlett, Kay Karrys, and Maurice Poitras.  
They will be missed.

## **Program and Trip Information**

The Woodgreen Community Care East York 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 Woodgreen Community Services' 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 **Woodgreen Community Services** indicating the name of the program (Senior Centre or Vacation Plus) and the activity for which you are paying. All cheques can be mailed to 840 Coxwell Avenue, Suite 303, Toronto, Ontario, M4C 5T2.

The Program and Events Guide is available for pick up at the first Thursday of every month, if possible. If you cannot pick it up, it will be mailed to you the following week. Program information is available online at [www.ccey.org](http://www.ccey.org). Registration for activities and trips can be made over the phone or you can sign up at the Senior Centre. For trips, registration begins at 9:00 a.m. on the 19<sup>th</sup> of every month, unless it falls on the weekend, then registrations will be on the following Monday. Please check program descriptions for details including locations and departure information for trips and special events. There must be a minimum of 10 passengers boarding at the Senior Centre, 1108 Greenwood Avenue in order to provide this as a pick up location. Please note that locations, start times and pick ups are subject to change. Woodgreen 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.

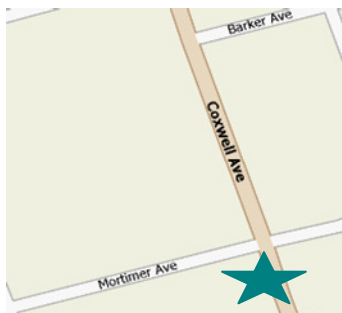
Once you have signed up for a trip or outing, please send in your cheque to complete your booking. We cannot complete your booking until we receive payment. Woodgreen reserves the right to cancel your booking if we do not receive payment. Cancellation of an event booking will be accepted up to **5 business 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, Woodgreen 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. Woodgreen Community Services is not responsible for any additional expenses that may result from such services.

### **Main Office:**

**840 Coxwell Ave,  
Suite 303, Toronto,  
Ontario  
M4C 5T2**

**416-422-2026**



### **Senior Centre:**

**1108 Greenwood Ave  
(in Cosburn United  
Church)  
Toronto, Ontario**

**416-467-1166**

