

Program & Events November 2011

This Month's Features:

- **Candy Cane Magic**
- **Lunch Outing: Mongolian Grill**
- **Mary Poppins at The Princes of Wales Theatre**
- **Redpath Sugar Museum Tour**

...And much more !

See Inside For Details

Contact Information

Lois - Senior Centre Supervisor 416-467-1166

Brenda - Vacation Plus Program: 416-422-2030

Jane – Interim Wellness Program Manager: 416-422-2026

Program Descriptions:

Fitness and Dance	2
Dining Programs	4
Clinics & Support Groups	5
Recreation & Leisure	6
Workshops & Classes	8
Special Events at the Senior Centre	9
Trips & Outings	10
Announcements	15

November is Osteoporosis Month

Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue. This leads to increased bone fragility and risk of fracture (broken bones), particularly of the hip, spine and wrist. Osteoporosis is often known as the “silent thief” because bone loss occurs without symptoms. One in four women over the age of 50 has osteoporosis, and one in eight men over the age of 50 has osteoporosis. However the disease can strike at any age. For healthy bones we need to achieve an ample bone mass when we are young, and maintain it as we age. Physical activity, combined with adequate calcium, and Vitamin D plays an important role in this process. For more information please visit the website: www.osteoporosis.ca or contact the Senior Centre for information about our Osteoporosis Support Group.

Source: Osteoporosis Canada, 2011

Contact Information

Lois – Senior Centre Supervisor: 416-467-1166

Brenda - Vacation Plus: 416-422-2030

Jane - Interim 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

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

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

Date: Tuesdays | **Time:** 1:30 p.m. to 2:30 p.m.
Cost: \$10 for 6 classes | **Instructor:** Joanne Procnier

This program is being offered on Tuesday, October 4, 11, 18, November 1, 8, 15

Fitness

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

Date: Tuesdays | **Time:** 9:30 a.m. - 10:30 a.m.
Cost: \$20 for 10 classes | **Instructor:** Phyllis King

Hula for Health Hawaiian Dance

Hula dance is a fitness experience of mind, body and spirit. The class will begin with gentle exercises to stretch the arms, shoulders and neck. While the hula dance will improve the strength and flexibility of your upper body, tone your muscles, improve breathing and help loosen stiff joints, it also creates a feeling of well-being and relieves stress as you listen and move to familiar songs such as “Blue Hawaii” “Lovely Hula Hands”, “Pearly Shells” and “Huki Lau”.

Date: Tuesdays | **Time:** 2:00 p.m. to 3:00 p.m.
Cost: \$28 for 8 classes | **Instructor:** Shanta Paradkar

Men’s Fitness

Come out for a fitness class especially developed for men! This class is a great way to get active, moving, fit and have fun doing so. The class will feature some calisthenics, kick and arm boxing “Kempo”, body weight exercises, sports patterned drills and some standard exercises using dumbbells and balls. It’s a low impact class but you will probably still sweat so bring water and a towel!

Date: Fridays | **Time:** 9:15 a.m. to 10:15 a.m.
Cost: \$23 for 6 classes | **Instructor:** Chris Moffett



Staying Strong/Keeping Fit 1

Join in a program of heart-healthy exercise, muscle strengthening, balance and flexibility training. **Most of the hour-long program is done standing.** Equipment used includes stretch bands, weights, balls, and mats where appropriate. This program adheres to the principles set out for older

adult fitness by the Canadian Centre for Activity and Aging and is suitable for those with Osteoporosis.

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



Staying Strong/Keeping Fit 2

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

Date: Wednesdays | **Time:** 10:45 a.m. – 11:45 p.m.
Cost: \$30 for 10 classes | **Instructor:** Chris Moffett
Please note change of starting time.



Taoist Tai Chi

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

Level 1 – Beginner Class – Tuesdays | **Time:** 11:00 a.m. to 12:00 p.m.
Level 2 – Intermediate Class – Mondays | **Time:** 9:30 a.m. to 10:30 a.m.



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

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:** 9:30 a.m. – 11:00 p.m.
Cost: \$75 for 10 classes | **Instructor:** Annabelle Ramsook



*** Please note that the 1.5 hour classes in the fall and spring will begin at 9:30 a.m. and classes in the winter will begin at 10:30 a.m. ***

*** Please note there is no Yoga class on Friday, November 11 and 18***



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, October 24. 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, October 26 | **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 an interesting program each week. We have special presentations, educational sessions, entertainers and much more! Preregistration is generally not required.

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

Time: Sing-song & Lunch – 11:00 a.m. | Program – 12:45 p.m.

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



Here is what's on for November:

Monday, November 7 – In honour of Remembrance Month James Jordan, a Safety Advisor for War Amps, will talk about their programs and services. "It was their war; it's our legacy".

Monday, November 14 – We eagerly await the dramatic and comedic talents of our very own *Spring Chicken Theatre Group*.

Monday, November 21 – We welcome back, Alison Kremer with a "Tribute to the War Years".

Monday, November 28 – Accomplished journalist, author, broadcaster, and teacher, Ted Barris will share with us veterans' war-time experiences as told in his book, "Breaking the Silence: Veteran's Untold Stories from the Great War to Afghanistan". Mr Barris will bring copies of this ground-breaking book for purchase.



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, November 15 | **Cost:** Free | **Time:** 9:15 a.m. – 11:00 a.m.

Diabetes Support Group

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

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

Date: Tuesday, November 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 a specialized foot care certification. Treatment for minor foot problems, such as corns and calluses, and cutting of toenails is available.

Dates: Tuesday, November 1, 8 | **Time:** 9:30 a.m. – 12:00 p.m.
Wednesday, November 9, 16 | **Time:** 12:30 p.m. - 3:30 p.m.
Friday, November 25 | **Time:** 9:30 a.m. – 12:00 p.m.

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

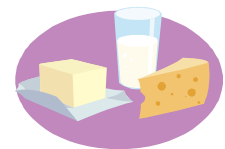


Osteoporosis Support Group

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

Facilitated by Osteoporosis Canada.

Date: Wednesday, November 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, November 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:** 1:00 p.m. – 3:30 p.m. | **Facilitator:** Jo Croft | **Cost:** \$1

*** Please note there is no Bridge on Friday, November 18***

Carpet Bowling

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



Date: Thursdays | **Time:** 10:00 a.m. – 12:00 p.m. | **Cost:** \$.50 per visit

*** Please note there is no Carpet Bowling on Thursday, November 17***

Crafts

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

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

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

*** Please note there is no Craft Group on Thursday, November 17***

Euchre

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

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

Please note there is no Euchre on Thursday, November 17



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

*** Please note there is no Knitting Bee on Thursday, November 17***



Let's Discuss It

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

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

Facilitator: Robert Brathwaite

*** Please note there is no Discussion Group on Friday, November 18***

Men's Group

Here is your chance to help support our annual fund-raiser, Candy Cane Magic. Today you'll make some delicious apple crisps or pies for the bake table. If you'd like to make a crisp to take home, let your phoner know. Cost for a take-home apple crisp is \$2.00.

Date: Wednesday, November 16 | **Time:** 9:30 a.m. – 11:00 a.m. | **Cost:** \$.50

Painting

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



Date: Wednesdays | **Time:** 1:15 p.m. – 3:45 p.m. (Excluding the last Wednesday of the month) | **Cost:** \$40.00 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:** 10:00 a.m. – 12:00 p.m. | **Facilitators:** Edith Burnett and Anne Burton

Quilting

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



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

Please note change of day and time

So you think you'd like to draw!

Learn the art of drawing and practice your skills in a fun and friendly atmosphere!

This program will introduce the formal principles of composition and design covering concepts of tone and texture, light and shadow, and positive and negative space through observational drawing. Experiment with pencil, charcoal and pastel and work at your own pace.

Date: Mondays | **Time:** 2:00 p.m. to 3:30 p.m. | **Cost:** \$25 for 7 classes, includes a

complete materials package. | **Instructor:** Marjorie Frost, George Brown College Student
Classes start on Monday, October 17

The Spring Chicken Theatre Group

Enjoy a fun morning with Janice reading your favourite scripts from the great television shows of the past as well as plays, skits and poetry. All you need is a love of theatre, great scripts, and a desire to have fun and to try your hand at a little acting! A performance will take place at a Monday Lunch Bunch on Monday, November 14.

Date: Mondays | **Time:** 9:30 a.m. to 11:00 a.m. | **Cost:** \$25 for 10 classes
Facilitator: Janice Israeloff



Workshops & Classes

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

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

Date: Fridays, October 28, November 4, 11 | **Time:** 1:00 p.m. – 3:00 p.m.

Cost: \$15 for 3 classes | **Instructor:** Catherine Copeland

*** This class is Wait List only at this time***



Special Events



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



Financial Wellness for Men and Women

Book Now at the Senior Centre

This is the second session in the six-part monthly series on Financial Wellness for Men and Women. This month, the topic is: “Budget tips – Finding Extra money”. Sometimes participants have the best ideas, so please bring with you any ideas or tips that you have found helpful over the years.

Date: Friday, November 11 | **Time:** 1:30 p.m. | **Cost:** Free

Location: Senior Centre, 1108 Greenwood Ave.

Facilitator for the series and today’s presenter: Penny Fortais, BScN, Nursing Educator



Candy Cane Magic

The Candy Cane Magic Committee hopes that you have marked your calendar for this special fundraising event. You can sign up to help at the sale starting Monday, October 17th and, of course, buy or sell raffle tickets. Come to buy some unique items for the people on your Christmas list, choose some tasty home baking for the weekend, and enjoy a delicious light lunch with your friends. We need your support! Don’t forget to bring in your baking, candy or preserves for the bake table on Friday, November 18th and up to 11:00 a.m. on Saturday, November 19th.

Please bring a reusable bag for your purchases.

Date: Saturday, November 19 | **Time:** 11:00 a.m. – 3:00 p.m.

Cost: \$5 for lunch | **Location:** Senior Centre, 1108 Greenwood Ave.



Seasonal Flu Shot Clinic

Book Now at the Senior Centre

It’s time to get your annual seasonal **Flu Shot**. We’re pleased to welcome back this year the Toronto Emergency Services team who will be at the Centre to give you your annual flu shot. This is open to anyone in the community, so spread the word. Drop in any time between 1:00 p.m. and 3:30 p.m. Please bring your OHIP card. Light refreshments are available.

Date: Tuesday, November 22 | **Time:** 1:00 p.m. to 3:30 p.m. | **Cost:** covered by OHIP



Card Bingo with Bette and Bob Martin

Book Now at the Senior Centre

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

Date: Friday, November 25 | **Time:** 1:30 p.m. | **Cost:** \$1
Location: Senior Centre, 1108 Greenwood Ave.



Trips & Outings



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

Trip and Outing Policies:

Once you have signed up for a trip or outing, please send in your cheque to complete your booking. We cannot complete your booking until we receive payment. 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.



Mystery Dinner Theatre at the Old Mill Inn

Book On October 19 with Vacation Plus

Join us as we enjoy the delicious lunch buffet at The Old Mill Inn with a twist. The buffet includes a variety of soups and salads, hot and cold seafood, prime rib, irresistible desserts and coffee and tea. After lunch we will be entertained by trying to solve the interactive murder mystery.



Date: Wednesday, November 2 | **Cost:** \$46 | **Time:** 11:30 Lunch - 12:30 Mystery Begins

Location: The Old Mill Inn, 21 Old Mill Road

Directions: From the Old Mill subway station, exit and turn right to walk the short distance to the Old Mill. Enter the restaurant off the parking lot.

Exploring the Downtown PATH

Book On October 19 with Vacation Plus

Join Brenda Mutch and Mary Peck as they guide you on a walk through Toronto's unique downtown PATH system. According to the Guinness Book of World Records, the PATH is the largest underground shopping complex with 27 km (16 miles) of shopping arcades. It has 371,600 sq. metres (4 million sq. ft) of retail space. In fact, the retail space connected to PATH rivals the West Edmonton Mall in size. We will not be walking it all! After the walk, if you choose we will head to a nearby restaurant for coffee/tea and dessert.



Date: Thursday, November 3 | **Cost:** Free walk /Pay-as-you-go coffee/dessert (optional)

Time: 1:30 p.m.

Location: St. Andrews Subway Station

Directions: Meet in the St Andrews subway, by the Roy Thomson Hall entrance door.

Lunch Outing: Osgoode Hall

Book On October 19 with Vacation Plus

Come explore the Osgoode Hall! Osgoode Hall is home to heritage courtrooms, the stunning Great Library, and an impressive restaurant. The restaurant focuses on local, seasonal ingredients; the ever-changing Chef's Menu includes a three-course prix fixe lunch. Your three course lunch includes soup, a chicken dish, a special chef's dessert, as well as tea and coffee.



Date: Thursday, November 10 | **Cost:** \$30 | **Time:** 12:00 p.m.

Location: Osgoode Hall Restaurant, 130 Queen Street West

Directions: Exit Osgoode Subway station and walk to the north east corner of Queen and University

The National Women's Show

Book On October 19 with Vacation Plus

Join us for this fun and exciting women's show! There are over 450 exhibitors. You will find food and wine sampling, fashion shows, celebrity guests, health and wellness information, cooking demos, home renovation advice, and travel ideas. Goodie bags filled with great samples and information about amazing promotions and giveaways are available but quantities are limited.



Date: Friday, November 11 | **Cost:** \$12 | **Time:** 1:30 p.m.

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

Directions: From Union Train Station follow the Skywalk directions to the South building.

The Gentlemen of Harmony with Mary Morton Tours

Book Now with Vacation Plus

We start the day off with lunch at the Erie Beach Hotel in Port Dover, with an entrée of their famous Pickerel and Chips. At 2:00 p.m. it's showtime at the Simcoe Composite School for the Gentlemen of Harmony, a 60 voice male choir, featuring special guests: Vocal Spectrum. This delightful show is a great hit with all the ages! Thrill to the four part a cappella, close harmony by one of Canada's top

entertaining male choruses. The Gentlemen of Harmony are 2007 Ontario District Chorus Champs and they're lead by award winning director, Dr. Raymond Danley. Vocal Spectrum has sung barbershop harmony around the world, winning numerous awards, including the much coveted international Quartet Champions in 2006.

Date: Saturday, November 12 | **Cost:** \$97 (**Prepay by cheque, no cancellations**)

Departure: 9:30 a.m. - Coffee Zone, Carleton Street

10:00 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.

Return: Approximately 6:00 p.m.

Location: Port Dover, ON



Mary Poppins at the Princes of Wales Theatre

Book Now with Vacation Plus

Mary Poppins is one of the biggest stage musical successes in recent years. This consummate production features the irresistible story and unforgettable songs from one of the most popular Disney films of all time. Plus there are brand new breathtaking dance numbers and astonishing stage-craft to make it everything you could ever want in a hit Broadway show.



Date: Wednesday, November 16 | **Time:** 2:00 p.m. | **Cost:** \$78 (**Prepay by cheque, No cancellations**)

Location: Princes 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).

Redpath Sugar Museum Tour

Book On October 19 with Vacation Plus

A truly unique Toronto attraction, the Redpath Sugar Museum is one of only three of its kind in the world. It was established in 1979 to commemorate the 125th anniversary of a Canadian sugar refining operation now known as Tate & Lyle. Join us as we take a guided tour through this museum and learn about the socio-economic history of sugar production and refining, as well as the history of the Redpath family and their contributions to keeping Canada sweet.



Date: Thursday, November 17 | **Cost:** Free | **Time:** 1:30 p.m.

Location: Redpath Sugar Museum, 95 Queens Quay East

Directions: From Union Station, take the #509 or #510 streetcar and exit at Queens Quay Station. Depart and head southeast on Bay St, make a left at Queens Quay West, go straight on Queens Quay East. Total walking time is about 10 minutes. **To avoid the walk**, from the Sherbourne subway station, transfer to the #75 Sherbourne bus towards Queens Quay. Exit at Lower Jarvis St., and head southwest, makes a right on Queens Quay East. Total walking time is about 3 minutes.

Lunch Outing: Mongolian Grill

Book On October 19 with Vacation Plus

At Ghengis Khan Mongolian Grill, fill your bowl with a choice of meat, veggies, and sauce and have it cooked on a large round cooking stone as you watch! The meal also includes soup and salad bar, dessert, and tea and coffee.



Date: Tuesday, November 22 | **Cost:** \$16 | **Time:** 12:00 p.m.

Location: Ghengis Khan Mongolian Grill, 900 Don Mills Rd

Directions: From Pape station, take #25 Don Mills bus north to Green Belt Farside or from Don Mills Station take #25 Don Mills bus south to Barber Greene.

Health Talk: Diabetes

Book On October 19 with Vacation Plus

Date: Friday, November 25 | **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. From Bathurst St. and Dundas St. walk north on Bathurst to Toronto Western Hospital.



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

Book On October 19 with Vacation Plus

Community Care East York, in partnership with the Toronto Public Library, S. Walter Stewart branch, presents a monthly health and wellness clinic. Join us this month as Nurse Diane and Leigh Robson will discuss Healthy Brains.

Date: Tuesday, November 29 | **Time:** 2:00 p.m. | **Cost:** Free

Location: 170 Memorial Park Avenue

Directions: From Coxwell subway station take the #70A O'Connor Bus and exit at Barker Ave. Walk north on Coxwell Ave and turn left at Memorial Park Ave.



Upcoming Trips



'Wizard of Oz' at the St. Jacobs Country Playhouse with Mary Morton Tours

Book Now with Vacation Plus

We'll start the day off with a visit to Picard Peanuts in St. Jacob's for sampling and be sure to purchase a few of your favorites to enjoy later. Lunch will be at Marian's Country Cupboard where you'll enjoy an entrée of Roast Beef. At 2:00 p.m. it's showtime at the St. Jacob's Country Playhouse for The Wizard of Oz – A family musical. Click your heels together and join Scarecrow, Tin Man, Lion, Dorothy and her little dog Toto, as they journey through the magical land of Oz to meet the Wizard and obtain their heart's desires.



Date: Wednesday, December 7 | **Cost:** \$111 (**Prepay by cheque, no cancellations**)

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

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.

Return: Approximately 6:30 p.m.

Location: St. Jacobs, ON

For Your Information: What's On in Toronto

November FYI's

The Royal Agricultural Winter Fair

This fair has become one of the largest indoor agricultural and international equestrian competitions. This show has over 4,500 large and small animals, shows, activities, shopping, dining and of course the Royal Horse Show.

Date: Friday, November 4 – Sunday, November 13

Time: Friday, November 4 – 9:00 a.m. – 9:00 p.m., Saturday, November 5 – 9:00 a.m. – 9:00 p.m., Sunday, November 7 – 9:00 a.m. – 8:00 p.m., Monday, November 7 – Saturday, November 12 – 9:00 a.m. – 9:00 p.m.

Sunday, November 13 – 9:00 a.m. – 6:00 p.m.

Location: Ricoh Coliseum, Exhibition Place, 100 Princes Blvd

For More Information: www.royalfair.org or call 416-263-3400

The Gourmet Food and Wine Expo

This expo allows guests the opportunity to sample over 1,500 fine wines, spirits and beers from around the world. Visitors can also sample gourmet foods and signature dishes from Toronto's top restaurants.

Date: Friday, November 18 – Sunday, November 20

Time: Friday 2:00 p.m. – 10:00 p.m. | Saturday 12:00 p.m. – 10:00 p.m. | Sunday 12:00 p.m. – 6:00 p.m.

Location: Metro Toronto Convention Centre

For More Information: Please visit the website www.foodandwineshow.ca or call 1-866-414-0454

Cavalcade of Lights

A spectacular 45 year Toronto tradition, Cavalcade of Lights marks the start of the holiday season with live musical performances, twinkling lights, ice skating, the lighting of Toronto's official Christmas tree and a fantastic fireworks display all at Nathan Phillips Square.

Date: Saturday, November 26 | **Time:** 7:00 p.m.

Location: Nathan Phillips Square

For More Information: Please visit the website www.toronto.ca or call 416-203-2600

Announcements

Notes from the Senior Centre and Vacation Plus

Peer Helper Meeting

Date: Monday, November 7 | **Time:** 11:00 a.m.

.....

Members' Meeting

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

Date: Thursday, November 10 | **Time:** 12:00 p.m. – 1:00 p.m.

.....

Monday Lunch Bunch Volunteer Meeting

Date: Monday, November 21 | **Time:** 1:45 p.m.

.....



Candy Cane Magic, November 19, 2011



Our 21st Candy Cane Magic Fundraiser will soon be here. The sign up sheets for Volunteers will be out on **Monday, October 17th**. If you wish to assist at any specific table or area, please sign on the designated sheet. If you are available for any location, please sign on that sheet. All volunteers will be contacted prior to the day regarding their table location and scheduled time. If you are a new member, please participate! It is a great way to get to know your fellow members and we are sure you will enjoy the day.

Our hand crafted prizes for the raffle are once again exceptional, so please make an effort to buy and sell the tickets to support the work of the Senior Centre. When you sell your tickets remember to return the ticket stubs attached to the blue cardboard backing along with the money to the Centre promptly.

As usual, we hope to have the Home Baking tables overflowing with goodies. Please label all donations and bring them to the Centre on **Friday November 18th** or before 11:00 a.m. on Saturday, November 19th. On the label please indicate if your items contain Nuts, Raisins, or Coconut. We will have styrofoam trays at the Centre for your baked goods one week before the sale if you wish to pick some up. **Please Note:** The last day that donations will be accepted for items other than Silent Auction items and baking is **Friday, November 4th**. After that date, we may not be able to price in time for the sale.

Our Silent Auction and Special Treasures tables will be brimming with many wonderful items and also there will be exceptional buys at the Crafts, Jewellery, Knitwear, and White Elephant tables. Please spread the news so we will have many bidders and buyers. Large flyers for the local area can be

distributed starting November 1st, so please ask for these at the Reception Desk at the Centre. Please pick up small flyers to invite friends, neighbours, and relatives to the sale.

Your Candy Cane Magic Committee Members, Anne Burton, Sheila Clarke, Linda Johnson, Anne Laing, Jeannie Smith and Dorothy Willett really appreciate your contributions of items for the tables and your hours of volunteer work. We hope you understand that with so many volunteers involved there can be no sales prior to the 11:00 a.m. opening. As well, we are unable to offer a free lunch to any of the volunteers. However, there will be free coffee and donuts for the volunteers in the coat room.

Here's to the most successful Candy Cane Magic yet!



Dorothy Willett, Coordinator, Candy Cane Magic, 2011

Just a Friendly Reminder to all members

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

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 416-422-2026, or by email at bmutch@ccey.org, or you can always let me know next time you see me at an event. All suggestions are welcomed!



WE REMEMBER...



Our sympathy goes to the family and friends of Audrey Cumming, Leone Ferguson, Edna Hennings, Ann Kennedy, and Sirkka Latvus.

Program and Trip Information


Community Care East York's Senior Centre and Vacation Plus program provide a full variety of exciting programs, classes and day trips to active adults 50+. Membership is free. Fees will be charged for certain activities. Please check program descriptions for details. Participation in Community Care East York programs and services is voluntary and it is the responsibility of the participant to assume all responsibility for their participation in programs.

Payments may be made by cheque. Separate current-dated cheques must be made for each event when submitting payment for multiple events. Please make cheques payable to Community Care East York indicating the name of the program (Senior Centre or Vacation Plus) and the activity for which you are paying. All cheques can be mailed to 840 Coxwell Avenue, Suite 303, Toronto, Ontario, M4C 5T2.

The Program and Events Guide is available for pick up at the first Thursday of every month, if possible. If you cannot pick it up, it will be mailed to you the following week. Program information is available online at www.ccey.org. Registration for activities and trips can be made over the phone or you can sign up at the Senior Centre. For trips, registration begins at 9:00 a.m. on the 19th of every month, unless it falls on the weekend, then registrations will be on the following Monday. Please check program descriptions for details including locations and departure information for trips and special events. There must be a minimum of 10 passengers boarding at the Senior Centre, 1108 Greenwood Avenue in order to provide this as a pick up location. Please note that locations, start times and pick ups are subject to change. Community Care East York will ensure that this information is communicated if changes are needed. Please arrive 30 minutes prior to start or departure time for trips. For other events, it is advisable to arrive 15 minutes early. Most venues/theatres in Toronto can accommodate wheelchairs with prior notice.

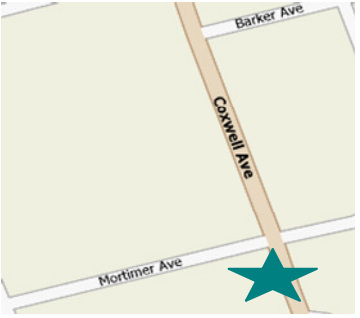
Once you have signed up for a trip or outing, please send in your cheque to complete your booking. We cannot complete your booking until we receive payment. Community Care East York reserves the right to cancel your booking if we do not receive payment. Cancellation of an event booking will be accepted up to **5 business days** prior to the scheduled activity unless otherwise noted. **No refunds** will be issued for participants who do not cancel 5 business days prior to the scheduled activity or do not attend the activity. No refunds will be issued for prepaid ticketed events at anytime. If you are unable to attend a trip, you are responsible for the re-sale of your ticket.

While every precaution is taken for the safety and good health of participants, Community Care East York staff, volunteers, and other partners in programming are hereby released from any liability for illness, accidents, injury or loss that may occur from participation within activities. In the event of an emergency, staff/volunteers will contact Emergency Medical Services to support the health and well being of the participant. Community Care East York is not responsible for any additional expenses that may result from such services.




Serving our community since 1971

Main Office:
840 Coxwell Ave, Suite
303, Toronto, Ontario
M4C 5T2




416-422-2026



Serving our community since 1971

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



416-467-1166