

Program & Events Guide September 2011

This Month's Features:

- Mackenzie House Tour
- Peaches 'n' Cream Social at the Senior Centre
- Lunch Outing at the Chef's House
- Stouffville Train with Mary Morton Tours

... And much more !

See Inside For Details

Contact Information

Lois - Senior Centre Supervisor 416-467-1166
Brenda - Vacation Plus Program: 416-422-2030
Wellness Program Manager: 416-422-2026

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September is National Arthritis Month

Arthritis affects people of every age, physical condition and ethnic background. There are more than 100 types of arthritis, caused by joint inflammation and degeneration. The Arthritis Society says many of the risk factors associated with arthritis, such as physical inactivity and poor diet, can be modified to reduce pain and increase joint flexibility. There's a lot to learn, but the more you understand about every aspect of your treatment plan, the more likely you are to benefit from it. Knowledge really is power. Learn as much as you can about all the strategies available to you — whether they're medications or non-medicinal techniques. That understanding is an important step toward your becoming an arthritis self-manager. For more information please visit the Arthritis Society website: www.arthritis.ca or call 1-800-321-1433.

Source: Arthritis Society, 2011

Contact Information

Lois – Senior Centre Supervisor: 416-467-1166
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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 | **Instructor:** Joanne Proconier

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. to 10:30 a.m.

Cost: \$20 for 10 classes | **Instructor:** Phyllis King

Classes start on Tuesday, September 13.

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

Classes start on Tuesday, September 13.

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!



Chris will offer a **FREE** demonstration class on Friday, September 30, from 9:15 a.m. to 10:15 a.m. where you’re encouraged to participate, but you can also come to watch.

Date: Fridays | **Time:** 9:15 a.m. to 10:15 a.m.

Cost: \$23.00 for 6 classes | **Instructor:** Chris Moffett

Regular classes will start on Friday, October 7.

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. to 10:30 a.m.
Cost: \$30 for 10 classes | **Instructor:** Chris Moffett
Classes start on Wednesday, September 14.



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. to 11:45 p.m.
Cost: \$30 for 10 classes | **Instructor:** Chris Moffett
Classes start on Wednesday, September 14.



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 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
Beginner classes begin on Tuesday, September 13.
Intermediate classes begin on Monday, September 19.



Yoga

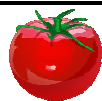
Yoga is probably the world's most perfect form of exercise. It cultivates cardiovascular health, strength and flexibility. It encourages the body's capacity to relax and helps reduce the negative effects of stress.

Date: Fridays | **Time:** 9:30 a.m. to 11:00 p.m.
Cost: \$75.00 for 10 classes | **Instructor:** Annabelle Ramsook



Classes begin on Friday, September 16.

*** Please note that 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. ***



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, September 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, September 28 | **Time:** 12:00 p.m. to 2:00 p.m.

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

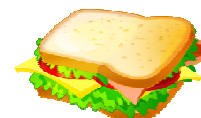
Monday Lunch Bunch (MLB)

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 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 September:

Monday, September 5 – The Senior Centre is closed for the Labour Day Holiday.

Monday, September 12 – Mid-Autumn Festival or Moon Festival is one of the important occasions celebrated by people with Chinese Heritage. It is held on the 15th day of the 8th month of the lunar calendar. The moon at this time is considered at its fullest and roundest. The term "round" in Chinese implies family reunion. Family members get together to have dinner and to celebrate the festival. The Mid Autumn celebration which dates back to the Tang dynasty 618 A.D. comes with interesting ancient legends and historical incidents. Coincidentally, the Festival this year falls on Monday, September 12. Philomena Lee, Social Worker at Community Care East York, would like to invite you to learn about this special festival after we enjoy a delicious Chinese meal together.

In order to know how many people to provide lunch for we ask you to pick up a ticket for the lunch starting Monday, August 15th. The lunch will cost the regular \$3.00 but will include chicken and vegetable chow mein, seafood pineapple fried rice, lemon chicken, a spring roll and a sweet crystal bun along with Chinese Tea, regular tea, or coffee.

Be sure to pick up your ticket for this special event, but pay at the door.

Monday, September 19 – Enjoy a hamburger lunch with all the trimmings before a program on how to take an “Active” role in controlling diabetes by Fitness Instructor Chris Moffett.

Monday, September 26 – Welcome back pianist and vocalist Doug Abbot to celebrate Oktoberfest.



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, September 20 | **Cost:** Free | **Time:** 9:15 a.m. to 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. Today your guest speaker is CCEY nurse Diane Sanborn who is a Certified Diabetic Educator.

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

Date: Tuesday, September 27 (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, September 6, 13 | **Time:** 9:30 a.m. to 12 p.m.

Wednesday, September 21 | **Time:** 12:30 p.m. to 3:30 p.m.

Friday, September 30 | **Time:** 9:30 a.m. to 12 p.m.

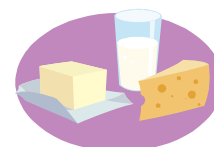
Please book an appointment | **Cost:** \$21 per visit

Osteoporosis Support Group

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

Facilitated by Osteoporosis Canada.

Date: Wednesday, October 5 | **Time:** 1:30 p.m. to 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, September 27 | **Time:** 1:30 p.m. to 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. to 3:30 p.m. | **Facilitator:** Jo Croft | **Cost:** \$1

Please note: There is no Bridge on Friday, September 9

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. to 12:00 p.m. | **Cost:** \$.50 per visit



Crafts

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

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

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

*** Classes start on Thursday, September 22***

Euchre

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

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



Knitting Bee

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

Date: Thursdays | **Time:** 1:30 p.m. to 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. to 12:00 p.m. | **Cost:** \$.50 per visit

Facilitator: Robert Brathwaite

Please note: There is no Discussion Group on Friday, September 9

Men's Group

Get fit and have fun with Wii sports. Magi Thompson will introduce you to how to play virtual sports. Only your sense of humour is required.

Date: Wednesday, September 21 | **Time:** 9:30 a.m. to 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. to 3:45 p.m. (Excluding the last Wednesday of the month) | **Cost:** \$40.00 for 8 classes

Classes start on Wednesday, September 21

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 & Anne Burton

This program starts on Wednesday, September 14

Quilting

Calling all quilters to work on the new 1st prize quilt for Candy Cane Magic 2012. 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

Quilting starts on Wednesday, September 21

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 by trying your hand at a little acting! A performance will take place at a Monday Lunch Bunch in the future.

Date: Mondays | **Time:** 9:30 a.m. to 11:00 a.m. | **Cost:** \$25.00 for 10 classes

Facilitator: Janice Israeloff

*** Classes start on Monday, September 19***



Workshops & Classes

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

Beginner Computer Classes

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

Date: Fridays, September 30, October 7, 14 | **Time:** 1:00 p.m. – 3:00 p.m.

Cost: \$15 for 3 classes | **Instructor:** Clara Suter



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, September 30, October 7, 14 | **Time:** 3:00 p.m. to 4:00 p.m.

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

Advanced Computer Classes

This series of classes will be tailored to the needs of the class, but can touch on how to:

- Use Windows Explorer
- Drag and drop
- Search with Google
- Upload photos/files from a memory stick
- Cut/copy and paste
- Download photos from your camera
- Upload photos to internet photo sites
- Upload mp3 music to your mp3player or cell phone



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

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

Driver's License Renewal Workshop

This innovative 3-hour classroom driver awareness and retraining program is designed to help older drivers pass the Driver's License Renewal test. The workshop, facilitated by a Canadian Pro Drivers' instructor, focuses on topics such as:

- The Rules of the Road
- Road Signs
- The Driver's Handbook
- What to expect at the Ministry of Transportation Seminar



Here is your opportunity to be prepared for this important test!

Date: Tuesday, October 25 | **Time:** 1:00 p.m. to 4:00 p.m. | **Cost:** \$40 (Prepay by cheque)

Location: Senior Centre, 1108 Greenwood Ave



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

Friday Afternoon at the Movies: "The King's Speech"

Book Now

This is the story of the man who became King George VI, the father of Queen Elizabeth II. After his brother abdicates, George ('Bertie') reluctantly assumes the throne. Plagued by a dreaded stammer and considered unfit to be king, Bertie engages the help of an unorthodox speech therapist named Lionel Logue. Through a set of unexpected techniques, and as a result of an unlikely friendship, Bertie is able to find his voice and boldly lead the country through war. Stars Colin Firth, Geoffrey Rush and Helena Bonham Carter. Running time: 118 minutes.



Date: Friday, September 2 | **Time:** 1:15 p.m. | **Cost:** \$1:00. Includes popcorn and a beverage. Sign up but pay at the door.

Location: Senior Centre, 1108 Greenwood Ave.

Peaches 'n' Cream Social

Book Now

It's September and we welcome back all the vacationers to the Senior Centre with entertainment and the taste of delicious Ontario peaches and ice cream. We encourage you to bring a friend or neighbour who might be a potential new member. We hope that they will find our Centre friendly and that they will decide to join us for other activities. Sip a cool refreshing drink of peach juice when you arrive and take some time to renew friendships after the summer. Then sit back and enjoy the music of a group new to us, The Sparklettes. After the entertainment, we'll offer you a serving of fresh peaches, vanilla ice cream and homemade cookies.



Date: Friday, September 9 | **Time:** 1:30 p.m. | **Cost:** \$6.00 (prepay by cheque)

Location: Senior Centre, 1108 Greenwood

The Sparklettes are being brought to you by Nine Twenty One Millwood Retirement Residence

Baking with Jeannie for Candy Cane Magic

Book Now

Once again, with your help, Jeannie Smith will make her famous 1 lb. fruit cakes for Candy Cane Magic. Jeannie with four or five volunteers will make the cakes on Thursday morning. On Friday afternoon, she'll need four or five other volunteers to wrap and decorate the cake packages as well as make some other edible delights for the Candy Cane Magic bake table. If you can help, please sign up.

Date: Thursday, September 15 | **Time:** 9:30 a.m. to 12 noon

Friday, September 16 | **Time:** 1:00 p.m. to 3:00 p.m.



Fall Fashion Show and Sale

Book Now

Are you looking forward to the crisp autumn weather? Are you planning for a special fall or winter event? Then join us for a fall 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 fall 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. This will be a fun-filled event with a look towards fall after the heat of the summer. 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, September 23 | **Time:** 1:30 p.m. | **Cost:** \$1
Location: Senior Centre, 1108 Greenwood Ave.



Card Bingo with Bette and Bob Martin

Book Now

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, September 30 | **Time:** 1:30 p.m. | **Cost:** \$1
Location: Senior Centre, 1108 Greenwood Ave.



Trips & Outings



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

Trip and Outing Policies:

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

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

Trip and Outing Bus Departure Policies:

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

September Trips and Outings

Breakfast Outing- ViVetha Bistro

Book On August 19

ViVetha Bistro is the quintessential place to dine in the beaches. It has been the “go to” place for breakfast, lunch and dinner for many food lovers since it was established in 2005. Join us for breakfast where menu choices include: ViVetha breakfast – 3 eggs any style with bacon, sausage, home fries and toast; Ham, Mushroom and Cheese Omelet served with salad and home fries; Eggs Benedict served with salad and home fries; or the Grand Marnier infused French toast served with caramelized peaches, roasted pecans, bacon and sausage; You decide when you arrive. Beverages include coffee and tea.



Date: Wednesday, September 7 | **Cost:** \$14 | **Time:** 10:30 a.m.

Location: ViVetha Bistro, 2485 Queen Street East

Directions: From the Woodbine subway station take the 92 Woodbine South bus and exit at Queen St. Transfer to the 501 Queen streetcar and exit at Neville Park. Head east on Queen St.

Mackenzie House Tour

Book On August 19

Join us as we take a tour of the last home of William Lyon Mackenzie, leader of the 1837 Upper Canada Rebellion and Toronto’s first mayor.



Date: Tuesday, September 13 | **Time:** 1:00 p.m. | **Cost:** \$3

Location: 82 Bond Street

Directions: Take the Yonge/University subway line to Dundas subway station, exit to surface and walk two blocks east to Bond Street.

Follow the Apple Route with Peter Brotherhood and Mary

Morton Tours

Book Now

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

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

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

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

9:30 a.m. – Agincourt Mall

Return: Approximately 6 p.m.

Location: Cobourg, ON



Outdoor Walk – Belt Line

Book On August 19

Come and explore the great outdoors as we take a trip to one of Toronto's most popular recreational paths. The Belt Line is an old railbed with overhanging trees providing cover for birds and wildflowers. Enjoy the scenery, fresh air and, if you choose to, lunch afterwards.

Date: Wednesday, September 21 | **Time:** 11:00 a.m.; Lunch – 1:00 p.m.

Cost: Free/Pay as you go lunch

Location: Northeast corner of Eglinton Avenue and Chaplin Crescent (beside Coffee Time)

Directions: From Davisville subway station, take the #14 Glencairn bus west to Eglinton Ave

Lunch Outing: Na Siam

Book On August 19

Join us as we explore the newest Thai restaurant in Yorkville! Choose 2 of the following dishes: Peanut Chicken, Golden Curry Chicken, Lemongrass Chicken, Cashew Chicken, Spicy Beef, Basil Shrimp, Sweet Garlic pork, Mixed Vegetables, or Eggplant & Tofu. Each meal comes with a spring roll and rice or noodles. We will finish the meal off with your choice of ice cream, and coffee and tea.

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

Location: Na Siam, 730 Yonge St.

Directions: From the Yonge subway station, head west on Bloor Street E and turn left at Yonge St.



Stouffville Train, Ocala Winery & Port Perry with Mary Morton Tours

Book Now

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

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

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

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

10:30 a.m. – Agincourt Mall

Return: Approximately 6:30 p.m.

Location: Stouffville, ON



Lunch Outing: The Chef's House

Book On August 19

World-class cuisine and superior service are what you can expect from the George Brown Chef School. The Chefs' House is currently preparing for their new fall semester; finalizing menus/ orientating new students and getting everything ready to welcome you back. We have reserved our spot for the 2011 season and will provide the menu closer to the date.

Date: Tuesday, September 27 | **Cost:** \$34 | **Time:** 12:00 p.m.

Location: The Chef's House, 215 King Street East

Directions: Exit at King subway station, walk or take the King streetcar east to Jarvis Street, walk one block east on King Street from Jarvis St.



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

Book On August 19 with Vacation Plus

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

Date: Tuesday, September 27 | **Time:** 2 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.



Tour of St. James Cathedral

Book On August 19

Join us as we tour this stunning early English Gothic-style Anglican Cathedral, we will learn about the role of the Cathedral in history, its art and architecture, and hear some stories about some the parishioners. Although this tour is free the Cathedral suggests a donation of \$3 to \$5.

Date: Thursday, September 29 | **Cost:** Free/donations suggested | **Time:** 1:30 p.m.

Location: St. James Cathedral, 65 Church Street

Directions: From the King subway station, walk east on King St (approximate walking time 5 minutes).



Health Talk: Health Literacy

Book On August 19 with Vacation Plus

Date: Friday, September 30 | **Time:** 1:00 p.m. to 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.



1000 Islands Senior Fun and Sun At Colonial Inn and Spa

You had so much fun in June why not go back again for a fall getaway!! Highlights of the trip include; a visit to 1000 Island Casino, 1000 Islands Cruise, day trip with location to be determined, and nightly entertainment, just to name a few. For further information please contact the Senior Centre or Vacation Plus. Booking will open at **9:00 a.m. on Friday, August 19, 2011, limited space and single rooms available.** Please make cheques payable to Community Care East York.

Date: Sunday, October 9 to Thursday, October 13

Cost: \$429 (single) \$328 (Double)

\$50 Deposit due after booking; Balance due by September 12.

(Prepay by cheque; you are responsible for the resale of your ticket if there is no one on the waiting list to take your place)

Departure: Sunday, October 9 at 11:00 a.m. – Senior Centre, 1108 Greenwood Ave.

Return: Approximately: 3:00 p.m. Thursday, October 13





Upcoming Trips



'Jesus Christ Superstar' at the Stratford Avon Theatre

Book Now

We will start off with lunch at the Waterlot in New Hamburg, with entrée choices of Halibut or Chicken. At 2:00 p.m. it's showtime at the Stratford Avon Theatre for the musical Jesus Christ Superstar. "The zeal with which Christ's followers are hailing him as the son of God has become a source of dismay to his disciple Judas Iscariot. Fearing that this tide of religious fervour will provoke brutal repression by the occupying Romans, Judas must make his fateful choice between faith and betrayal."

Date: Thursday, October 13 | **Cost:** \$150 (Prepay by cheque, no cancellations)

Departure: 9:30 a.m. – Coffee Zone, 30 Carleton St

10:00 a.m. – Islington Subway (North East corner of Islington & Bloor)

Return: Approximately 7:30 p.m.

Location: Stratford, ON



Mary Poppins at The Princes of Wales Theatre

Book Now

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 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

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).



For Your Information: What's On in Toronto

September FYI's

Canadian International Air Show

Taking place at the Canadian National Exhibition for over 50 years, The Canadian International Air Show showcases aircrafts from North America and a host of other countries as they take flight over the City of Toronto

Date: Saturday, September 3 – Monday, September 5

Time: 12:30 p.m. – 4:30 p.m.

Location: At the waterfront grounds of the Canadian National Exhibition and over Lake Ontario

For More Information: Please visit the website www.cias.org

Toronto International Film Festival

Hollywood hits Toronto as cineastes and paparazzi takes over the streets to celebrate film at the most popular and successful public film festival. In this 10 day festival, patrons can enjoy world film premiers, documentaries and shorts.

Date: Thursday, September 8 – Sunday, September 18 | **Time:** Varied, depending on location

Location: Various locations throughout Toronto

For More Information: Please visit the website www.tiff.net

Toronto's Vegetarian Food Fair

Regarded as one of the largest event of its kind in North America, the Annual Vegetarian Food Fair gives you an unparalleled opportunity to enjoy a diverse cross-section of vegetarian cuisine. Discover new products and ideas from more than 100 exhibitors and enjoy a wide variety of presentations and cooking demos.

Date: Friday, September 9 – Sunday, September 11 | **Time:** TBA

Location: Harbourfront Centre, 235 Queens Quay West

For More Information: Please visit the website www.veg.ca

Announcements

Notes from the Senior Centre and Vacation Plus

Peer Helper Meeting

Date: Monday, September 12 | **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 \$1.25 per slice. Please call 416 467-1166 to pre-order.

Date: Thursday, September 15 | **Time:** 12:00 p.m. – 1:00 p.m.

Monday Lunch Bunch Volunteer Meeting

Date: Monday, September 19 | **Time:** 1:45 p.m.



Candy Cane Magic, November 19, 2011



I hope everyone had a wonderful and restful summer, but now it's back to business as usual! Our special day will be here in just three months **so mark your calendars**. Please pick up some raffle tickets to buy or sell. The raffle is one of the most important parts of Candy Cane Magic. The tickets are \$1.00 each or 6 for \$5.00 with wonderful prizes handmade by our members and friends.

Lots of volunteers are needed to ensure a successful fund-raiser. We will keep you posted as to when you can sign up to help. Useable items in good repair for the White Elephant, Jewellery and Special Treasures tables can be brought in to the Senior Centre now as well as **NEW** items for the Silent Auction. **Large items should be held until closer to the sale.** If you have a connection with a business or organization who might donate to our Silent Auction, please give the information to one of the committee members and we will follow up on it. To help with advertising Candy Cane Magic, small flyers will be available to hand out to family friends and neighbours. If you have any questions, comments or brilliant ideas, please speak to any of the committee members or the staff. As always, more details to come.

Dorothy Willett, Coordinator, Candy Cane Magic, 2011.

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



Registration for Paid Instructor Programs

Please call the Senior Centre at 416-467-1166 starting the week of August 8 to register for any paid-instructor programs that you wish to take part in. All program information and costs are in the September Program and Events Guide. Fees for these programs are not due until the first class in September. If you are taking more than one program you may pay for them all on one cheque.

Registration for all Programs/Events

Just a reminder that you need to sign up for all programs/events (even the free events) with the Senior Centre or Vacation Plus. This is to help us confirm our numbers with vendors and or purchase supplies for this event. If you have to cancel an event please let us know as soon as possible so we can take you off the list and open that spot to someone else.



WE REMEMBER...



Our sympathy goes to the family and friends of Barbara Lapan

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.

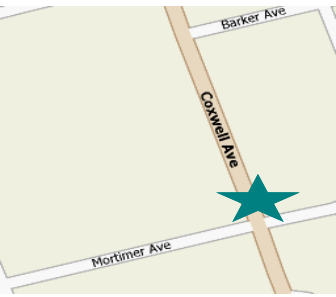
While every precaution is taken for the safety and good health of participants, Community Care East York staff, volunteers, and other partners in programming are hereby released from any liability for illness, accidents, injury or loss that may occur from participation within activities. In the event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

