

# Program & Events Guide May 2011

## This Month's Features:

- May Blossom at the Senior Centre
- “Hairspray” at the St. Jacobs County Playhouse with Mary Morton Tours
- “Railway Children” at the Roundhouse Theatre

See inside for details.



## Contact Information

Lois - Senior Centre Supervisor 416-467-1166

Brenda - Vacation Plus Program: 416-422-2030

Sarah – Wellness Program Manager: 416-422-2026

## Program Descriptions:

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### May is Foot Health Awareness Month

As a senior you already have about 100,000 kilometers on you feet. Regardless of the current condition of your feet, you can take actions to reach or maintain healthy feet for a lifetime.

Some simple steps for taking good care of your feet include:

1. Wash and inspect your feet every day.
2. Choose a quality brand of footwear that fits well and feels comfortable.
3. Break new footwear in gradually; replace when the footwear loses its shock-absorbing ability.
4. Control your weight (less weight means less pressure on your feet and legs).
5. Exercise daily to maintain circulation and muscle tone.

From your first baby steps you take and in all phases throughout your life, having healthy feet is important. You only have one pair of feet to last a lifetime so take good care of them.

Source: Canadian Podiatric Medical Association, 2011 [www.podiatarycanada.org](http://www.podiatarycanada.org)

### Contact Information

Lois – Senior Centre Supervisor 416-467-1166  
Brenda - Vacation Plus: 416-422-2030  
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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

## 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



## Staying Strong/Keeping Fit 1

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

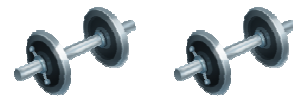
**Date:** Wednesdays | **Time:** 9:30 a.m. – 10:30 a.m.  
**Cost:** \$30 for 10 classes | **Instructor:** Chris Moffett



## Staying Strong/Keeping Fit 2

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

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



## Taoist Tai Chi

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

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

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



## Yoga

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

**Date:** Fridays | **Time:** 10:30 a.m. – 12 p.m.

**Cost:** \$75 for 10 classes | **Instructor:** Annabelle Ramsook

\*\*\*Please note there is no Yoga class on Friday, May 6\*\*\*



# 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 & 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 Tuesday, May 24th. 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, May 25 | **Time:** 12 p.m. to 2 p.m.

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

## Monday Lunch Bunch (MLB)

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

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

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



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

### Here is what's on for the month:

**Monday, May 2** – Our guest today is Saira Ansari who will introduce us to the Live Green Toronto

Project.

**Monday, May 9** – It's the 22 Anniversary of our Senior Centre! A special treat is the Pan drum music and vocals of Andy Phillips.

**Monday, May 16** – Today we'll have treats and a special presentation sponsored by MPP Peter Tabuns on the new Consumer Protection Act. Bring all your questions.

**Monday, May 23** – The Senior centre is closed for the Victoria Day Holiday.

**Monday, May 30** – Barbara Laurin is a Holistic Therapist who will talk about and demonstrate Reflexology and Reiki.



## 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, May 17 | **Cost:** Free | **Time:** 9:15 a.m. – 11 a.m.

### Diabetes Support Group

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

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

**Date:** Tuesday, May 24 (the 4<sup>th</sup> Tuesday of each month)

### Foot Care Clinic

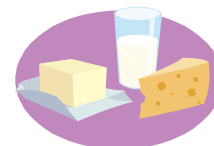
Professional foot care for your feet is important to maintain mobility and a healthy lifestyle. The clinic is staffed by a registered nurse with specialized foot care certification. Treatment for minor foot problems such as corns and calluses, and cutting of toenails is available.

**Dates:** Tuesday, May 3, 10 | **Time:** 9:30 a.m. – 12 p.m.  
Wednesday, May 4, 11, 18 | **Time:** 12:30 p.m. - 3:30 p.m.  
Friday, May 27 | **Time:** 9:30 a.m. – 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, May 4 | **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, May 24 | **Time:** 1:30 p.m. – 2:30 p.m. | **Facilitator:** Pat Poitras

## Bridge

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

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

\*\*\*Please note there is no Bridge group on Friday, May 6\*\*\*

## Carpet Bowling

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



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

## Crafts

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

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

\*\*\* Please note there will be no craft class on Thursday, May 5 and 12\*\*\*

## Euchre

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

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



## Knitting Bee

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

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

**Leaders:** Iza Murray and Jean Williams



## Let's Discuss It

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

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

**Facilitator:** Robert Brathwaite

\*\*\* Please note there is no Discussion Group on Friday, May 6<sup>th</sup> \*\*\*

## Men's Group

John Watson has more old unusual electrical gadgets to show us. Bring some "show and tell" old items if you have them.

**Date:** Wednesday, May 18 | **Time:** 9:30 a.m. – 11 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 for 8 classes

## Plastic Canvas Embroidery

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

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

## Quilting

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



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



# Workshops & Classes

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

## 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

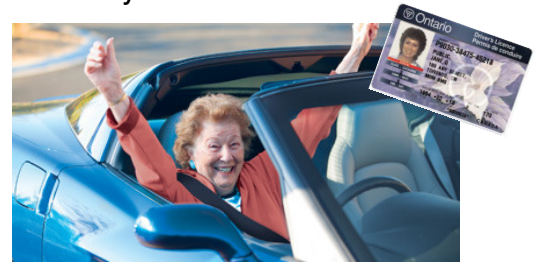
**Date:** Fridays, June 3, 10, 17. | **Time:** 1 p.m. – 3 p.m.

**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, May 17 | **Time:** 1 p.m. to 4 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

## Special Events - [Book Now](#)

### May Blossom

#### Lunch, Bake Table and Art Exhibit

It must be spring – the blossoms will soon be out and the Senior Centre is hosting its annual spring FUNdraiser. Enjoy a light lunch, see a display of the wonderful work of our talented Painting Class, and then take home some delicious home baking for the weekend. In the calendar there is an invitation to May Blossom and on the back of the invitation is a list of some ideas of things you might bring for the Bake Table. The sign up sheets to help at May Blossom will be out on April 7<sup>th</sup>. Bring in your baking on Thursday, May 5<sup>th</sup> and up to 11 a.m. on May 6<sup>th</sup>.

Please support our fundraiser. See you at May Blossom!

**Date:** Friday, May 6 | **Time:** 11 a.m. to 1:30 p.m. | **Cost:** \$5 (for lunch)

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



### Smile Theatre: "A Joyful Noise"

A recently widowed woman decides, for the first time in her life, to take up singing lessons. She finds she has very little in common with the young man who agrees to teach her, but both of them end up changing each other's lives. A funny and touching musical.

Refreshments after the one-hour live performance on our stage.

**Date:** Friday, May 13 | **Time:** 2 p.m. Sharp | **Cost:** \$7.25 (Prepay by cheque)  
**Location:** Senior Centre, 1108 Greenwood Ave.



## Friday Afternoon at the Movies: "The Tourist"

Johnny Depp plays a bookish American who is visiting Europe to mend a broken heart when his path crosses that of an attractive mysterious woman played by Angelina Jolie. She quickly draws him into a dangerous case of mistaken identity that plays out in the beautiful and romantic cities of Paris and Venice. Running time: 103 minutes.

**Date:** Friday, May 20 | **Time:** 1:15 p.m.  
**Cost:** \$1 (includes popcorn and a beverage – Sign up but pay at the door.)  
**Location:** Senior Centre, 1108 Greenwood Ave.



## Blissful Sleep Workshop: Improve your Sleep, Improve Your Health

It is well-known that major health concerns such as cancer, heart disease, diabetes, and weight gain can be linked to sleep disorders. Donene Lashbrook, recovering insomniac and inventor of BestEverSleep products, will offer solutions to help sufferers of sleep, neck or back disorders to enjoy blissful sleep without drugs. Donene will also demonstrate some of her BestEverSleep products with no obligation to purchase. So optimize your vitality, improve your health and slow the aging process by learning how to improve your sleep quality in this interactive, hands-on and engaging workshop. Enjoy some relaxing herbal tea after the 1-hour presentation.

**Date:** Friday, May 27 | **Time:** 1:30 p.m.  
**Cost:** \$1 (For refreshments – Sign up but pay at the door.)  
**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 Avenue in order to provide this as a pick up location. Please note that locations, start times and pick ups are subject to change.

## **May Trips and Outings**

### **Lunch Outing: Tucker’s Marketplace**

**Book on April 19**

Tucker’s Marketplace is a genuinely unique buffet experience. Almost everything is made from scratch using only the finest, freshest and most authentic ingredients possible. Everything from breads warm from the oven and pick-your-own salads and hearty soups, to our famous hand-carved roast beef, made-to-order pastas, stir fries and tantalizing desserts. All at one all-inclusive price!!!

**Date:** Tuesday, May 3 | **Cost:** \$16 | **Time:** 12 p.m.

**Location:** 880 Warden Ave (Eglinton & Warden)

**Directions:** From Warden Subway station take the 68 Warden bus towards Steeles. Exit at the intersection of Warden Ave and Eglinton Ave East.



### **Leaside Library Tour**

**Book on April 19**

Did you know that there is more to a library than just books? Join us as we get a guided tour through the Leaside Library, and discover all the resources right at our fingertips. We will also discover a variety of programs that the library has to offer geared towards every age group. Refreshments will be served.

**Date:** Thursday, May 5 | **Time:** 2 p.m. | **Cost:** Free

**Location:** Leaside Public Library, 165 McRae Drive

**Directions:** From the Yonge and Bloor Station, take the Yonge line north to St. Clair Station, exit and take the 88A South Leaside bus. Get off at Sutherland Drive and walk north, take a left at Millwood Rd, and then take a right at Rumsey Road. Approximately an 8 minute walk.



### **Cherry Blossom Walk in High Park**

**Book on April 19**

Join us as we discover the beautiful views of High Park’s largest collection of Sakura trees as well as Grenadier Pond and Hillside Gardens. The walk is approximately 30-45 minutes along paved trails that can be steep in some places but the cherry blossoms are worth the extra effort. We will end our walk at Grenadier Café with a “pay as you go” lunch.

**Date:** Tuesday, May 10 | **Time:** 10:30 a.m. | **Cost:** Free/ Lunch: **Pay As You Go**

**Location:** High Park. Meet at the High Park Station- High Park Ave exit at 10:30 a.m.

**Directions:** Take the Bloor subway line west to High Park station & follow the signs to High Park Ave



## Niagara Beyond the Falls with Ron Brown

**Book Now**

Join author, geographer, and travel writer Ron Brown as we discover there is much more to experience in Niagara beyond the Falls. Enjoy a scenic tour along Niagara's little known backroads, and at this time of year, one should be able to view the glorious sight of acres of Spring blossoms in the Niagara fruit belt region. Visit Wellend's famous outdoor murals, watch ships glide through the Welland Canal and see the shoreline of Lake Erie that few even know exists. Family style lunch included at the Blue Star Restaurant.

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

**Departure:** 8:45 a.m. – Coffee Zone, 30 Carlton Street

9:15 a.m. – Islington Subway (North East corner of Islington & Bloor)

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



## Lunch Outing: The Old Spaghetti Factory

**Book on April 19**

It's pasta time!! Join us for an Italian feast that includes crisp green salad, fresh baked sourdough bread, and spaghetti with meat sauce, Spumoni ice cream and unlimited choice of coffee, tea, or soft drink.

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

**Location:** The Old Spaghetti Factory, #54 The Esplanade

**Directions:** From Union Subway Station, walk south on Yonge (on the east side) to The Esplanade and walk east past Church street



## "The Railway Children" at the Roundhouse Theatre **Book Now**

Set in the early Edwardian era, *The Railway Children* tells the story of Bobbie, Peter and Phyllis, three children who are reduced to poverty after their father is unjustly imprisoned and they are forced to move from a large comfortable house in London to a poor cottage in rural Yorkshire adjacent to the railroad tracks. The children befriend the local railway porter and embark on a magical journey of discovery, friendship and adventure. Originally serialized in 1905 in *London Magazine* and published in book form in 1906, *The Railway Children* has been popular for many generations.

Performed on moving platforms that glide on and off the real tracks and on the wooden platforms on either side, the play is set within a country railway station in Yorkshire, providing the perfect stage for the show's star – a real, live period steam train – and setting the scene for the final emotional return of the children's father. The London critics instantly hailed the production as one of the year's best, and it immediately became one of the city's top-grossing stage shows, setting box office records.

**Date:** Wednesday May 18 | **Time:** 2 p.m. | **Cost:** \$62

**Location:** The Roundhouse Theatre, 222 Bremner Blvd.

**Directions:** From St. Andrew Subway, walk east on King St West, turn right at University Ave. Continue onto York Street and then turn right at Bremner Blvd (approximately a 10 minute walk)



## Lunch Outing: Mr. Greenjeans

**Book on April 19**

This restaurant has been around for over 30 years, and its popularity and longevity rests on its commitment to deliver great food, value, service and fun. Our meal starts off with a "house salad" and

then you choose your entrée: Chicken Alfredo with a slice of garlic toast, Grilled Steak Sandwich with onion rings and fries, Fish and Chips, or Pulled Pork Shepherd's Pie with Buffalo Chips. We end our meal with ice cream with hot fudge and coffee and tea.

**Date:** Tuesday, May 24 | **Cost:** \$26 | **Time:** 11:30 p.m.

**Location:** 220 Yonge Street, Eaton Centre

**Directions:** From the Yonge and Bloor Station, take the Yonge line south to Queen Subway Station, exit and enter the Eaton Centre. Mr. Greenjeans is located on the 4<sup>th</sup> floor of the Centre.

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## **"Hairspray" at St. Jacobs Country Playhouse With Mary Morton Tours**

**Book Now**

Spend time browsing at the St. Jacobs Farmer's Market. A buffet lunch at Crossroads will follow, with time to browse their gift shop. At 2:00p.m. it's showtime at the St. Jacobs Country Playhouse for "Hairspray" – the Broadway Musical. "Get ready for something big with Hairspray, the musical-comedy phenomenon that inspired a major motion picture and won eight Tony Awards, including Best Musical. Loveable plus-sized heroine Tracy Turnblad ushers in an era of radical social change when she lands a spot on a local TV dance program...without denting her 'do'! Don't miss Broadway's big fat musical hit!

**Date:** Thursday, May 26 | **Cost:** \$109 (**Prepay by cheque, no cancellations**)

**Departure:** 8:00 a.m. – Senior Centre, 1108 Greenwood Ave.

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

9:00 a.m. – Islington Subway (North East corner of Islington & Bloor)

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



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## **The Distillery Walking Tour**

**Book on April 19**

Did you know that the Distillery District was home to the largest distillery in the British Empire? Imagine yourself standing where Toronto's tallest building once stood, where infamous Al Capone was spotted, and where many Hollywood films were shot. Join us as we take a walking tour through the Distillery and learn about the exciting history as well as its significance to Toronto's past and present. Tour includes tastings at some of the local shops. After if you choose, enjoy lunch at the Mill St. Brew Pub (**pay on your own**) located in the Distillery District. We will meet at the Segway of Ontario Retail Store.



**Date:** Friday, May 27 | **Cost:** \$18 | **Time:** 11:30 a.m.

**Location:** The Distillery District, 55 Mill Street

**Directions:** Take Subway to Castle Frank station on the Bloor line. Connect to Bus 65A Parliament. Ride bus straight down Parliament. Exit at Front St. and walk one block south to Mill St.

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

**Book on April 19**

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 the differences between medications versus natural alternative medicines.

**Date:** Tuesday May 31 | **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..



## UPCOMING TRIPS



### **"Camelot" at Stratford Festival Theatre with Mary Morton Tours** **Book Now**

Join us as we start off with lunch at the The Waterlot, with entrée choices of Herb Crusted Halibut or Roasted Sirloin. At 2:00 p.m. it's showtime at the Stratford Festival Theatre for the performance of Lerner and Loewe's "Camelot". "In the realm of Camelot, King Arthur has created a utopian land of chivalry and civil rule. But when his beloved Queen Guenevere and his most trusted knight, Sir Lancelot, succumb to their passion for another, he faces a terrible dilemma that will rock his kingdom to its very foundation."

**Date:** Wednesday, June 22 | **Cost:** \$157 (Prepay by cheque, no cancellations)

**Departure:** 8:00 a.m. – Senior Centre, 1108 Greenwood Ave. (Subject to availability)

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

9:00 a.m. – Islington Subway (North East corner of Islington & Bloor)

**Return:** Approximately 7:30 p.m.



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### **1000 Islands Senior Fun and Sun at Colonial Inna & Spa**

The Colonial Resort & Spa is a full service property situated on 10 landscaped acres on the west end Gananoque, the Heart of the Canadian 1000 Islands. Enjoy are a variety of activities, great food and the memories that will last a lifetime! **WAIT LIST ONLY**

**Date:** Monday, June 20 to Friday, June 24

**Cost:** \$486 (single) \$381 (Double/Tpl/Quad)

\$50 Deposit due after booking; Balance due by May 1, 2011

(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:** 10:30 a.m. – Senior Centre, 1108 Greenwood Ave.

11:00 a.m. – York Mills Subway Station (North East corner)

**Return:** Approximately: 3 p.m. Friday, June 24



## For Your Information: What's On in Toronto

**May FYI's - Book Now  
Serenades in the Square**

Come down to the Square and bring your lunch and listen to the smooth sounds of live jazz, folk and roots music.

**Date:** May 5 – June 2 | **Location:** Yonge-Dundas Square

**Time:** Wednesdays 12:30 p.m. – 1:30 p.m.

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

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## **The Distillery Spring Arts Show**

Artisans at the Distillery Craft show features a variety of Canadian made crafts, all in an outdoor setting at the Distillery District. The exhibitors display unique hand-crafted jewelry, ceramics, gourmet food, wood furniture and so much more.

**Date:** Saturday, May 21 – Monday, May 23 | **Location:** The Distillery District, Toronto

**Time:** 11 a.m. – 6 p.m.

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

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## **Doors Open Toronto**

For one weekend a year, buildings across Toronto open their doors to the public for free. Highlights for this year's fest follow the theme photography and architecture.

**Date:** Saturday, May 28 - Sunday May 29 | **Time:** Varied, depending on building

**Location:** Various throughout Toronto and the GTA

**For More Information:** Phone: 416-338-0338

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# **Announcements**

## **Peer Helper Meeting**

**Date:** Monday, May 2 | **Time:** 11 a.m.

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

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## **Members' Meeting**

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

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

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

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## **Monday Lunch Bunch Volunteer Meeting**

**Date:** Monday, May 16 | **Time:** 1:45 p.m.

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

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## Notes from the Senior Centre and Vacation Plus



**Candy Cane Magic, November 19, 2011**



Have you remembered to mark the above date on your calendar? We hope so. Even though it seems a long way off, this special day comes very quickly for all of us.

Please bring in small useable items now but keep larger items for closer to the sale date. If you have any jewellery or gift bags to donate, it would be most appreciated.

If you have any ideas about businesses or politicians to approach for a donation, please let a Committee member know so that we can send an official request letter. This will avoid any duplication of requests. But you can help by asking friends or relatives for items for our sale.

Our success over the past 20 years has been because of the enthusiasm and commitment of the members. So we hope that once again we can work as a team for another great Candy Cane Magic. More to come!

*Dorothy Willett, Coordinator, Candy Cane Magic 2011*

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## Would you like to learn how to play “Wizard”?

Bruce Brackett of the Euchre group knows a great card game called “Wizard” which is easier than Euchre and Bridge and can be flexible in the number of players per table. Bruce will be at the Senior Centre, Wednesdays at 10:30 a.m. every week until enough people know how to play this fun game and then a regular playing time can be set.

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## Thank you, Delmanor Wynford

We thank Betty Ann Miers from Delmanor Wynford Retirement Residence for the wonderful treats she brought every Thursday in March and April for the Income Tax Volunteers, staff, members and clients. A little sweetness makes the waiting a little easier.

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## Are you interested in learning about FACEBOOK?

FACEBOOK is a social networking site that connects people with friends and others who work, study or live around them. People use Facebook to keep in touch with friends and family, post photos, share links and exchange other information. Facebook users can see only the profiles of confirmed friends and the people in their networks. If you are interested in a 3-week session to learn about Facebook, please let Lois know. A time will be set later if there is enough interest.

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**WE REMEMBER...**



Our sympathy goes to the family and friends of Kathleen Casey, Louise Jones and Doreen Smith.

## **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. 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.

Please check program descriptions for locations and departure information for trips and special events. Programs, 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. For Your Information (FYI) events are non-escorted trips which you may wish to attend on your own. Please call to register or cancel as with any other trip booking. There may be a limited number of places available.

**Cancellation of a booking will be accepted up to 5 business days prior to the scheduled activity unless otherwise indicated. No refunds will be issued for prepaid ticketed events, or for participants who do not notify the coordinator or do not attend the activity.**

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

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

**Contact us for more information.**



**416-422-2026**

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Toronto, Ontario, M4C 5T2