

2026 SPRING PROGRAM GUIDE

April, May, June

# Active Living Centre **IN TOUCH**



The Active Living Centre operates with funding from:



*In partnership with Ontario Health-Toronto  
Division and private donors—including you!*

21 Hendon Ave, Toronto, ON M2M 4G8 | 416.733.4111 | [www.nyseniors.org](http://www.nyseniors.org)



Walk, Run, Bike

# LET'S MOVE, WILLOWDALE

FAMILY  
FUN!

COMMUNITY  
MOVE-A-THON & BBQ

SOLO, FAMILY,  
& GROUP  
PACKAGES FOR  
MOVE-A-THON  
INCLUDE MEAL &  
TAX RECEIPT

SUPPORT  
2 LOCAL  
CHARITIES

SOLO BBQ MEALS  
ALSO AVAILABLE



MEET NEIGHBOURS  
4KM WALK/RUN - 8KM RIDE  
LIVE MUSIC & DANCE, PRIZES  
DELICIOUS FOOD, FACE  
PAINTING, CARICATURES,  
CHILDRENS ACTIVITIES & MORE



**SATURDAY MAY 2 • HENDON PARK**  
**11AM MOVE-A-THON • 12-2PM BBQ**

REGISTER TODAY! [neighbourlink.org/letsmove](http://neighbourlink.org/letsmove)

NeighbourLink  
NORTH YORK

WE love  
WILLOWDALE

nysc  
North York  
SENIORS CENTRE



**North York Seniors Centre will be closed for the following holidays:**

Good Friday – Friday April 3, 2026

Easter Monday– Monday April 6, 2026

Victoria Day – Monday May 18, 2026

# Inside this Issue

NYSC General Information.....4-5

ALC Greeting.....4

NYSC Programs & Services..... 6-7

Membership Information.....8

Registration Information.....9

Registered On-Site Programs.....10-11

Social Programs .....12

Complimentary Zoom Programs.....13

Speaking Series.....13

Telephone Programs & More.....14

Special Events.....15

Other Services.....16

Week at a Glance .....17

Client Bill of Rights/Covenant of Conduct.....18

Volunteer Opportunities.....20



## North York Seniors Centre

### ACTIVE LIVING CENTRE & ADMINISTRATION

21 Hendon Ave., Toronto, ON, M2M 4G8

[www.nyseniors.org](http://www.nyseniors.org)



Active Living Centre facilities are wheelchair accessible



Service animals are welcome

**Want to stay active?** Follow us on



## Hours of Operation

### ACTIVE LIVING CENTRE & A DAY AWAY CLUB

Monday - Friday 9:00am - 4:30pm

### SENIOR CARE & A DAY AWAY CLUB

80 Sheppard Ave. W., Toronto, ON, M2N 1M2

Fax: 416 225.9867

### A DAY AWAY CLUB

Monday - Friday 9:30am - 3:00pm

### SENIOR CARE

Monday - Friday 8:00am - 5:00pm

### ADMINISTRATION OFFICE

Monday - Friday 9:00am - 5:00pm

For additional information, please call: **416 733.4111** or visit [www.nyseniors.org](http://www.nyseniors.org)

# North York Seniors Centre

## OUR MISSION

North York Seniors Centre promotes healthy aging by providing programs and services within our diverse community

## OUR VISION

A world where older adults live their best lives

## OUR VALUES

**Compassion:** We serve others with empathy, respect and dignity

**Inclusiveness:** We welcome all people and appreciate their differences

**Quality:** We deliver excellent person-centered programs and services

# General Information

## Did you Know...

that North York Seniors Centre offers many great services that you can take advantage of? Listed below are additional services that may be of interest to you:

- In-Home Services
- Outreach Services
- In-Hospital Services
- Transportation Services
- A Day Away Club
- Friendly Visiting & Telephone Reassurance Calls
- Security Checks
- Social Club
- Caregiver Support

Additional fees might be required for the services listed above. Please call **416.733.4111** and ask to speak to Intake.

## Greetings from the Program Office

The Active Living Centre welcomes you to enjoy our many programs over the Spring 2026 season. The month of May brings along our active fundraiser – Let's Move, Willowdale! It is a great time to get together and raise further funds for Mental Health programming. We are looking forward to seeing you at our ALC events this season as well- please find details on page 15. Free Creative Art Socials continue through 2026, due to the generous support from Rotary Club North York. If you don't already receive our weekly email, please let the Program Office know you would like it (Membership not required). We look forward to connecting with you soon!

Stay Well *-Bethany Vallentin*

## Change of Address

Have you moved, changed your address or any of your contact phone numbers? Please advise the ALC staff if you have moved, changed your phone number or emergency contact numbers since becoming a member.

## Parking

Parking is limited at the Centre. There is underground parking available for **\$4.00** with a rebate ticket. Limited street parking is available where signs permit. Accessible spots are available on Hendon as well.

## Café:

Visit the café for hot soup, a sandwich, or even just a coffee. The ALC café is open on Monday, Tuesday, Wednesday and Friday, serving from 11:30 am. to 1:00 pm.

## Wifi

For those who are wishing to stay connected, we have Wifi for your convenience while you are at the ALC. Please visit reception for the password.

## Members' Experience Survey

In order for us to better serve you and offer the programs and services you want to see, please don't forget to give us your opinion and fill out a Member's Experience Survey annually!



## Disclaimer

*All precautions are taken to ensure that accurate information and prices are printed in this magazine. Rates are subject to change and notices will be posted at the Centre if a rate adjustment is required. Occasionally, room locations, times and dates are changed between the printing of the magazine and the start of programs. For updates and changes, please check your registration receipt or notices posted at the Centre.*

*North York Seniors Centre does not necessarily endorse the paid advertisements in this brochure.*

# North York Seniors Centre Programs & Services



## A Day Away Club

A Day Away Club is a social/recreational program for seniors who are physically frail and/or cognitively impaired, and would benefit from a safe and professionally staffed environment.

### GETTING STARTED:

Call 416 733.4111 and ask for Intake. Our intake worker can answer any questions you may have about the program and will also ask you some questions about yourself or your loved one to determine eligibility. You can also make arrangements to come in for a tour. Home and Community Support & Services (Ontario Health at Home) for day programs in our district. A Care Coordinator will be in contact with you to complete your application. Once a spot in A Day Away Club is available, the North York Seniors Centre Supervisor will contact you.

### PROGRAM FORMAT:

The program is offered Monday through Friday, 9:30 a.m. to 3:00 p.m., with a snack and hot lunch included. Activities change daily. Clients are supported by trained, respectful, caring staff throughout the day. Our staff are trained to attend to some personal care needs as well.

### TRANSPORTATION:

Transportation to and from A Day Away Club is the responsibility of the client or their family/caregiver. For those clients who do not have their own transportation and who live in our catchment area, transportation may be available. This service will be provided for an additional fee.

### FEES:

Per Day: \$28.50

Transportation— \$6.75 each way

For any questions, please contact Intake at **416.733.4111**

## Transportation Services

Transportation Services consists of 5 vehicles and staff drivers. A nominal fee applies.

### ELIGIBILITY:

- Users must be members of and registered with our Transportation Department
- Users must live within our catchment area
- Users are unable to use public transit because of physical or cognitive limitations
- Our vehicles are not wheelchair accessible. Users must be able to access the vehicle independently or with minimal assistance

### HOURS OF OPERATION:

Rides are provided from 8:30 am to 4:30 pm.

\*9:00 am to 10:00 am and 3:00 pm to 4:00 pm are designated for A Day Away Club pick up and drop off.

### SERVICES INCLUDE:

- Rides to and/or from medical appointments
- Rides to and/or from the A Day Away Club
- Rides to and/or from the Active Living Centre

### TRANSPORTATION SERVICE BOUNDARIES:

Humber River to Victoria Park Avenue and Steeles Ave/Centre St to St.Clair Ave. We also service the major downtown hospitals. Exceptions are made to certain destinations.

### PRIORITY SYSTEM:

Priority will be given to clients requesting transportation for medical appointments and A Day Away Club.

Please feel free to contact 416.733.4111 and ask for Intake should you require any additional information.

You can also check out our website for the Fee Schedule: [www.nyseniors.org](http://www.nyseniors.org)



# North York Seniors Centre Programs & Services



## Social Club

This program is designed exclusively for those living in the community who would benefit from an afternoon of socialization, discussion, exercise and activities within a lightly structured environment.

### GETTING STARTED:

Call 416 733.4111 and ask for Intake. Once interest and eligibility is established, a Care Navigator will call the client or family directly to set up an in-home assessment. At the assessment, the client and/or caregiver will be given plenty of time to ask questions, establish a start date and finalize all details.

### PROGRAM FORMAT:

The day starts with a group discussion during which coffee/tea and a snack are served, followed by a 30 minute light exercise class. Lunch is served between 12:00 p.m. and 1:00 p.m. The afternoon consists of a group activity i.e. travel log, guest speaker, BINGO, and origami. Various seasonal events are celebrated as well.

### HOURS OF OPERATION:

Mondays from 11:00 am to 2:00 pm

21 Hendon Avenue

### SERVICE CATCHMENT AREA:

Bathurst Street to Victoria Park Avenue and Steeles Avenue to Highway 401

### FEES:

Per Day: \$12.00

Transportation— \$6.75 each way

For further information, contact **416.733.4111** and ask for Intake.

## In-Home Services

### HOME HELP/HOMEMAKING:

Community/Personal Support Workers (PSW) are trained to assist in the client's home with light housekeeping, laundry, personal care, meal preparation, grocery shopping, escorting clients to appointments and some local errands.

### RESPITE CARE:

This service provides an opportunity for caregivers to enjoy some time for themselves. A qualified PSW will attend to the client in the privacy of his or her own home. Time can be spent interacting with the client while attending to household needs.

### ONTARIO HEALTH AT HOME:

Ontario Health at Home coordinates in-home and community-based care. They will assess care needs and refer to our services.

### ELIGIBILITY FOR HOME HELP/HOMEMAKING AND RESPITE CARE:

- Clients must reside within NYSC's catchment area: Bathurst Street to Victoria Park Avenue and Steeles Avenue to Highway 401 (some exceptions may apply, please ask for more information)
- Clients are aged 55 or older or have a physical disability
- Prior to receiving services, an in-home assessment will be completed by a Client Services Coordinator in order to identify the needs of the client. An appropriate care plan will be developed in partnership with the client and/or caregiver.

### HOURS OF OPERATION:

Service is available twenty-four hours a day, seven days a week.

### FEES:

Home Help/Homemaking and Respite Care: \$20.25/hour with a minimum 1.5 hours service

*\*Billing occurs once a month.*

For further information, contact

**416.733.4111** and ask for Intake.

# Membership Information

## Membership

Adults aged 55 years or older may become members of the Active Living Centre. As a member you may participate in any of our exciting programs and events.

Membership is available at Reception or the Program Office and is **non refundable**.

**New Member Advantage: \$55.00 (1st year)**

**Renewal Advantage: \$50.00 (per year)**

**Complimentary Membership to those 90 years and older!**

**Your membership is valid for 1 FULL year, and is renewable in your membership expiry month. Please see the Program Office to confirm expiry date.**

### **ADVANTAGES OF MEMBERSHIP INCLUDE:**

- Access to all FREE Phone and select Zoom programs
- Access to all social, virtual and on-site programs
- Special reduced pricing for Special Events and Trips
- Voting rights
- Access to Library and Computers
- Access to the Fitness Centre

### **DO YOU NEED A HELP PICKING A PROGRAM?**

**Not sure what program to take or need some help navigating our wide range of programs and services?**

Whether it's health & wellness, learning & culture, recreation & leisure or social opportunities, all ALC members have the option of working with staff to choose the programs that best suit your needs and interests!

**Speak to our Program Staff today!**

## Did You Know?

Anyone can try a program one time before committing to membership or registration. Please see the Program Office before trial to ensure there is space in the program of interest. You will need to sign a waiver for the trial.

Membership Subsidy is available to those with financial limitations. Please see ALC Supervisor for an assessment.

## ALC Staff Directory:

**Bethany Vallentin – Supervisor, ALC**

416 733.4111 ext. 204

[bvallentin@nyseniors.org](mailto:bvallentin@nyseniors.org)

**Daniela Fonseca – Recreation Programmer**

416 733.4111 ext. 205

[dfonseca@nyseniors.org](mailto:dfonseca@nyseniors.org)

**Karan Mukhia – Recreation Programmer**

416 733.4111 ext. 203

[kmukhia@nyseniors.org](mailto:kmukhia@nyseniors.org)

# Registration Information

## Registration

### SOCIAL PROGRAMS

Offered to Members only. Participants are required to sign up and pay in advance for social programs. The fee is monthly and can be paid at the Program Office through credit card, cash or cheque.

### REGISTERED PROGRAMS

Membership is required for any registered programs. First chance to register is by attending the Quarterly Members' Meeting. Registered programs have specific start and end dates listed in the program description.

*\*Registration cannot be processed if your membership is not up-to-date.*

All programs must be paid in full upon registering regardless of the number of classes attended. Payment can be made by cash, cheque, Visa or MasterCard. Cheques need to be made payable to North York Seniors Centre. Classes may be cancelled due to low registration.

Please note:

- Program fees will not be discounted until half of the session has been completed.
- For all Dance & Fitness programs, students are encouraged to be aware of their physical limitations.
- The Active Living Centre reserves the right to cancel programs due to insufficient registration.



### SPECIAL EVENTS & WORKSHOPS

All events and workshops require you to sign up one week prior to the event or workshop. Please speak with the Program Office or reception for details.



### REGISTRATION POLICY

You must register yourself for any programs. We will no longer be accepting registration through family or friends.

You may try any class **one time** before committing with payment. Please advise the Program Office prior to the trial, and to sign a waiver.

Program fees will only be refunded **directly after the first class** of the session due to dis-satisfaction. A \$5.00 admin fee will apply. If refund is being requested due to injury or illness, the refund will be processed based on the date the required doctor's note is received and there will be no admin fee.

### CANCELLATION POLICY

Registered programs, special events, workshops will be cancelled when the minimum registration numbers are not met. Don't wait until the last minute to register, do it now! The cancellation process starts one week prior to commencement of programs, special events, and workshops. You will be notified at that time if your class is cancelled.

# Registered OnSite Programs



## KOREAN DANCING AM & PM—ALC

**Instructor: Ok Cha Kim**

Experience the true culture of Korea. Learn the art of Korean Dance with scarves and tambourines. This program is geared towards people with previous Korean Dance experience. This program is taught in Korean. **No Class on Monday May 18th and Monday June 15th**

Start Date	Time/Day	Fee
April 13, 10 Weeks	10:00-11:00 Monday	55.00
April 13, 10 Weeks	1:00-2:00 Monday	55.00

## FRENCH INTERMEDIATE - ALC

**Instructor: Blema S.**

Our beginners have graduated to intermediate 1 due to all their hard work. We will now focus on more conversation, dramatization and functional vocabulary, incorporated the grammar learned. Nous parlons francais!

Start Date	Time/Day	Fee
April 9 10 Weeks	10:00- 11:30 Thursday	90.00

## ART HISTORY: LOUVRE MUSEUM MASTERPIECES

There are extraordinary museums all around the world, however the Louvre Museum shelters some extraordinary masterpieces that had made such a mark on history, that we cannot imagine the world without them. Enjoy with a selection of these great artworks that have survived over the centuries becoming some of the world's most iconic artworks!

Start Date	Time/Day	Fee
June 2 4 Weeks	10:00- 12:00 Tuesday	85.00

## LINE DANCE —ALC

**Instructor: Vivian Y.**

Get your lower body in shape while having some fun! Dances range in variety of speeds and include ballroom, Latin, country, western and international music. Knowledge of line dancing or the completion of Line Dance Level 1 is recommended for Level 2.

Start Date	Time/Day	Member's Advantage
April 14 10 Weeks	10:20- 11:40 Tuesday	Level 2 60.00
April 10 10 Weeks	11:20-12:40 Friday	Level 1 60.00

## KOREAN NANTA (DRUMMING)—ADVANCED - ALC

**Instructor: Ok Cha Kim**

Learn more skills for Korean Drumming and build upon your previous experience in drumming combinations and techniques. This program is geared towards people with previous Korean Nanta experience. You must provide your own drum for this program. This program is taught in Korean.

Start Date	Time/Day	Member's Advantage
April 10 10 Weeks	9:45- 10:45 Friday	55.00

## KOREAN JANGGO (DRUMMING) - ALC

**Instructor: Ok Cha Kim**

Janggo is the most renowned traditional percussion instrument in traditional Korean music. To play the Janggo, you use a stick with one hand and your bare hands. Learn the basic Janggo techniques, rhythms and terms, and the popular Janggo dance. You must provide your own drum for this class. This program is taught in Korean.

Start Date	Time/Day	Member's Advantage
April 10 10 Weeks	1:00- 2:00 Friday	55.00

## CHAIR YOGA

**Instructor: Terri D**

Have a blast in this class as we focus on relaxation and developing a better understanding of the body and its movements. Yoga coordinates movement and breathing and helps release tension and increase energy. It firms the body and tones muscles without pressure. Standing is optional. You may bring your own hand weights.

Start Date	Time/Day	Member's Advantage
April 10 10 Weeks	12:00- 1:00 Friday	60.00

# Registered OnSite Programs

## ABS, BACK AND CORE

**Instructor: Lorne O.**

A strong core will give you improved balance, coordination and stability, less back pain, and more ease in getting up from and sitting into a chair. This class will feature exercises that will target the hips (lunges, squats, and their variations), exercises for the low back, and exercises to strengthen the deep abdominal muscles that hold the other torso muscles in place.

Start Date	Time/Day	Fee
April 9 10 Weeks	1:00 -1:45 Thursday	90.00

## EXPLORING WATERCOLOUR – ALC

**Instructor: Farzana I.**

Discover the joy and versatility of watercolour painting. Together, we'll explore a variety of techniques to help you build a strong foundation in this beautiful medium, from painting still life and nature scenes to experimenting with colour, shape, and texture

Start Date	Time/Day	Fee
TBD	TBD	TBD

## MAH JONGG FOR BEGINNERS – ALC

**Instructor: Lorrie M. S**

This is a popular Chinese game played with tiles and similar to rummy. You will learn the character tiles used in the game, how the game is played and how to win. Chinese style Mah Jongg. Instruction is in English only.

## MAH JONGG FOR INTERMEDIATE – ALC

**Instructor: Lorrie M. S.**

This is a popular Chinese game played with tiles and similar to rummy. For those who have completed the Beginners level. Chinese style Mah Jongg. Instruction is in English only

Start Date	Time/Day	Member's Advantage
April 7 10 Weeks	10:00– 11:00 Tuesday	Beginners 25.00
April 7 10 Weeks	11:30–12:30 Tuesday	Intermediate 25.00



## SEATED CONDITIONING – ALC

**Instructor: Michele W.**

Seated conditioning is designed to target key muscles while improving your flexibility, endurance and balance. This program will be taught in a chair for support and includes a variety of exercises to help strengthen your core, aid in bone health and bone density.

Start Date	Time/Day	Fee
April 8 10 Weeks	9:30– 10:30 Wednesday	50.00

## FALL PREVENTION – ALC

**Instructor: Michele W.**

In partnership with Better Living Health and Community Services, this Falls Prevention Program is tailored to promote strength, flexibility and balance to build confidence and help reduce the risk of falls. Recommended for those who have experienced a fall in the last 6 months, use an assistive device or prefer to join a low intensity program.

Start Date	Time/Day	Member's Advantage
April 10 10 Weeks	10:00– 10:45 Friday	Class 1 Free With Membership
April 10 10 Weeks	11:00–11:45 Friday	Class 2 Free With Membership

## ZUMBA GOLD – ALC

**Instructor: Michele W.**

Easy to follow choreography that focuses on balance, range of motion and coordination and will leave you feeling strong! Enjoy many types of music and dance to get you moving!

Start Date	Time/Day	Fee
April 8 10 weeks	10:45 – 11:45 Wednesday	50.00



# Social Programs

REGISTRATION REQUIRED

## ARTS

### **ART STUDIO: (self-guided)**

**Monday Time:** 2:15-4:15pm

**Members:** \$5/month

**Location:** Craft Room

### **KNITTERS' CORNER:**

**Wednesday Time:** 9:30-11:30am

**Members:** \$5/month

**Location:** Cafe

### **STITCHERS :**

**Wednesday Time:** 1:00-2:30 pm

**Volunteers Only**

**Location:** Craft Room

*\*This group consists of volunteers producing handiworks to donate to our GiftShoppe.*

## FITNESS

### **PICKLEBALL**

**Day:** Thursday

**Time:** 9:30am to 11:30am

**Members:** \$5/month

**Location:** Multipurpose Room

Can be played in singles or doubles.

Pickleball Court and all equipment provided.

Bring a friend to play with!

## GAMES

### **PROGRESSIVE BRIDGE**

**Day:** Tuesday

**Time:** 12:15-3:30pm

**Members:** \$5/month

**Location:** Trillium Room

### **CANASTA**

**Day:** Thursday

**Time:** 1:00-3:00pm

**Members:** \$5/month

**Location:** Craft Room

### **SCRABBLE**

**Day:** Wednesday

**Time:** 1:15-3:15pm

**Members:** \$5/month

**Location:** Cafe

### **MAH JONGG –ENGLISH (Chines Style)**

**Day:** Friday

**Time:** 1:15-4:00pm

**Members:** \$5/month

**Location:** Trillium Room

## SOCIAL

### **ARIANA GROUP IN FARSI**

**Day:** Monday

**Time:** 2:30-6:30pm Members \$5/month

**Location:** Trillium Room

### **PERSIAN SOCIAL CLUB IN FARSI**

ی س ر ا ف ی ع ا م ت ج ا ه ا گ ش ا ب

**Day:** Tuesday

**Time:** 12:00-3:00pm Members \$5/month

**Location:** Multipurpose Room

### **KOREAN SOCIAL CLUB IN KOREAN**

코리안 소셜 클럽

**Day:** Thursday

**Time:** 9:30-11:30 Members \$5/month

**Location:** Cafe

### **GAMES LOUNGE**

**Day:** Thursday

**Time:** 1:30-3:00pm Members \$5/month

**Location:** Cafe

### **ALBORZ PERSIAN CLUB IN FARSI**

**Day:** Thursday

**Time:** 2:00-6:00pm Members \$5/month

**Location:** Multipurpose Room

### **KCAS (KOREAN CANADIAN ALZHEIMER'S SOCIETY) IN KOREAN**

**Date:** Wednesday

**Time:** 1:00-4:00pm

**Members:** \$5/month

**Location:** Multipurpose Room



## **COMPLIMENTARY ZOOM PROGRAMS (Membership Required)**

### **BOOK CLUB**

1:00–2:00 pm Tuesdays \*every 3 weeks.  
Come read with us! Our book club meets every third Tuesday to discuss book picks. Join like-minded book lovers for a lively discussion, plenty of laughs and a relaxed atmosphere to socialize amongst new friends.

### **SPANISH CONVERSATION CLUB INTERMEDIATE & ADVANCED**

9:30–10:30 am Wednesdays  
Intermediate (In-Person) & Advanced (ViaZoom)  
Groups on alternate Wednesdays.  
Join a member of NYSC who is a native Spanish speaker, for an hour of Spanish conversation. Learn new vocabulary and phrases, socialize and have fun!  
\*Must have some previous knowledge of Spanish to participate\*

### **WORD GAMES**

10:30am to 11:30am Fridays  
Strengthen your brain as we play different grammatical games, make smaller words out of bigger words, and complete crossword puzzles.

## **SPRING SPEAKING SERIES**

Join us for a variety of informative presentations in Spring 2026. Enjoy this speaking series FREE for Members and Non-Members. RSVP is required. To register, please call 416 733.4111 to speak with the ALC Reception to save your spot!

### **Using Medical Devices**

**DATE:** Wednesday, April 22

**Time:** 10:30AM to 11:00AM

#### **ON SITE**

Learn how to confidently and correctly use common medical devices. This practical demonstration will cover inhalers, spacers, eye and ear drops, injections, and other everyday tools to help you manage your health safely and effectively. Everyone is welcome, and there will be an opportunity for questions and answers.

### **Healthy Sleep Habits**

**DATE:** Wednesday, May 20

**Time:** 10:30AM to 11:00AM

#### **ON SITE**

Struggling with sleep? Discover simple, non-pharmacological strategies to improve sleep quality, build healthy bedtime routines, and understand the potential risks associated with sleep aids. Everyone is welcome, and there will be an opportunity for questions and answers.

### **Diabetes Care & Management**

**DATE:** Wednesday, June 10

**Time:** 10:30AM to 11:00AM

#### **ON SITE**

Gain helpful tips for managing diabetes with confidence. This session will review proper use of blood glucose monitors and insulin pens, recognizing and treating low blood sugar, and everyday strategies for better blood sugar control. Everyone is welcome, and there will be an opportunity for questions and answers.

Thanks to the generosity of Rotary Club North York, we are able to provide Creative Art Socials free to Members and Non-Members for 2026! Stay tuned for more details!



## Telephone Programs

### REGISTRATION & MEMBERSHIP REQUIRED

#### MONDAY:

##### TRIVIA

2:15 pm -2:45 pm

Test yourself on general knowledge and more!

#### WEDNESDAY:

##### BIOGRAPHY

2:15 pm -2:45 pm

Discover the fascinating life story of a famous individual. Discuss their impact on world events, technology, and more.

#### FRIDAY:

##### GOOD NEWS

2:15 pm -2:45 pm

In this discussion-based group, we will cover positive news stories taking place around the world.

##### CARD BINGO

The Last Friday of every month

2:15-2:45 pm

Play bingo with us over the phone! All you need is a deck of cards to participate.

# Special Events

To purchase your ticket for one of these events, please call in to, or visit, Reception at least one week prior to the event date!

## Spring Social & Craft

Date: Wednesday April 8, 2026

Time: 2:00pm – 3:30pm

Price: \$10 Members and \$15 Non-Members

Join us for a fun and relaxing Spring Social & Craft event! Celebrate the season with friends while enjoying light refreshments, creative spring-themed crafts, and great conversation. No experience needed – just bring your smile and spring spirit! **ON SITE \*RSVP BY WEDNESDAY APRIL 1st, 2026**

## Mother's Day Tea

Date: Thursday May 7, 2026

Time: 2:00pm – 3:30pm

Price: \$10 Members and \$15 Non-Members

Join us for a delightful Mother's Day Tea celebration! Enjoy light refreshments, beautiful floral giveaways, and a warm, welcoming atmosphere to honor all the amazing mothers. A perfect way to celebrate and create lasting memories! **ON SITE \*RSVP BY THURSDAY APRIL 30th, 2026**

## Mah Jongg Contest

Date: Thursday, May 14, 2026

Time: 9:30-4:30pm

PRICE: \$2 Members and \$3 Non-Members.

Join us for the 5th annual Chinese-Style Mah Jongg Contest. There will be a prize for the player with the most points. **ON SITE \*RSVP by Thursday, May 7th, 2026**

## World Elder Abuse Awareness Event

Date: Monday June 15, 2026

**More Information to Follow. ON SITE \*RSVP by Monday June 8th, 2026**

## Pride Bingo

Date: Wednesday June 17, 2026

Time: 2:00pm-3:30pm

Price: \$5 Members and \$7 Non-Members

Join us in celebrating Pride Month with an afternoon Bingo! Fee provides 2 cards. Everyone is welcome. Let's celebrate inclusivity, diversity and all older adults! **ON SITE \*RSVP by Tuesday June 10th, 2026**

## Canada Day BBQ

Date: Tuesday June 30, 2026

Time: 12:00pm – 1:30pm

Price: \$15 Members and \$20 Non-Members

Come together with friends and staff to celebrate our country: Canada! Enjoy delicious BBQ, lively music, and a fun-filled afternoon of good company, laughter, and community spirit. This special celebration is a wonderful way to relax, connect, and celebrate together.

**ON SITE \*RSVP by Tuesday June 23rd, 2026**

## We want to hear from you!

As a client centered organization, we are always looking for your ideas on what programs and services you would like to see at the Active Living Centre.

Please fill out a comment card with any of your suggestions, complaints or feedback!

If you are not coming to the ALC in person, please see page 8 for email addresses that you may send a message to. Or, simply call 416-733-4111, and ask for the Program Office to share your thoughts.

The suggestion box is located in the main lobby of the Active Living Centre



### PLEASE NOTE:

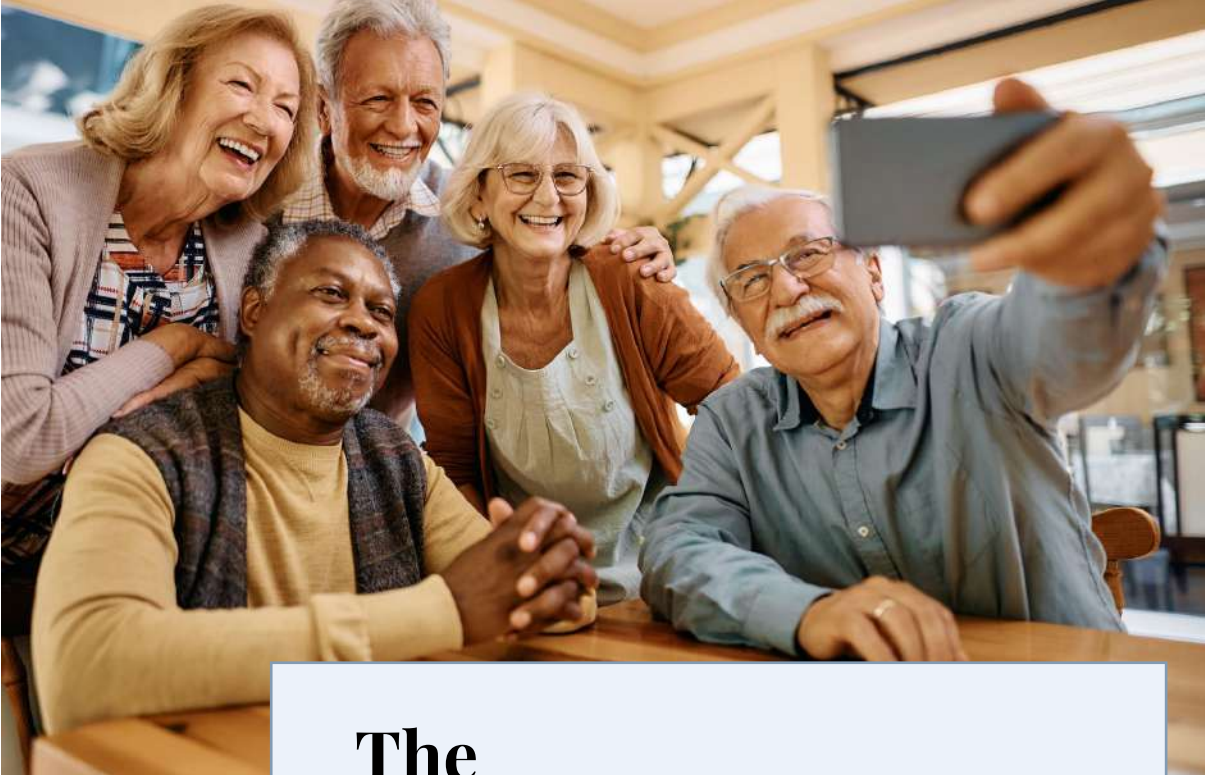
The Active Living Centre is a **SCENT-FREE** facility! Keep in mind that some people have strong allergic reactions to scent. Please keep perfume, cologne and scented creams to a minimum. Thank you!



# Other Services

## Foot Care

The ALC offers In-House Foot Care with a Foot Care Nurse from University Health Hub. The fee is \$60 for up to 45-minute appointment. Clients will receive a receipt. To sign up, please call 416-733-4111 and ask Reception to make an appointment.



## Fitness Centre

The ALC has a great Fitness Centre available as part of your Membership! Provide a Doctor's note of permission (template available in Program Office), complete the required Assessment with our Trainer (for a fee), and then work out independently or purchase Personal Training sessions.

## The Giftshoppe is open!

**You will find unique, handmade items at the Active Living Centre's fantastic Giftshoppe.**

Located in the Lobby, Volunteers and Staff are happy to help you find what you need.

**Drop by Monday through Friday!**

## DINER'S CLUB

Join the Diner's Club to visit a new restaurant in North York on monthly basis. Meet new people and try new foods! For more information, please call **416.733.4111**.

All restaurants are accessible

*Individual is responsible for transportation and cost of meal.*

## TRAVEL

The ALC offers a variety of day trips with pick-up and drop-off at the Centre. Speak to a Travel Desk volunteer (416.733.4111, ext 212) or Program Staff about coming attractions. Please call 416.733.4111

# Week at a Glance

## SPRING 2026

MONDAY	TUESDAY	WEDNESDAY
<p><b>Exploring Watercolour</b> 9:30-11:00.....ALC Trillium Room</p> <p><b>Korean Dancing AM (Korean)</b> 10:00-11:00..... ALC Multipurpose Room</p> <p><b>The Social Club</b> 11:00-2:00.....ALC Trillium Room</p> <p><b>Chiropractic Exercise Class</b> 12:00-1:00.....ALC Multipurpose Room</p> <p><b>Korean Dancing PM (Korean)</b> 1:30-2:30..... ALC Multipurpose Room</p> <p><b>Art Studio</b> 1:00-4:00.....ALC Craft Room</p> <p><b>Ariana Group</b> 2:30-6:30.....ALC Trillium Room</p> <p><b>Trivia</b> 2:15-2:45 ..... PHONE</p>	<p><b>Mah Jongg Intermediate</b> 10:00-11:00 ..... ALC Craft Room</p> <p><b>Line Dance Level 2</b> 10:20-11:40 ..... ALC Multipurpose Room</p> <p><b>Mah Jongg Beginner</b> 11:30-12:30 ..... ALC Craft Room</p> <p><b>Persian Social Club (Farsi)</b> 12:00-3:00 ..... ALC Multipurpose Room</p> <p><b>Progressive Bridge</b> 12:15-3:30.....ALC Trillium Room</p> <p><b>Book Club</b> *Every Three Weeks 1:00-2:00.....ZOOM</p>	<p><b>Spanish Conversation Club Intermediate &amp; Advanced</b> 9:30-10:30 .....ALC Craft Room/ZOOM</p> <p><b>Seated Conditioning</b> 9:30-10:30..... ALC Multipurpose Room</p> <p><b>Zumba Gold</b> 10:45-11:45..... ALC Multipurpose Room</p> <p><b>Knitters' Corner</b> 9:30-11:30.....ALC Cafe</p> <p><b>Stitchers</b> 1:00-2:30 .....ALC Craft Room</p> <p><b>Scrabble</b> 1:00-4:00 ..... ALC Cafe</p> <p><b>Biography</b> 2:15-2:45 ..... PHONE</p> <p><b>KCAS (Korean)</b> 1:00-4:00.....ALC Multipurpose Room</p>
THURSDAY	FRIDAY	
<p><b>PickleBall</b> 9:30-11:30 ..... ALC Multipurpose Room</p> <p><b>French Intermediate</b> 10:00-11:30 .....ALC Craft Room</p> <p><b>Chiropractic Exercise Class</b> 12:00-1:00.....ALC Multipurpose Room</p> <p><b>Abs, Back and Core</b> 1:00-1:45.....ALC Fitness Centre</p> <p><b>Canasta</b> 1:00-3:00.....ALC Trillium Room</p> <p><b>Games Lounge</b> 1:30-3:00.....ALC Cafe</p> <p><b>Korean Social Club</b> 2:00-4:00 .....ALC Craft Room</p> <p><b>Alborz Persian Group (Farsi)</b> 2:00-6:00..... ALC Multipurpose Room</p>	<p><b>Korean Nanta—Advanced (Korean)</b> 9:45-10:45..... ALC Multipurpose Room</p> <p><b>Fall Prevention Class 1</b> 10:00-10:45 .....ALC Trillium Room</p> <p><b>Fall Prevention Class 2</b> 11:00-11:45 .....ALC Trillium Room</p> <p><b>Word Games</b> 10:30-11:30 .....ZOOM</p> <p><b>Line Dance Level 1</b> 11:20-12:40..... ALC Multipurpose Room</p> <p><b>Chair Yoga</b> 12:00-1:00.....ALC Trillium Room</p> <p><b>Korean Janggo (Korean)</b> 1:00-2:00..... ALC Multipurpose Room</p> <p><b>Mah Jong (English)</b> 1:15-4:00 .....ALC Trillium Room</p> <p><b>Good News</b> 2:15-2:45 ..... PHONE</p>	 <p><b>Weekly E-mail Bulletin</b></p> <p><b>“KEEPING YOU IN TOUCH”</b> To receive a weekly program update via email, contact the Program Office at <b>416.733.4111</b> Or email Development at <b>development@nyseniors.org</b></p>

# General Information

## Client Bill of Rights

As a client/member of North York Seniors Centre you have the right to:

1. Be treated in a respectful manner and to be free from physical, sexual, mental, emotional, and verbal abuse.
2. Receive services in a manner that respects your dignity and privacy and that promotes your autonomy and participation in decision-making.
3. Receive services in a manner that recognizes your individuality and that is sensitive to and responds to your needs and preferences, including preferences based on ethnic, spiritual, linguistic, familial and cultural factors.
4. Receive services free from discrimination on any grounds prohibited by the Human Rights Code or the Canadian Charter of Rights and Freedoms.
5. Receive services in a culturally safe manner if you are First Nations, Metis, or Inuk.
6. Clear and accessible information about NYSC services
7. Participate in the assessment of your needs, development of the care plan, reassessment of your needs and revision to the care plan.
8. Designate a person to be present with you during assessments.
9. Designate a person to participate in the development, evaluation and revision of your care plan.
10. Receive assistance in coordinating the services from NYSC or Ontario Health Team if you receive more than one service.
11. Give or refuse consent to the provision of any service.
12. Raise concerns or recommend changes in connection with the service(s) provided to you and in connection with policies and decisions that affect your interests, to NYSC, its employees, government officials or any person, without fear of interference, coercion, discrimination or reprisal.
13. Be informed of the laws, rules and policies affecting the operation of NYSC, including the Client Bill of Rights, and to be informed, in writing, of the procedures for initiating complaints about NYSC.

Reference: Connecting Care Act, 2019

## Covenant of Conduct

### North York Seniors Centre

Whereas the North York Seniors Centre has developed a statement of mission as: North York Seniors Centre provides programs and services that promote the social, physical and emotional well-being of clients 55+ in our diverse community.

The member/clients, volunteers and staff of the organization wish to affirm their commitment to achieving the organization's mission and objectives in a spirit of cooperation, civility and mutual respect.

In this spirit, the member/clients, volunteers and staff will seek to:

- Treat all with mutual respect, member/client to member/client, member/client to volunteer, member/client to staff, volunteer to member/client, volunteer to volunteer, volunteer to staff, staff to member/client, staff to volunteer, and staff to staff
- Avoid condescending tones and attitudes
- Communicate in an efficient and prompt manner
- Request clarification of issues with the applicable and appropriate party(s)
- Respect the confidentiality of relevant issues brought to their attention
- Participate in reconciliation rather than confrontation
- Fulfill all obligations once they have assumed the responsibility, in an efficient and timely manner
- Reaffirm their commitment to making decisions in a democratic manner through a fair and transparent process
- Appreciate each other's strengths and expertise, realizing we are all working towards a common goal
- Ensure all relationships are without prejudice due to racial, gender, age and cultural diversity
- Use common sense and practice good judgment when relating to one another.



# Available Now

## Life Lease Suites

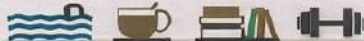
### Sheppard Village (65+)

**FOR SALE**



#### 1 Bedroom Dahlia Suite

- Enclosed sunroom
- In-suite laundry & storage
- Underground parking & locker
- Walkable to transit, library, hospital & shopping



Indoor Pool • Cafe • Library • Fitness Room

#### Spacious 2 Bedroom Marigold Plus Suite

- Large primary with walk-in closet
- Brand new accessible ensuite
- Freshly painted
- Newly renovated bathroom and new floors

**CONTACT US TODAY**

Jacqueline Manitaros, ABR®, SRES®

416-669-3192

Senior Real Estate Specialist

[jacquelinem@wearetrec.com](mailto:jacquelinem@wearetrec.com)



**COLDWELL BANKER**

THE REAL ESTATE  
CENTRE, BROKERAGE

Each Office is Independently Owned and Operated.

\*\*Not intended to solicit properties currently listed for sale or under contract\*\*



Supporting your family's care needs helps preserve your Heritage

Care That Feels Like Home.

Flexible Scheduling tailored to meet your needs

A one-stop inspired care services

Trained Caregivers with expertise in Dementia Care

Affordable rates up to a minimum of 2-hour booking

Cooking great meals for you Shows love through food

[www.heritagefamilycare.ca](http://www.heritagefamilycare.ca)

[Heritagefamilycare@outlook.com](mailto:Heritagefamilycare@outlook.com)

Call us for more Information on 437- 264 - 7551





# Get Involved!

## **NYSC Volunteer Services**

**WE WOULD LOVE TO HAVE YOUR HELP!**

### **Active Living Centre (21 Hendon Ave.)**

- Switchboard - Weekday mornings, Monday to Friday 9:00am to 12:30pm
- Front Desk Customer Service Rep—Weekdays, Monday to Friday —various days and times available
- Café Assistant—Monday to Friday—assist with kitchen duties for lunch service
- Special Events— Various days and times— assist the Program Team with delivering events for the ALC

### **COMMUNITY**

- Friendly Visitor –make a difference in a senior’s life! Connect with a senior for friendly conversations/activities— virtually or in-person

To learn more about the safety protocols, these volunteer positions and other volunteer opportunities, please contact the Program Office. 416.733.4111