

2025 WINTER PROGRAM GUIDE

JANUARY, FEBRUARY, MARCH

# 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)



Senior Living?

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

New Year's Day - Wednesday, Jan 1, 2025

Family Day - Monday, Feb 17, 2025

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## North York Seniors Centre Facts

### ACTIVE LIVING CENTRE & ADMINISTRATION

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

Fax: 416.733.1858

[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

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 Winter season. Join us for free workshops (page 13), exciting Special Events (page 15) and your favourite registered and social programs at the Centre! We continue to offer virtual programs as well. We have been honoured with another generous donation from Rotary Club North York to support more Creative Art programming- stay tuned for more details as they come!

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 (limited number available), as well as at Hendon Park with a special permit. You must present your valid membership card to obtain a special parking permit from the Program Office.

## 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 a.m. to 1:00 p.m.

## 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 (HCCSS) manages all of the applications and waitlists 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.

### RESPIRE 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.

### HOME AND COMMUNITY CARE SUPPORT SERVICES (HCCSS) PERSONAL SUPPORT:

Clients are referred to our program through HCCSS. They are assisted with personal care and possibly light household duties. HCCSS will determine the client's eligibility and pay for the service.

### ELIGIBILITY FOR HOME HELP/HOMEMAKING AND RESPIRE 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: \$19.00/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)**

**Your membership is valid for 1 FULL year, and is renewable on your membership expiry date.** You may renew any time within your expiry month.

### **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 Technology One-on-One
- Access to parking at Hendon Lot (pending availability)

## Do you have the Advantage?

### **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.

## ALC Staff Directory:

### **Bethany Vallentin – Supervisor**

416 733.4111 ext. 229

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

Start Date	Time/Day	Fee
Jan 6 10 Weeks	10:00–11:00 Monday	55.00
Jan 6 10 Weeks	1:00–2:00 Monday	55.00

## HEALTHY BONES LEVEL 1—ALC

**Instructor: Karen S.**

Tone up your body and improve your health with this fulfilling program which accommodates participants who have varying degrees of Arthritis or Osteoporosis. This program is designed to improve your flexibility, muscle strength and balance using balls, bands and weights. **No Class on February 17th.**

Start Date	Time/Day	Fee
Jan 6 10 Weeks	Monday 11:30–12:30	55.00

## GENTLE FITNESS—ALC

**Instructor: Michele W.**

In partnership with Better Living Health and Community Services, this Gentle Fitness program offers a low-moderate intensity workout that promotes overall well-being through exercises aimed at enhancing strength, flexibility, and cardiovascular health.

Start Date	Time/Day	Fee
Jan 3 10 Weeks	Friday 11:00– 11:45	Free With Membership

## BELLY DANCE –ALC

**Instructor: Michele W.**

Come, have fun, and get fit – learn to belly dance! Over a 10 week course you will learn basic steps, shimmies and hip movements. Using scarves, we will incorporate arm movements to create choreographed steps to fun music.

Start Date	Time/Day	Fee
Jan 3 10 weeks	Friday 2:30–3:30	50.00

## 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
Jan 7 10 Weeks	10:15– 11:40 Tuesday	Level 2 60.00
Jan 3 10 Weeks	11:15–12:45 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
Jan 3 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
Jan 3 10 Weeks	1:00– 2:00 Friday	55.00

**CHAIR YOGA**  
**Instructor: Terri D**

**Moved to Zoom for Winter Session. Please see page 14 for more information.**

# 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
To be Determined	Thursday 11:30-12:30	60.00



## FRENCH BEGINNER—ALC

**Instructor: Blema S.**

Beginner level courses are designed for students who have elementary or no knowledge of the language. In this level the focus is mainly on conversation and the development of a functional vocabulary which we will use in dramatizations of real life situations - it will be fun as well as educational!

Start Date	Time/Day	Fee
Jan 2 10 Weeks	10:00– 11:30 Thursday	90.00

## 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.

**No Class on March 12th**

Start Date	Time/Day	Fee
Jan 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	Fee
Jan 3 10 Weeks	10:00 – 10:45 Friday	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! **No Class on March 12th**

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

## 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
Jan 7 10 Weeks	10:00– 11:00 Tuesday	Intermediate 25.00
Jan 7 10 Weeks	11:30-12:30 Tuesday	Beginners 25.00



# Social Programs

REGISTRATION REQUIRED

## ARTS

### ART STUDIO:

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

**Members:** \$5/month

**Location:** Craft Room

### KNITTERS' CORNER:

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

**Members:** \$5/month

**Location:** Trillium Room

### 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.*

## SOCIAL

### PERSIAN SOCIAL CLUB

یسراف یعامتجا هاگشاب

**Day:** Tuesday

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

**Location:** Multipurpose Room

### KOREAN SOCIAL CLUB

코리아 소셜 클럽

**Day:** Thursday

**Time:** 10:00-12:45 Members \$5/month

**Location:** Trillium Room

### ENGLISH CONVERSATION

**Day:** Thursday

**Time:** 11:00am - 12:00pm

Members: \$5/month

For those who have completed ESL and would like to practice their skills in a friendly group.

**Location:** Library

### 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)

**Date:** Wednesday

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

**Members:** \$5/month

**Location:** Multipurpose Room

## FITNESS

### PICKLEBALL

**Day:** Thursday

**Time:** 10:00am to 12:00pm

**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

### EUCHRE

**Day:** Tuesday

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

**Members:** \$5/month

**Location:** Cafe

### PROGRESSIVE BRIDGE

**Day:** Tuesday

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

**Members:** \$5/month

**Location:** Trillium Room

### SCRABBLE

**Day:** Wednesday

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

**Members:** \$5/month

**Location:** Library

### MAH JONGG —ENGLISH

**Day:** Friday

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

**Members:** \$5/month

**Location:** Trillium Room

### CANASTA

**Day:** Thursday

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

**Members:** \$5/month

**Location:** Trillium 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

#### - BEGINNER & ADVANCED

9:30-10:30 am Wednesdays

Beginner & Advanced 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

10:30-11:30 am Fridays

Strengthen your brain as we play different grammatical games, make smaller words out of bigger words, and complete crossword puzzles.

## WINTER SPEAKING SERIES

Join us for a variety of informative presentations in winter 2024. 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!

### DEALING WITH WINTER BLUES

DATE/TIME: Wednesday, January 15th, 2025

@1:30-2:30pm

#### ON SITE OR ZOOM

Join us for a one-hour interactive workshop to talk about what are the "post-holiday blues", signs and symptoms and ways to address feeling low. Offered by **Flemingdon Health Centre**.

### BLOOD PRESSURE MANAGEMENT

DATE/TIME: Friday, March 7th, 2025

@2:00-3:00pm

#### ON SITE

Join Registered Dietician, Kathy Oghalai, and Registered Nurse, Melissa Reale, from **Vaughan Community Health Centre**, for this presentation. Learn about hidden salt in foods and strategies to reduce salt intake. Learn about the causes and management of high blood pressure.



Thanks to the generosity of Rotary Club North York, we are able to provide Creative Art Socials for 2025! Stay tuned for more details!

## REGISTERED ZOOM PROGRAM:

**STRETCH N' STRENGTH-OVER ZOOM** Instructor: Karen S.

This program is designed for the purpose of strengthening and lengthening muscles and increasing your flexibility through a variety of exercises that are done both standing and sitting. This program uses weights. Chairs are used to encourage balance exercises.

Start Date	Time/Day	Fee
Jan 8	11:30-12:15	\$17.00/month
Feb 5	Wednesday	\$17.00/month
Mar 5		\$17.00/month

### 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	Fee
Jan 10	12:00- 1:00	60.00
10 Weeks	Friday	

# Registered OnSite Programs

### ART HISTORY: A Taste of Impressionism - March

Instructor: Elizabeth I.

Impressionist artists created beauty with their vivid brushstrokes becoming the masters of light and colour. In this course, we will enjoy their legacy with some selected impressionist artworks.

Start Date	Time/Day	Fee
Mar 4	10:00-12:00	\$85.00
4 weeks	Tuesday	

### Not Choir!

Instructor: Paula W.

No singing experience required, no reading music, no memorizing! Develop a communal feeling and sense of accomplishment while you learn new songs. Paula will guide you to breath together and set phrasing and mean what you sing!

Start Date	Time/Day	Fee
Feb 5	11:00-12:00	\$60.00
6 weeks	Wednesday	

## Telephone Programs

### REGISTRATION & MEMBERSHIP REQUIRED

#### MONDAY:

##### TRIVIA

2:15 pm -2:45 pm

Test yourself on general knowledge and more!

#### TUESDAY:

##### NAME THAT TUNE

2:15 pm -2:45 pm

Test your musical smarts as we guess the song title & artist of these mysterious melodies!

#### WEDNESDAY:

##### BIOGRAPHY

2:15 pm -2:45 pm (Biweekly)

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!

## New Year's Brunch

**Date:** Tuesday, January 7th, 2025

**Time:** 10:30am-12:00pm

**Price:** \$15 Members, \$20 Non-Members

Join us for a delicious brunch at the Active Living Centre. Let's bring in 2025 with good food, and great company. Bring a friend!

**ON SITE \*RSVP by Tuesday, December 31**

## The Health Benefits of Tea

**Date:** Wednesday, February 19, 2025

**Time:** 2:00-3:30pm

**Price:** \$10 members, \$12 non-members

Learn about the health benefits of tea drinking. Taste different kinds of tea, such as black, green, white, herbal, and more. Enjoy light refreshments.

**ON SITE \*RSVP by Wednesday, February 12th.**

## Nowruz Party

**Date:** Tuesday, March 18th

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

**Price:** \$15 Members, \$20 Non-Members

Celebrate the Persian New Year at the Active Living Centre! Learn about this holiday, and enjoy delicious treats.

**ON SITE \*RSVP by Tuesday, March 11th**

## 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:

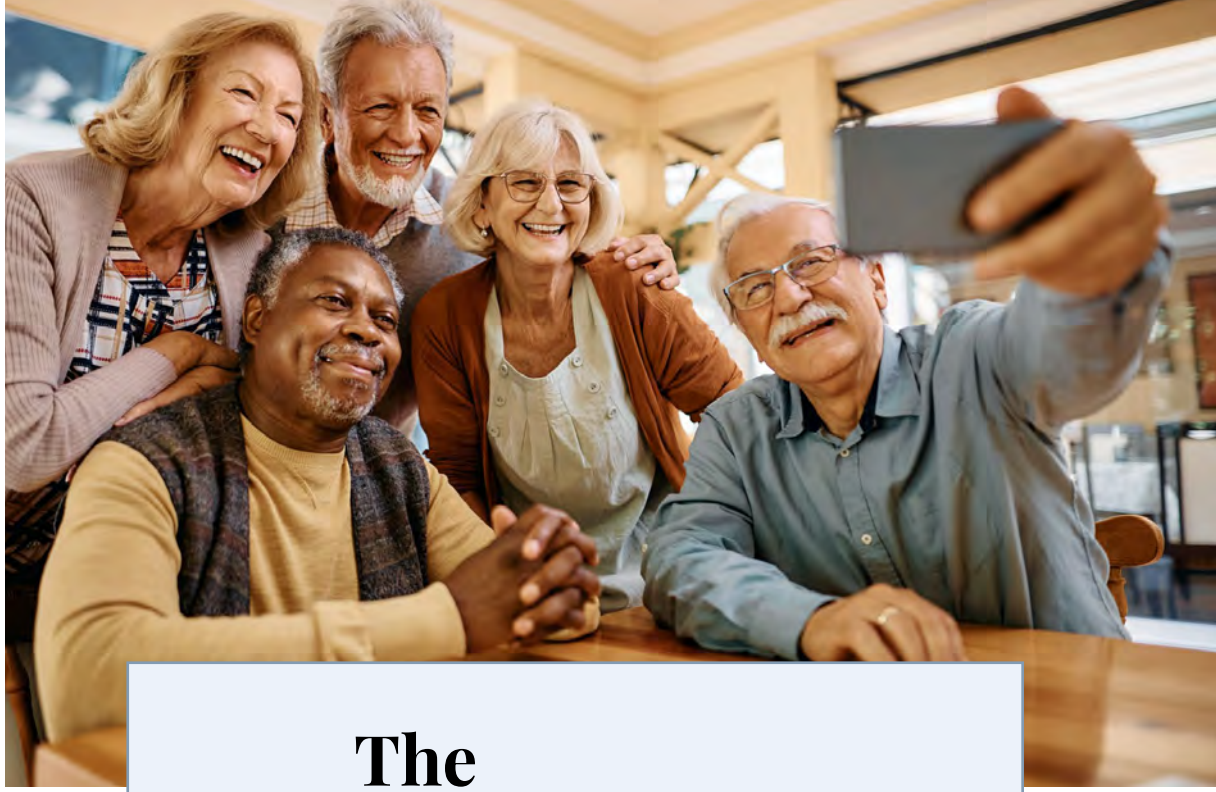
The Active Living Centre is a **SCENT-FREE** facility! Keep in mind that some people have strong allergic reactions to scent. Please keep perfume, cologne and scented creams to a minimum. Thank you!



# Other Services

## Foot Care

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



## 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 quarterly 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.*

**Returning March 2025**

## 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

WINTER 2024

MONDAY	TUESDAY	WEDNESDAY
<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>Healthy Bones Level 1</b> 11:30-12:30 .....ALC Multipurpose Room</p> <p><b>Korean Dancing PM (Korean)</b> 1:00-2:00 .....ALC Multipurpose Room</p> <p><b>Art Studio</b> 2:15-4:15 .....ALC Craft Room</p> <p><b>Trivia</b> 2:15-2:45 .....PHONE</p>	<p><b>Art History (November)</b> 10:00- 12:00.....ALC Craft Room</p> <p><b>Mah Jongg for Intermediate</b> 10:00- 11:00.....ALC Trillium Room</p> <p><b>Mah Jongg for Beginners</b> 11:30- 12:30.....ALC Cafe</p> <p><b>Line Dance Level 2</b> 10:15-11:40 .....ALC Multipurpose 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>Euchre</b> 1:00-3:00.....ALC Cafe</p> <p><b>Name That Tune</b> *Biweekly 2:15-2:45 .....PHONE</p>	<p><b>Spanish Conversation Club Beginner &amp; Advanced</b> 9:30-10:30 .....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 Trillium Room</p> <p><b>Not Choir</b> 11:00-12:00.....ALC Trillium Room</p> <p><b>Stretch &amp; Strength</b> 11:30-12:15.....ZOOM</p> <p><b>Stitchers</b> 1:00-2:30 .....ALC Craft Room</p> <p><b>Scrabble</b> 1:00-4:00 .....ALC Library</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> 10:00-12:00 .....ALC Multipurpose Room</p> <p><b>Korean Social Club</b> 10:00-12:45 .....ALC Trillium Room</p> <p><b>French Beginner</b> 10:00-11:30 .....ALC Craft Room</p> <p><b>English Conversation</b> 11:00-12:00 .....ALC Library</p> <p><b>Abs, Back and Core</b> 11:30-12:30.....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>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</b> 10:00-10:45 .....ALC Trillium Room</p> <p><b>Word Games</b> 10:30-11:30 .....ZOOM</p> <p><b>Gentle Fitness</b> 11:00-11:45 .....ALC Trillium Room</p> <p><b>Line Dance Level 1</b> 11:15-12:45.....ALC Multipurpose Room</p> <p><b>Chair Yoga</b> 12:00-1:00.....Zoom</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>Belly Dance</b> 2:30-3:30 .....ALC Multipurpose Room</p> <p><b>Good News</b> 2:15-2:45 .....PHONE</p>	



## Weekly E-mail Bulletin

### “KEEPING YOU IN TOUCH”

To receive a weekly program update via email, contact the Program Office at 416.733.4111

Or email Development at [development@nyseniors.org](mailto:development@nyseniors.org)

# 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.



# New A Day Away Location

*nysc*

*A DAY AWAY*



**Our new location at  
21 Hendon is now open!  
For more info,  
visit [www.nyseniors.org](http://www.nyseniors.org) or  
call 416 733.4111**



**MAKE IT  
MONTHLY  
2024**



**DONATE TODAY**

## Getting 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