

Join our Older Adult Centre
for people 55+!

JUNE EGLINTON HILL CENTRE PROGRAMS

2562 Eglinton Avenue West
Ground Floor
Toronto, ON M6M 1T4
416-248-2050
www.reconnect.on.ca

Please note: Changes to the schedule may occur without notice.

WELCOME BIENVENIDOS BEM VINDOS BENVENUTI

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>NEW 10 a.m. – 11 a.m. Stretch and Strengthen (CR)</p> <p>11 a.m. – 12 p.m. Pilates (CR)</p> <p>NEW 12 p.m. – 1 p.m. The Groove (CR)</p> <p>12 p.m. – 1 p.m. ESL Conversation (MDR)</p> <p>1 p.m. – 2 p.m. Chair Yoga (CR)</p> <p>1 p.m. – 3:30 p.m. Sing Fest! (MDR)</p> <p>2 p.m. – 3 p.m. (C) 3 p.m. – 4 p.m. (A) Therapeutic Falls Prevention (A, C) (CR)</p>	<p>10 a.m. – 11 a.m. Stretch and Strengthen (CR)</p> <p>10 a.m. – 12 p.m. Bridge/Cribbage (MDR)</p> <p>10:30 a.m. – 12 p.m. Computer Lab (CL)</p> <p>11 a.m. – 12 p.m. Zumba (CR)</p> <p>11 a.m. – 12 p.m. ESL Grammar (EHCR)</p> <p>12 p.m. – 3 p.m. Table Games Arts and Crafts Dancing, Bingo (English/Portuguese) (MDR)</p> <p>12 p.m. – 2 p.m. Line Dancing (CR)</p>	<p>9:30 – 10:30 a.m. Cardio Fitness (CR)</p> <p>11 a.m. – 12 p.m. Fitness Fun (CR)</p> <p>12:30 – 1:30 p.m. Let's Do Lunch</p> <p>12 p.m. – 1:30 p.m. Creative Writing</p> <p>1:30 p.m. – 4 p.m. Busy Hands Crafts and Sewing (EHCR)</p> <p>2 p.m. – 3 p.m. (C) 3 p.m. – 4 p.m. (A) Therapeutic Falls Prevention (A, C) (CR)</p>	<p>10 a.m. – 11 a.m. Stretch and Strengthen (CR)</p> <p>10 a.m. – 1 p.m. Painting Studio (EHCR; June 21st/28th)</p> <p>NEW 11 a.m. – 12 p.m. Zumba (June 7th) Dancing Rivers of Wellbeing (June 21st/28th) (CR)</p> <p>12:30 – 2:30 p.m. Beginner Computer Class (CL)</p> <p>2:30 – 3:30 p.m. Pilates (CR; June 21st/28th)</p> <p>2 p.m. – 5 p.m. Painting Studio (EHCR; June 21st/28th)</p>	<p>10 a.m. – 11 a.m. Chair Yoga (CR)</p> <p>11 a.m. – 12 p.m. Cardio Fitness (CR)</p> <p>11 a.m. – 12 p.m. Beginner English (EHCR)</p> <p>12 p.m. – 12:30 p.m. Dancing (CR)</p> <p>12:30 p.m. – 3 p.m. Alegria Lunch Bingo (MDR) (English/Spanish)</p> <p>1 p.m. – 3 p.m. Drawing and Sketching (EHCR)</p> <p>1 p.m. – 3:30 p.m. Line Dancing (CR)</p>	<p>10 a.m. – 11 a.m. Stretch and Strengthen (MDR)</p> <p>11 a.m. – 12 p.m. Dancercize (MDR)</p> <p>12 p.m. – 3 p.m. Social and Games (CR)</p>

Special Events and Notices

June 8—Photography Club

June 14—Seniors' Month Event
Centre Closed

June 17—Welland Canal Trip

June 20—Centre closed 12 p.m. except for Falls Prevention class

June 21—11 a.m.
Intergenerational Dance and Drumming Workshop

June 30, July 2 Centre Closed

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Calendar key:

NEW New class or time

CL: Computer Lab

CR: Community Room

EHCR: EHC Room

Please contact us or drop by EHC to inquire about any of the programs listed. EHC charges a modest membership fee.
We appreciate your ideas for new programs and activities that you would like to see happening at EHC.