

EGLINTON HILL CENTRE

— A LIVELY SPOT FOR COMMUNITY CONNECTIONS —

Seniors' Month - June 2018

June is Ontario's 34th annual Seniors' Month. This year's theme, "Now's the time to start something new," highlights how aging does not prevent any of us from leading fulfilling lives. Seniors continue to contribute to our community, and we can all benefit from their wisdom, friendship, and experience (Government of Ontario, 2018).



JUNE 2018

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Seniors' Month Event

Join us for our biggest, boldest event of the year!

The event will be held at 116 Industry Street.

June 14, 2018

This free event includes lunch, entertainment and dancing.

Free transportation from Eglinton Hill Centre

10:45 a.m. and 11 a.m.

This year the event is sponsored by

United Way Day of Caring Volunteers from BMO!

At Eglinton Hill Centre (EHC), seniors and older adults can enjoy programs and activities suited to various levels and abilities. EHC is funded in part by the Ministry of Seniors Affairs through its EPC funding.

EHC Membership

Only \$40.00

for a year's worth of programs, activities, fun, and lively connections!



Join our Older Adult Centre
for people 55+!

JUNE EGLINTON HILL

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

WELCOME

BIENVENIDOS

Monday

NEW

10 a.m. – 11 a.m.

Stretch and Strengthen (CR)

11 a.m. – 12 p.m.

Pilates (CR)

NEW

12 p.m. – 1 p.m.

The Groove (CR)

12 p.m. – 1 p.m.

ESL Conversation (MDR)

1 p.m. – 2 p.m.

Chair Yoga (CR)

1 p.m. – 3:30 p.m.

Sing Fest! (MDR)

2 p.m. – 3 p.m. (C)

3 p.m. – 4 p.m. (A)

Therapeutic Falls Prevention (A, C) (CR)

Tuesday

10 a.m. – 11 a.m.

Stretch and Strengthen (CR)

10 a.m. – 12 p.m.

Bridge/Cribbage (MDR)

10:30 a.m. – 12 p.m.

Computer Lab (CL)

11 a.m. – 12 p.m.

Zumba (CR)

11 a.m. – 12 p.m.

ESL Grammar (EHCR)

12 p.m. – 3 p.m.

Table Games

Arts and Crafts

Dancing, Bingo (English/

Portuguese) (MDR)

12 p.m. – 2 p.m.

Line Dancing (CR)

Wednesday

9:30 – 10:30 a.m.

Cardio Fitness (CR)

11 a.m. – 12 p.m.

Fitness Fun (CR)

12:30 – 1:30 p.m.

Let's Do Lunch

12 p.m. – 1:30 p.m.

Creative Writing

1:30 p.m. – 4 p.m.

Busy Hands

Crafts and Sewing (EHCR)

2 p.m. – 3 p.m. (C)

3 p.m. – 4 p.m. (A)

Therapeutic Falls Prevention (A, C) (CR)

Thursday

10 a.m. – 11 a.m.

Stretch and Strengthen (CR)

10 a.m. – 1 p.m.

Painting Studio (EHCR; June 21st/28th)

NEW

11 a.m. – 12 p.m.

Zumba (June 7th) Dancing Rivers of

Wellbeing (June 21st/28th)(CR)

12:30 – 2:30 p.m.

Beginner Computer Class (CL)

2:30 – 3:30 p.m.

Pilates (CR; June 21st/28th)

2 p.m. – 5 p.m.

Painting Studio (EHCR; June 21st/28th)

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

CENTRE PROGRAMS

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

BEM VINDOS

BENVENUTI

Friday

10 a.m. – 11 a.m.
Chair Yoga (CR)

11 a.m. – 12 p.m.
Cardio Fitness (CR)

11 a.m. – 12 p.m.
Beginner English (EHCR)

12 p.m. – 12:30 p.m.
Dancing (CR)

12:30 p.m. – 3 p.m.
Alegria Lunch Bingo (MDR)
 (English/Spanish)

1 p.m. – 3 p.m.
Drawing and Sketching (EHCR)

1 p.m. – 3:30 p.m.
Line Dancing (CR)


Saturday

10 a.m. – 11 a.m.
Stretch and Strengthen (MDR)

11 a.m. – 12 p.m.
Dancercize (MDR)

12 p.m. – 3 p.m.
Social and Games (CR)

Calendar key:

 New class or time

CL: Computer Lab

CR: Community Room

EHCR: EHC Room

MDR: Marco De Luca Room

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

EHC charges a modest membership fee.
 Would like to see happening at EHC.

EHC BRIEFS

Sharing Program Space—Thank you for your continued patience as we share our space with the Adult Day Services while they complete a renovation. We apologize for the disruption.

Seniors' Month Event—Save the date (June 14, 2018). Held at the Learning Enrichment Foundation (LEF). All are welcome. Please let us know if you would like to perform or assist in the planning. Look for more information about transportation to LEF.

Welland Trip—Sunday, June 17, from 9:00 a.m. to 5:30 p.m., mini bus trip to Welland Canal area. Highlights include the Welland Canal, picnic in Port Dalhousie, and a stop at a Farmer's Market. The cost of this big, full day trip is \$20.00. Registration starts June 4.

Toronto Challenge—It's not too late to sponsor one of the Eglinton Hill Centre walkers or runners. All funds raised at the June 10th event will go to Reconnect Community Health Services to support the important work we do. You may receive a call requesting a donation.

JUNE PROGRAM CHANGES

Line Dancing—starts earlier on Fridays (at 1 p.m.). If you are new to line dancing, this a good time to come learn some of the basics.

Tai Chi will resume in September. We thank Virginia for her excellent instruction.

There will be **no Pilates** May 31, June 7 and June 14.

Painting and Drawing classes will resume on June 21.

Zumba will be held on Tuesdays only starting June 12.

Dancing Rivers of Wellbeing—Lua is back for another session of African Drumming and Dance. No experience necessary. All are welcome. The first class will be an intergenerational event with a group of students from a local kindergarten class on June 21. The program will be held on Thursdays, 11 a.m. – 12 p.m., June 21 to July 26.

IMPORTANT INFORMATION

- Office hours are Monday to Friday, 10 a.m. – 4 p.m.
- Annual membership fee is \$40; please inquire about benefits.
- We are wheelchair accessible. The TTC bus stop is half a block away, and there is a traffic light for crossing. Street and paid parking are available.

Be kind to the environment.

If you wish to receive this newsletter electronically please email us your request at contact@reconnect.on.ca



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