

EHC BRIEFS

**“Now is the time to start something new”
11th Annual Seniors’ Month Celebration**

Month of June

EHC Membership Renewal for 2019-2020 continues! Please see Zeter and bring your membership card with you. Membership fee is \$40.

Don't forget to bring your up to date contact information and health card to fill out forms.

Thursday June 27th**Seniors Month Event (11 am to 3pm)**

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

This free event includes lunch, entertainment and dancing.

Free Transportation from Eglinton Hill Centre.

URBAN ARTS**Seniors Storytelling Through Art**

RECONNECT COMMUNITY HEALTH SERVICES, 2562 EGLINTON AVENUE WEST

MONDAYS 2PM-4PM STARTING JUNE 3 UNTIL JULY 15

Urban Arts is offering a project that will enable seniors to access the knowledge and resources to share their life experiences through a variety of artistic disciplines.

Seniors will represent their legacy through art made during facilitated sessions with trained arts professionals.

For more information contact Zeter at 416-248-2050 Ext 5261

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



2562 Eglinton Avenue West,
Ground Floor
Toronto, ON M6M 1T4
Phone: 416-248-2050

EGLINTON HILL CENTRE

— A LIVELY SPOT FOR COMMUNITY CONNECTIONS —



June 2019

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Seniors’ Month Event
Join us for our biggest, boldest event of the year

Free event —All are welcome

Thursday, June 27th 2019

Time: 11 a.m. -3:00 p.m.

Where: 116 Industry Street

(The Learning Enrichment Foundation)

This Fun and Free Event includes

- Dazzling Performances
 - Lunch
- Craft and Bake Sale
 - Prizes
- Dancing and lots of Fun
- **Free Transportation from Eglinton Hill Centre.**

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 and Accessibility through Active Living Centre funding.

EHC Membership
\$40.00

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



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

BENVENU-

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 am – 11 am Stretch and Strengthen (CR)	10 am – 11 am Stretch and Strengthen (CR)	9:30 am – 10:30 am Cardio Fitness (CR)	10 am – 11 am Stretch and Strengthen (CR)	10 am – 11 am Chair Yoga (CR)	<p>We are working on Summer Trips</p> 
11 am – 12 pm Pilates (CR)	10 am – 11:30pm Computer Lab w/ Maria Antonietta	9:30 am – 11 am Euchre (EHCR)	10 am – 1 pm Painting Studio (EHCR)	11 am – 11:45 pm Cardio Fitness (CR)	
1 pm – 2 pm Chair Yoga (CR)	11 am – 12 pm Zumba (CR)	11 am – 12 pm Fitness Fun (CR)	11 am – 12 pm Zumba (CR)	11 am – 12pm Beginner English (EHCR)	
1 pm – 3:30 pm Sing Fest! (EHCR)	11 am – 12 pm ESL Grammar (EHCR)	11 am – 12 pm Beginner English (EHCR)	11 am – 12 pm Zumba (CR)	11:45am – 12:15 pm Free Dancing	
2pm-4pm Urban Arts Class (EHCR) <small>(Registration Required)</small>	12 pm – 3 pm Table Games	12:30 pm – 1 pm Let's Do Lunch	12:30 pm – 2:30 pm Beginner Computer Class (CL)	12:15-1:00 pm Zumba (CR)	
2 pm – 3 pm (C) 3 pm – 4 pm (A) Therapeutic Falls Prevention (CR)	12 pm – 3 pm Arts and Crafts	2 pm – 4 pm Busy Hands	2 pm – 5 pm Painting Studio (EHCR)	12:30 pm – 3 pm Alegria Lunch Bingo (MDR) (English/Spanish)	
	12 pm – 3 pm Dancing, Bingo (English/Portuguese) (MDR)	2 pm – 3 pm (C) 3 pm – 4 pm (A) Therapeutic Falls Prevention (CR)	2 pm – 3 pm Tai Chi (CR)	1 pm - 3 pm Drawing and Sketching (EHCR)	
	2 pm – 4 pm Line Dancing (CR)			1 pm – 3:30 pm Line Dancing (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

Welcome!

June 1st: 2019-2020 membership continues!

June 3rd: Urban Arts Class Begins

June 14th : Photography Class

June 25th: EHC closed for Staff Event

June 26th: No Let's Do Lunch Program

June 27th: Seniors' Month Event

June 28th: EHC will be closed at 1pm.

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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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						

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.