

EGLINTON HILL CENTRE

— A LIVELY SPOT FOR COMMUNITY CONNECTIONS —



August 2019

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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.

Seniors' Month in Ontario is a great time for seniors to celebrate their lives and the many contributions seniors make to our communities. Ontario's 2019 theme was "Now is the time to start something new." Reconnect 10th Annual Seniors Month Event was a huge success bringing 250+ seniors together for an afternoon of food, fun and friendship.

EHC Membership
\$40.00

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



Join our Older Adult Centre
for people 55+!

AUGUST EGLINTON HILL

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

WELCOME

BIENVENIDOS

Monday	Tuesday	Wednesday	Thursday
<p>10 am – 11 am Stretch and Strengthen (CR)</p>	<p>10 am – 11 am Stretch and Strengthen (CR)</p>	<p>9:30 am – 10:30 am Cardio Fitness (CR)</p>	<p>10 am – 11 am Stretch and Strengthen (CR)</p>
<p>11 am – 12 pm Pilates (CR)</p>	<p>10 am – 11:30am Computer Lab w/ Maria Antonietta</p>	<p>9:30 am – 11 am Euchre (EHCR)</p>	<p>10 am – 1 pm Painting Studio (EHCR)</p>
<p>1 pm – 2 pm Chair Yoga (CR)</p>	<p>11 am – 12 pm Zumba (CR)</p>	<p>11 am – 12 pm Fitness Fun (CR)</p>	<p>11 am – 12 pm Zumba (CR)</p>
<p>1 pm – 3:30 pm Sing Fest! (EHCR)</p>	<p>11 am – 12 pm ESL Grammar (EHCR)</p>	<p>11 am – 12 pm Beginner English (EHCR)</p>	<p>11 am – 12 pm Zumba (CR)</p>
<p>2 pm – 3 pm (C) 3 pm – 4 pm (A) Therapeutic Falls Prevention (CR)</p>	<p>12 pm – 3 pm Table Games Arts and Crafts Dancing, Bingo (English/Portuguese) (MDR)</p>	<p>12:30 pm – 1 pm Let's Do Lunch</p>	<p>2 pm – 5 pm Painting Studio (EHCR)</p>
	<p>2 pm – 4 pm Line Dancing (CR)</p>	<p>2 pm – 4 pm Busy Hands Crafts and Sewing (EHCR)</p> <p>2 pm – 3 pm (C) 3 pm – 4 pm (A) Therapeutic Falls Prevention (CR)</p>	

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.

L CENTRE PROGRAMS

BEM VINDOS

BENVENU-

2562 Eglinton Avenue West

Ground Floor

Toronto, ON M6M 1T4

416-248-2050

www.reconnect.on.ca

Friday

10 am – 11 am
Chair Yoga (CR)

11 am – 11:45 pm
Cardio Fitness (CR)

11 am – 12pm
**Beginner English
(EHCR)**

11:45am – 12:15 pm

Free Dancing

12:15-1:00 pm

Zumba (CR)

12:30 pm – 3 pm

**Alegria Lunch
Bingo (MDR)
(English/Spanish)**

1 pm - 3 pm

**Drawing and
Sketching (EHCR)**


1 pm – 3:30 pm

Line Dancing (CR)

Saturday



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!

August 5th: EHC closed for Civic Holiday

August 9th: Photography Class

August 13th: Day at Kew Gardens and Beach Trip

August 29th: St Jacob's Market Trip

August 2019

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	31

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

EHC BRIEFS



Day at Kew Gardens and Beach:

Join us for a picnic and day at the beach at beautiful Kew Gardens on Tuesday August 13th. Pick up at the Eglinton Hill Centre is 9:30 am, return time is 4pm.

Registration required. Cost \$ 7.00 includes light lunch and transportation.

For more details speak to Zeter.

Trip to St. Jacob's Market:

Penny will be leading a trip to St. Jacob's Market on Thursday August 29th. The trip cost \$30.00 per person and includes transportation by coach bus.

Membership Meeting:

We will hold a membership meeting with lunch and dance on Wednesday September 18th. Stay tuned for more details.

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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