

OCTOBER 2019

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	EVERY SATURDAY
<p>EXERCISE CLASSES 9:30-10:30 am Chair-based gentle exercise (MP)* 10:30-11:30 am Tai Chi (JM) 3-4 pm Chair-based gentle exercise (JB)</p> <p>FOOD PROGRAMS 12 pm Lunch \$ (JB)</p> <p>SOCIAL PROGRAMS 1-3 pm Community Social \$ (JM)</p> <p>GROUP SHOPPING Mondays 12-2 pm Oct. 7 @ Walmart, 1900 Eglinton Ave E. Oct. 21 @ Eglinton Square, 1 Eglinton Sq. Oct. 28 @ Dufferin Mall, 900 Dufferin St.</p>	<p>EXERCISE CLASSES 9:30-10:30 am Chair Yoga (JM) 10-11:45 am Tai Chi (SA) \$* 10:00-10:45 am Chair-based gentle exercise (WM) 10:30-11:30 am Tai Chi (JB) 10-11 am Chair-based gentle exercise (MGP) 3-4 pm Chair-based gentle exercise (GB)</p> <p>FOOD PROGRAMS 12-1 pm Lunch Cafe \$ (MGP)</p> <p>SOCIAL PROGRAMS 11 am-12 pm Brain Exercises (WM) 12-1 pm Drop-In Social \$ (WM) 1-3 pm Community Social \$ (JB) 2-3 pm TED Talks \$ (WM)</p>	<p>EXERCISE CLASSES 10:30-11:30 am Chair Yoga (GB) 10-11 am Heart Healthy Fitness (MGP) 10:30-11:30 am Balls, Bands & Balance (MC) 3-4 pm Chair-based gentle exercise (JM) 3-4 pm Bands and Balance (TS) 3-4 pm Bands and Balance (ND)</p> <p>FOOD PROGRAMS 12-1 pm Lunch Cafe \$ (JM)</p>	<p>EXERCISE CLASSES 9:30-10:30am Gentle Yoga (SA) \$ 10-11 am Heart Healthy Fitness (MP)* 10:30-11:30 am Chair-based gentle exercise (MC) 3-4 pm Chair-based gentle exercise (GB) 3-4 pm Bands & Balance (JB) 3-4 pm Healthy Bone Fitness (standing) (JM)</p> <p>GROUP SHOPPING 10-11 am Shopping @ Metro, Eglinton and Bayview 1-2:30 pm Shopping @ No Frills, 1811 Avenue Rd.</p> <p>FOOD PROGRAMS 12-2 pm Lunch & Program (TE) \$ (by reservation only)</p> <p>SOCIAL PROGRAMS 10 am-12 pm Tablet Technology Workshop (SSC)*</p>	<p>EXERCISE CLASSES 9:30-10:30 am Chair-based gentle exercise (ND) 10-11 am Chair-based gentle exercise (TS) 10:30-11:30 am Low-Impact Cardio (standing) (JM) 3-4 pm Chair-based gentle exercise (JB)</p> <p>GROUP SHOPPING 10-11 am Shopping @ Metro, Bayview and Eglinton 1:00-2:30 pm Shopping @ Metro, Bayview and Eglinton</p> <p>SOCIAL PROGRAMS 1-3 pm Fabulous Friday Social (TS) 2-4 pm Peer Support Group (by referral) \$ (SSC)</p>	<p>EXERCISE CLASSES 10:00-10:45 am Bands & Balance (WM) 2-3 pm Seated Cycling (WM) *</p> <p>SOCIAL PROGRAMS 11 am-12 pm Brain Exercises (WM) 12-1 pm Drop-In Social \$ (WM) 1-2 pm Mindful Meditation (WM)</p>
OTHER ACTIVITIES					
	<p>FOOD PROGRAMS October 29, 1 pm: Loblaw Cooking School (Transportation provided)</p>		<p>SOCIAL PROGRAMS October 3, 17 & 31, 2-4 pm: Older LGBT Social (SSC)</p>	<p>FOOD PROGRAMS October 4, 11:30 am-12:30 pm: Farmers' Market \$ (JB) October 18, 11 am-2 pm: Farmers' Market \$ (MGP) October 25, 11 am-12:30 pm: Farmers' Market \$ (MMP)</p> <p>ART PROGRAMS October 18, 9:30-11:30 am Active Fingers Knitting & Crochet Group (SSC)</p>	

\$ = costs associated with program. Please see reverse for details.

* = This program is session-based. Please call 416-481-6411 to reserve your spot.

Please note that there will be no programming on Monday, October 14 due to Thanksgiving.

If it is your first time attending a program, please call to check for available spots. To check for spots, or if you have any questions, please call 416-481-6411.

LOCATION LEGEND

William Morgan site, 1 William Morgan Dr. (WM)	Moore Place, 801 Mount Pleasant Rd. (MP)
George Barker Manor, 384 Mt Pleasant Rd. (GB)	McMurrich Place, 18 Davenport Rd. (MMP)
Janet Magee Manor, 71 Merton St. (JM)	Northern District Library, 40 Orchard View Blvd. (ND)
Joseph Brown Manor, 3179 Yonge St. (JB)	SPRINT Senior Care, 140 Merton St. (SSC)
Marjory Carton Apts., 193 Wilson Ave. (MC)	St. Augustine Church, 1847 Bayview Ave. (SA)
Montgomery Place, 130 Eglinton Ave. E. (MGP)	The Sherwood, 2567 Yonge St. (TS)
	Timothy Eaton Memorial Church, 230 St. Clair Ave. W. (TE)

Cost of transportation to SPRINT Senior Care programs (one-way) is \$3.50.

Transportation is not available for Saturday programs.



PROGRAM DESCRIPTIONS



Unless indicated, all programs are free of charge

Exercise Programs

Please dress in comfortable clothes and running shoes. With all programs, you have the option to be seated.

Strengthen and Stretch

This class consists of a warm up, stretch, and cardio, followed by strengthening with pool noodles and stress balls. The class ends with gentle stretching, meditation and deep breathing.

Chair-based Gentle Exercise

Strengthens muscles by using weights, balls, and/or noodles while sitting in a chair. This program is geared towards seniors with mobility challenges.

Chair Yoga

Instructors will lead you through a traditional yoga class while seated in a chair.

Therapeutic Yoga

You will learn gentle poses, breathing practices and other tips designed to enhance strength, energy, balance, cognition and mood. An occupational therapist will perform assessments and provide education around falls prevention.

Gentle Yoga

Enjoy a standing yoga classes with a certified yoga instructor. There is a \$5.00 fee per class.

Bands and Balance

Learn resistance and balance exercises that help with coordination, while increasing muscle mass and strength.

Low-Impact Cardio (standing)

Standing exercises that help cardiovascular endurance. This program provides alternatives

to higher-impact exercises like jumping or running.

Healthy Bone Fitness (standing)

In this class, you will learn weight-bearing and muscle strengthening exercises to reduce bone breakdown and fracture risks.

Heart Healthy Fitness (standing)

Heart-healthy standing exercises target each major muscle groups with the option of using hand weights.

Tai Chi (standing)

Shibashi Tai Chi is comprised of 18 movements. It is beneficial for physical health, and helps to reduce stress!

Social Programs

Peer Support Group

Join your peers for educational presentations, exercises and socialization over refreshments. A referral from a social worker is required. Please call us at 416-481-6411 to inquire about the referral process. There is a fee of \$3.00 per session.

Brain Exercise

Challenge yourself and exercise your mind with brain games, trivia, board games, puzzles, riddles, and more!

Community Social/Fabulous Friday Social

Enjoy a warm meal or snack while taking part in a staff-led social with peers, including activities such as high teas, pizza parties, Travelogues, Movie Matinee, and trivia. Fee varies from \$3.00-\$5.00 per social.

Older LGBT Social

For older adults 55+ who identify as lesbian, gay, bisexual, or trans (LGBT). Those who are LGBT friendly also welcome to attend. The social provides an afternoon to chat and participate in an educational session.

Active Fingers Knitting and Crochet Group

Connect with others who share a similar passion for knitting and/or crocheting. Both new and experienced knitters are welcome.

Drop-in Social

Socialize and participate in independent, non-staff led activities such as colouring, word searches, Sudoku, card games, puzzles, board games, and knitting. Unlike our Community Socials, this is an independent program and not staff-led. Snacks and coffee/tea may be available for a small cost.

Craft Corner/Arts and Crafts

Crafting encourages creativity, provides a mental challenge, and you can connect with others through conversation. There is a \$5.00 fee per class.

TED Talks

Watch interesting speakers on video as they discuss topics such as education, business, science, and creativity and discuss your views over coffee and snacks. There is a \$2.00 cost for refreshments, if desired.

Technology Lab

Receive assistance and ask questions about your cellphone, tablet, or computer (Android or Apple). We also provide tablets to practice your skills.

Tablet Technology Workshop

This is an 8-week technology program where you

will learn how to use Samsung tablet. You will learn how to send emails, take photos, navigate the internet and more. Tablets are provided. You must pre-register for this program.

Food Programs

Cooking Club

Have fun learning basic and advanced culinary skills while cooking healthy, simple meals to enjoy. There is a \$7.50 fee per session.

Shopping Groups

SPRINT Senior Care organizes group shopping trips to various malls and grocery stores with a transportation cost of \$3.50 each way. Trips can be booked up to 30 days in advance, so give us a call at 416-481-0669 ext. 223.

Lunch Only or Lunch & Program

With Lunch only, enjoy a three-course, catered, sit-down, hot meal consisting of soup, main course, dessert, coffee and tea for \$7.00. A "Lunch and Program" includes an after-lunch activity such as trivia, bingo, sing-a-long or speaker for \$7.50. These lunches are by reservation only. All are welcome!

Lunch Café

Enjoy an a-la-carte catered meal. Meal options available are: soup, a hot entrée, sandwiches and desserts. You can choose to dine on site, or purchase items for takeout. All are welcome! Food costs vary from \$1.00-\$7.00.

Farmers/Mini Markets

Drop-in shopping with a selection of seasonal fruits and vegetables at affordable prices. This program is open to all seniors in the community. Costs vary based on purchase.