



# Recreation Program Guide

Oct - Dec 2018

SPLC | 3333 Finch Avenue East,  
Scarborough | [www.splc.ca](http://www.splc.ca)



## **MISSION STATEMENT**

SPLC supports healthy aging by providing client centered housing, programs, and services that meet the needs of diverse older adults.

## **VISION**

We envision a community in which all older adults live in wellness & dignity with equal access to the support they need.

## **Values**

### **S.E.N.I.O.R.S**

**S**ervices: We are committed to providing efficient and effective services

**E**xcellence: We offer excellent & competent programs, services, and housing

**N**urturing: We create a nurturing environment to serve the best interests of our clients

**I**nclusive: We maintain an inclusive and welcoming environment regardless of race, ethnicity, color, religion, and sexual orientation

**O**utcomes: We create positive outcomes through collaboration with clients, caregivers, staff, partners and volunteers

**R**espect: We create a culture of respect

**S**afety: We ensure client, staff, and volunteer safety

# TABLE OF CONTENTS

## Regulations and Guidelines

Mission Statement.....	1
Guidelines & Emergency Procedures for Recreation Program Participants.....	2
Membership & Programs registration Information.....	3
Class / Trip withdrawal / Refund Policies.....	4
Remarks for Fitness & Dance Program Participants.....	4

## Programs

Arts & Crafts.....	5 & 6
Technology Assistance .....	6
Dance.....	7 & 8
Education.....	9
Calendar.....	10 & 11
Fitness.....	12 - 14
Games.....	14
Leisure.....	15
Music.....	15 & 16

## Trips & Special Events

Trip Procedures & Guidelines .....	17
Outings .....	17
Trips.....	18
Special Events.....	19
SPLC Integrated Services .....	20
Health Promotion Programs.....	21



Visit [www.splc.ca](http://www.splc.ca) to download a FREE copy of the most current Program Guide

## Code of Conduct

The following guidelines have been created to ensure a safe and enjoyable environment. All participants are expected to adhere by the following rules:

- Be respectful towards staff, volunteers, program instructors, guests, and participants.
- **Follow your instructor's guidelines.**
- Inform instructor/staff of safety concerns.
- SPLC will not tolerate any use of physical and / or verbal violence that threatens the safety and well-being of staff, volunteers, instructors, other participants and /or property. The Recreation Department reserves the right to suspend or terminate the participation of any person who has demonstrated inappropriate, rude, intimidating, aggressive or unsafe behaviour.

## Client Safety

- If you experience flu symptoms i.e. fever, cough, sore throat, sore muscles, please refrain from attending recreational programs.
- Due to the health concerns arising from exposure to scented products, the use of scented products will not be allowed within program venues at any time

## Emergency Procedures

- SPLC adheres to safety and risk prevention measures for all of our programs and services.
- If an emergency occurs, **remain calm and call 911. If the situation is out of control, pull the emergency cord at your nearest location.** Stay and wait for help.
- When the emergency cord is pulled, the emergency response staff will arrive at the pulled cord location. Lead the emergency staff to the scene, and let the staff handle the situation. The emergency response staff will assess the situation. They will call an ambulance if necessary.
- There are 2 emergency pull cords located in the **Recreation Room ( near the Recreation Office and by the Church doors).**

## Fire Alarm

- When the fire alarm is activated, Recreation Staff / Instructor / Convener / Volunteer will stop the activity. Stay calm. Go to the assembly point out of the building. Do not enter the building.
- All Recreation program staff / Instructor / Convener / Volunteer must be familiar with location of the assembly point, and alternate emergency exits.

## Access Door Entrance For Recreation Participants

Recreation Program participants to enter from **entrance C** located beside the customer service desk when attending recreational programs. **Entrance C will be locked** at the following times:

**8:30 PM** - Monday

**8 PM** - Tuesday, Wednesday, Friday, Saturday & Sunday

**9 PM** - Thursday

## Membership Registration

Sign up for a Recreation Program Membership today for price discounts on classes, trips and events. Adults 55+ are eligible for Recreation Program Memberships.

Please note, membership fees are non-refundable and non-transferable.

Recreation Program Memberships cost \$20 and will last 1 year from the date of enrollment. Registration is available at SPLC's Customer Service desk. Please bring a valid identification.

Payment is accepted via cash, credit or cheque.

### Registration Schedule

Monday to Friday : 9:00 am – 3:30 pm at SPLC Customer Service desk

Fall Classes : October – December 2018

Registration Begins : Thursday September 6, 2018

Winter Classes : January – March 2019

Registration Begins : Thursday December 6, 2018

Office Hours : Monday - Friday, 8:30 am - 5:00 pm

For inquiries Call: 416 493 3333 (English) 416 490 2970 (Chinese)

STATUTORY HOLIDAYS (SPLC is closed)	
Thanksgiving Day	Monday October 8, 2018
Christmas	Tuesday December 25, 2018
Boxing Day	Wednesday December 26, 2018

### Cancellation Policy

The recreation department reserves the right to cancel or reschedule programs within appropriate guidelines. In the case of cancellations, make-up classes will be arranged or refunds will be given according to the number of classes remaining.

## Class Withdrawal / Refund Policy

To ensure everyone has an equal opportunity to enroll in a class, a \$10 administrative fee will be charged for each class withdrawal.

Notification of withdrawal is required at least 3 business days prior to the second class.

Computer class participants must withdraw one week before the date of the class

Notifications are to be made in person at the Customer Service Desk or by fax at 416-493-3391.

Refund cheques are mailed within 3 weeks.

Registration for special events is non-refundable.

## Trip Withdrawal / Refund Policy

Withdrawals can be made 14 days prior to departure to receive a refund but a \$10 charge will apply. The refund will be processed in 3 weeks.

If less than 14 days notice is given prior to departure [but before 48 hours of trip departure] a 50% refund will be issued.

Ticket transfers can be arranged by the participant at the front desk before 48 hours of departure. A fee of \$10 will apply.

No refunds will be issued with less than 48 hours notice of departure.




## Remarks for Fitness & Dance Program Participants

We recommend that you consult your doctor before registering for fitness and dance classes.

SPLC will not assume financial responsibility for any medical expenses or compensation for any injuries sustained either during, or resulting from participation in these programs. We strongly advise participants enrolled in the fitness programs to observe the respective program requirements such as wearing suitable clothing & appropriate footwear.

We strongly advise program participants to do warm-up stretches before starting a program.

## Level of Intensity

MILD 	Requires little or no skills; low physical impact
MODERATE 	Requires skills acquired from previous course, moderate physical impact.
INTENSE 	Requires advanced skills; high physical impact

## Arts & Crafts Programs

COURSE	DAY	TIME	CODE	FEE
<b>Chinese Painting</b> Instructor: <b>Chilun Amen Cheung</b> Cantonese				
<b>Chinese Painting Beginner L1</b> 10 Sessions	Mon Oct 1	12:00 - 1:15 pm	MACB1AFA18	Member \$65 Non-Member \$75
Learn basic Chinese painting techniques like painting flowers, plants, insects, animals and more				
<b>Chinese Painting Intermediate L2</b> 10 Sessions	Mon Oct 1	10:45 am - 12:00 pm	MACB2AFA18	Member \$65 Non-Member \$75
In addition to learning basic painting styles of flowers and animals, students will learn how to paint landscape & use traditional and modern ink				
<b>Sketching</b> English 10 Sessions	Wed Oct 3	11:00 am - 12:15 pm	MASK1AFA18	Member \$65 Non-Member \$75
This class will touch upon the key elements of sketching, perspective, figure and still life sketching. Moderate experience needed.				
<b>Chinese Calligraphy A</b> Cantonese & Mandarin Instructor: Linda Tam 10 Sessions	Thurs Oct 25	7:30 - 9:00 pm	MACC1AFA18	Member \$38 Non-Member \$45
Learn the basic artistic techniques of Chinese calligraphy				
<b>Chinese Calligraphy B</b> Cantonese & Mandarin Instructor: Sabina 10 Sessions	Fri Oct 5	1:00 - 2:30 pm	MACC1BFA18	Member \$40 Non-Member \$50
Learn the basic artistic techniques of Chinese calligraphy				
<b>Calligraphy &amp; Painting Club</b> Cantonese & Mandarin	Wed Oct 3	12:45 - 2:15 pm	MACP0AFW18	Member \$5 Non-Member \$10
Learn and discuss Chinese art, painting, and calligraphy				
<b>Knit &amp; Chat</b>	Thurs Sept 6	9:00am-11:00am	MAKCOAFW18	Member only Free
Meet new people while knitting				
<b>Craft Group</b>	Thurs Sept 6	11:30am - 1:30 pm	MACG0AFW18	Member only Free
Learn new crafts in a group setting that can be featured at SPLC events such as craft sales				



## Arts & Crafts Programs continued...

<b>Drawing &amp; Art Classes</b>		Instructor: Sukaina Walji-Karim		English	
<b>Art Studio Class</b> English	5 sessions	Tue Oct 9	10:30 am - 12:00 pm	MAAS0AFA18	Member \$10 Non-Member \$15
This class welcomes individuals who are experienced with art. You have the option of drawing at least two still life pieces or work on your own independent piece. Students are welcome to ask for critiques of their work or assistance as needed. Materials needed: Sketching pad, pencil, sharpener, ruler and eraser.					

<b>Nylon Flower</b>	10 Sessions	Wed Oct 3	2:30 - 4:00pm	MANF0AFA18	Member \$5 Non-Member \$10
Learn how to turn nylon stockings into seasonal flowers. Fees exclude materials. Material cost is approximately \$3 per lesson					

## Technology Assistance Programs

COURSE	DAY	TIME	CODE	FEE
<b>Technology Assistance Program</b> (3 Sessions) English Assisted by SPLC Volunteers	Mondays Oct 1, 15 & 22	3:30 pm - 5:00 pm	COET1AFA18	Member \$5 Non-Member \$10
	Thursdays Oct 4, 11 & 18	3:30 pm - 5:00 pm	COET1BFA18	
	Mondays Nov 5, 12 & 19	3:30 pm - 5:00 pm	COET1CFA18	
	Thursdays Nov 8, 15 & 22	3:30 pm - 5:00 pm	COET1DFA18	
	Mondays Dec 3, 10 & 17	3:30 pm - 5:00 pm	COET1EFA18	
	Thursdays Dec 6, 13 & 20	3:30 pm - 5:00 pm	COET1FFA18	
Receive one on one assistance with a qualified volunteer who will help guide you to use your computer, iPad, smart phone. Students at all levels are welcome, each volunteer will be sure to work at your pace and track your progress				

	<p><b>Free Internet Access for Residents &amp; Members</b>  <b>Location: Recreation Department, Computer Lab</b>  <b>Mondays: 1:30 pm - 3:00 pm &amp; Fridays: 3:30 pm - 5:00 pm</b></p>	
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**Note: For Chinese Computer, Tablet & iPad classes information, please refer to the Chinese Program Guide.**



# Dance Programs

COURSE	DAY	TIME	CODE	FEE
<b>Ballroom Dance</b>	<b>Instructor: Joseph &amp; Shirley</b>	<b>English, Cantonese &amp; Mandarin</b>		<b>10 sessions</b>
<b>Ballroom Absolute Beginner Level 0</b> ■■■■	Sat Oct 6	2:30 - 4:00 pm	DABD0AFA18	Member \$75 Non-Member \$85
No Experience required, learn very basic ballroom dance techniques.				
<b>Ballroom Beginner Improver Level 1</b> ■■■■	Sat Oct 6	1:00 - 2:30 pm	DABD1AFA18	
Learn basic ballroom dance techniques				
<b>Ballroom Advanced Level 2</b> ■■■■■■	Sat Oct 6	4:00 - 5:30 pm	DABD2AFA18	
Learn more challenging Latin and ballroom dances such as the waltz (Pre - requisite: Ballroom Dance beginner )				
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<b>Beginner Ballroom Line Dance</b>	<b>Instructor: Rita Chung</b>			<b>Member \$ 20</b> <b>Non-Member \$ 30</b>
Mandarin / Cantonese	■ ■ ■ ■ ■	Fri Oct 12	1:15 am - 2:15 pm	DABB0AFA18
10 Sessions	Learn and practice basic line dance steps, no experience required			
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<b>Beginner Line Dance</b> 10 Sessions				<b>Member \$20</b> <b>Non-Member \$30</b>
Instructor: Lily Yuen	■ ■ ■ ■ ■	Mon Oct 1	10:30 am - 11:45 am	DABL0AFA18
Cantonese / English	Enjoy the beautiful music and learn the basic steps of Ballroom and Latin dance. Participants will be able to dance with partner and groups			
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<b>Line Dance</b>	<b>Instructor: Irene</b>	<b>English &amp; Cantonese</b>		<b>10 Sessions</b>
<b>Beginner</b> ■■■■	Fri Sept 21	11:50 - 12:50 pm	DALIOAFA18	Member \$40 Non-Member \$50
Learn and practice basic line dance steps				
<b>Level 1 A</b> ■■■■	Tue Sept 18	10:15 - 11:45 am	DALI1AFA18	
<b>Level 1 B</b> ■■■■	Fri Sept 21	10:15 - 11:45 am	DALI1BFA18	
Learn basic line dance steps. Prerequisite: Completion of line dance beginner.				
<b>Level 2 A</b> ■■■■■■	Tues Sept 18	7:30 - 9:00pm	DALI2AFA18	
Learn more line dance steps to improve and enhance balance and posture.				

# Dance Programs continued...

COURSE	DAY	TIME	CODE	FEE
<b>Line Dance Instructor: Rhoda</b>		<b>English &amp; Cantonese</b>		<b>10 Sessions</b>
<b>Absolute Beginner</b> ■■■■ Learn basic line dance steps	Thurs Sept 20	9:30 - 11:00 am	DALR0AFA18	Member \$40 Non-Member \$50
<b>Beginner Improver Level 1A</b> ■■■■	Tues Sept 18	12:30 - 2:00 pm	DALR1AFA18	
<b>Beginner Improver Level 1B</b> ■■■■	Thurs Sept 20	11:00 am -12:30 pm	DALR1BFA18	
<b>Beginner Improver Level 1C</b> ■■■■ Learn more complex line dance steps and techniques Prerequisite: Completion of line dance beginner	Thurs Sept 20	6:45 - 8:15 pm	DALR1CFA18	
<b>Intermediate Level 2A</b> ■■■■■■	Tues Sept 18	2:00 - 3:30 pm	DALR2AFA18	
<b>Intermediate Level 2B</b> ■■■■■■ Learn more line dance steps to improve and enhance balance and posture.	Thurs Sept 20	8:20 - 9:50 pm	DALR2BFA18	
<b>Zumba Gold Instructor: Rhoda</b>		<b>English &amp; Cantonese</b>		<b>8 Sessions</b>
<b>Zumba Gold</b> ■■■■ Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!	Tues Sept 18	10:10 - 11:10 am	DAZGOAFA18	Member \$50 Non-Member \$60
<b>Line Dance Instructor: Yvonne</b>		<b>English &amp; Cantonese</b>		<b>9 Sessions</b>
<b>Level 1A</b> ■■■■	Fri Sept 21	12:30 - 2:00 pm	DALY1AFA18	Member \$36 Non-Member \$45
<b>Level 1B</b> ■■■■ Learn basic line dance steps Prerequisite: Completion of line dance beginner / basic line dance skills	Sat Sept 22	9:45 - 11:15 am	DALY1BFA18	
<b>Level 2A</b> ■■■■■■	Fri Sept 21	2:00 - 3:30 pm	DALY2AFA18	
<b>Level 2B</b> ■■■■■■ Learn more line dance steps to improve and enhance balance and posture.	Sat Sept 22	11:15 am - 12:45 pm	DALY2BFA18	
<b>Gentle Salsa</b> 8 Sessions Instructor: Charmaine English ■■■■	Wed Oct 3	11:30 am - 12:30 pm	DAGSOAFA18	
No experience of dance or exercise is required. Dance includes salsa and Caribbean full dance (African, Latin, Traditional Jazz & Ballet) in the mix				

# Education Programs

COURSE	DAY	TIME	CODE	FEE
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<b>Fingertip Acupuncture Level 1</b> Instructor: Philip Mo Cantonese				<b>10 Sessions</b>
<b>Level 2A</b> (The Small Intestine Meridian)	Mon Oct 1	9:15 - 10:30 am	EDAM2AFA18	Member \$50 Non-Member \$60
<b>Level 2B</b> (Single Point Meridian Therapy)	Fri Oct 5	9:15 - 10:30 am	EDAM2BFA18	
<b>Level 2C</b> (The Lung Meridian)	Fri Oct 5	10:45 am - 12:00 pm	EDAM2CFA18	
<b>Level 2D</b> (The Governor Meridian)	Mon Oct 1	1:30 - 2:45 pm	EDAM2DFA18	

This course is designed to teach the concepts and theories of Meridian system and acupuncture therapy; emphasis is on application, There are twelve meridian in the human body example heart, liver, spleen, lung, kidney, stomach, gall, small intestine and large intestine, etc. Each session will address one specific meridian.  
Prerequisite: Completion of Acupuncture level 1 course.

<b>English Language Learning</b> Instructor: Ali English				<b>8 Sessions</b>
<b>English Conversation for Beginners</b>	Wed Oct 3	10:30 am - 12:00 pm	EDECOAFA18	Member \$5 Non-Member \$10

This course is designed for individuals with minimal English speaking skills. Formulate descriptive sentences, asking/ responding to questions. This course is designed to be practical and interactive

<b>Mandarin Learning</b> Instructor: Ya Fang Ding Mandarin				<b>10 Sessions (Monday Classes 9 sessions)</b>
<b>Level 1A</b> (9 sessions)	Mon Oct 22	2:30 - 4:00 pm	EDMC1AFA18	Member \$36 Non-Member \$45
This course is designed to teach the standard Chinese phonetic alphabet and pronunciation of consonants/vowels				
<b>Level 1B</b> (10 sessions)	Fri Oct 5	9:30 - 11:00 am	EDMC1BFA18	Member \$40 Non-Member \$50
Review lessons from Mandarin Learning Level 1A classes. Prerequisite required: L 1A				
<b>Level 2A</b> (10 sessions)	Wed Oct 3	2:00 - 3:30 pm	EDMC2AFA18	Member \$40 Non-Member \$50
<b>Level 2B</b> (10 sessions)	Fri Oct 5	11:00 am - 12:30 pm	EDMC2BFA18	
These Level 2 courses are focused on improving pronunciation & practicing daily conversation. Prerequisite required: L1				
<b>Level 3A</b> (10 sessions)	Wed Oct 3	12:15 - 1:45 pm	EDMC3AFA18	Member \$40 Non-Member \$50
<b>Level 3B</b> (9 sessions)	Mon Oct 22	12:45 - 2:15 pm	EDMC3BFA18	Member \$36 Non-Member \$45
In these Level 3 courses, Practice additional conversation skills; learn the difference between Mandarin and Cantonese. Prerequisite required: L2				

<input checked="" type="checkbox"/> English <input type="checkbox"/> Chinese <input checked="" type="checkbox"/> English & Chinese <input checked="" type="checkbox"/> English & Tamil			
Location	Monday	Tuesday	Wednesday
Recreation Room	<p><input checked="" type="checkbox"/> 9:00 - 10:00 am Carpet Bowling</p> <p><input checked="" type="checkbox"/> 10:30am - 11:45 am Beginner Line Dance</p> <p><input checked="" type="checkbox"/> 12:00pm - 12:45pm Tiered Exercise Program</p> <p><input checked="" type="checkbox"/> 1:30 - 2:30 pm Gentle Fitness (Chair) A</p> <p><input checked="" type="checkbox"/> 3:00 - 4:30 pm Table Tennis B 4:45 - 7:00 pm Table Tennis 1A</p> <p><input checked="" type="checkbox"/> 8:00 - 9:00 pm Boxing and Self-Defense</p>	<p><input checked="" type="checkbox"/> 8:30 - 9:55 am Mini Tennis A</p> <p><input checked="" type="checkbox"/> 10:10 - 11:10 am Zumba Gold</p> <p><input checked="" type="checkbox"/> 11:45 am - 12:30 pm Home Exercise</p> <p><input checked="" type="checkbox"/> 1:00 - 3:30 pm Bridge</p> <p><input checked="" type="checkbox"/> 4:00 - 6:15 pm Table Tennis 2A</p> <p><input checked="" type="checkbox"/> 7:30 - 9:00 pm Line Dance L2A / Irene</p>	<p><input checked="" type="checkbox"/> 9:30 - 10:30 am Tai Chi L2 Yeung</p> <p><input checked="" type="checkbox"/> 10:30 - 11:15 am Tai Chi Yeung Beginner L1</p> <p><input checked="" type="checkbox"/> 11:30am - 12:30 pm Gentle Salsa</p> <p><input type="checkbox"/> 1:15 - 2:00 pm Chair Tai Chi</p> <p><input checked="" type="checkbox"/> 2:15 - 3:15 pm Working with Jane Fonda</p> <p><input checked="" type="checkbox"/> 5:00 - 6:00 pm Shuffleboard (No Program on Last Wed)</p>
Church Hall	<p><input checked="" type="checkbox"/> 10:30 - 11:45 am Tai Chi (Wu style) L1/L4</p> <p><input checked="" type="checkbox"/> 11:45am - 1 :00 pm Tai Chi (Wu style) L2/L3</p> <p><input type="checkbox"/> 1:20 - 2:50 pm Cantonese Opera Singing L2A</p> <p><input type="checkbox"/> 3:15 - 5:30 pm Peking Opera Appreciation</p>	<p><input checked="" type="checkbox"/> 10:15 - 11:45 am Line Dance L1 / Irene</p> <p><input checked="" type="checkbox"/> 12:30 - 2:00 pm Line Dance (L1A) /Rhoda</p> <p><input checked="" type="checkbox"/> 2:00 - 3:30 pm Line Dance (L2A) /Rhoda</p> <p><input checked="" type="checkbox"/> 4:00 - 5:15pm Yoga</p>	
Craft Room	<p><input type="checkbox"/> 9:00am -12:30pm Vocal Training</p> <p><input type="checkbox"/> 12:45 - 2:15 pm Mandarin Learning L3B</p> <p><input type="checkbox"/> 2:30 - 4:00 pm Mandarin Learning L1A</p>	<p><input checked="" type="checkbox"/> 10:30am - 12:00pm Art Studio Class</p> <p><input type="checkbox"/> 1:00 - 6:00 pm Vocal Training</p>	<p><input type="checkbox"/> 8:45 - 10:45 am Mandarin Sharing Group</p> <p><input checked="" type="checkbox"/> 11:00 - 12:15 pm Sketching</p> <p><input type="checkbox"/> 12:45 - 2:15 pm Calligraphy &amp; Painting Club</p> <p><input type="checkbox"/> 2:30 - 4:00 pm Nylon Flower</p>
Activity Room	<p><input type="checkbox"/> 9:15 - 10:30 am L2A Fingertip Acupuncture Therapy</p> <p><input type="checkbox"/> 10:45am-12:00 pm Chinese Painting L2 12:00- 1:15 pm Chinese Painting L1</p> <p><input type="checkbox"/> 1:30 - 2:45 pm L2D Fingertip Acupuncture Therapy</p>	<p><input checked="" type="checkbox"/> 9:00am - 12:00 pm Machet Practice A</p> <p><input checked="" type="checkbox"/> 12:30pm - 3:30 pm Machet Practice B</p> <p><input checked="" type="checkbox"/> 5:00 - 7:00 pm Board Games - Scrabble</p> <p><input checked="" type="checkbox"/> 7:00 - 9:00 pm (2nd Tue) Sri Lankan Gathering</p>	<p><input type="checkbox"/> 10:00 - 11:30 am L1A Cantonese Opera Singing</p> <p><input type="checkbox"/> 12:15 - 1:45 pm Mandarin Learning L3A</p> <p><input type="checkbox"/> 2:00 - 3:30 pm Mandarin Learning L2A</p>
Computer Lab	<p><input checked="" type="checkbox"/> 1:30 - 3:00 pm Free Drop in (Internet Access)</p> <p><input checked="" type="checkbox"/> 3:30 - 5:00 pm Technology Assistance</p>	<p><input type="checkbox"/> 1:15 - 3:15 pm Android Tablet L1 (Cantonese)</p> <p><input type="checkbox"/> 3:30 - 5:30 pm iPad L1 (Cantonese)</p>	<p><input checked="" type="checkbox"/> 10:30am - 12:30 pm English Conversation</p> <p><input type="checkbox"/> 2:30 - 3:30 pm Digital Piano L1 3:30 - 4:15 pm Digital Piano L2A 4:15 - 5:00 pm Digital Piano L2B</p>
Bridlewood Mall	<input checked="" type="checkbox"/> 8:30 - 9:30 am Bridlewood Mall Morning Exercise		
Other			

# Recreational Programs October - December 2018

Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>⊕ 9:30 - 11:00 am Line Dance L0A /Rhoda</li> <li>⊕ 11:00am - 12:30 pm Line Dance L1B / Rhoda</li> <li>⊕ 1:45 - 2:30 pm Brain Beat Dance</li> <li>■ 3:00 - 4:00 pm Fitness for Better Bones &amp; Brain</li> <li>⊕ 6:45 - 8:15 pm Line Dance L1C / Rhoda</li> <li>⊕ 8:20 - 9:50 pm Line Dance L2B / Rhoda</li> </ul>	<ul style="list-style-type: none"> <li>⊕ 8:30 – 10:00 am Mini Tennis B</li> <li>⊕ 10:15 – 11:45 am Line Dance (L1B) / Irene</li> <li>⊕ 11:50 am – 12:50 pm Beginner Line Dance (L0A) / Irene</li> <li>⊕ 1:15 – 2:15 pm Beginner Ballroom Line Dance</li> <li>⊕ 4:00 – 6:15 pm Table Tennis (3A)</li> <li>■ 7:00 - 9:00 pm Movie Night (Last Friday)</li> </ul>	<ul style="list-style-type: none"> <li>⊕ 9:45 - 11:15 am Line Dance L1B / Yvonne</li> <li>⊕ 11:15am - 12:45 pm Line Dance (L2B) /Yvonne</li> <li>⊕ 1:00 - 2:30 pm Ballroom Dance L1A</li> <li>⊕ 2:30 - 4:00 pm Ballroom Dance L0A</li> <li>⊕ 4:00 - 5:30 pm Ballroom Dance L2A</li> <li>■ 7:00 - 9:00 pm Bingo</li> </ul>
	<ul style="list-style-type: none"> <li>■ 9:30am - 10:30 am Yoga Class (B)</li> <li>■ 11:00am - 12:00 pm Gentle Fitness</li> <li>⊕ 12:30 - 2:00 pm Line Dance L1A / Yvonne</li> <li>⊕ 2:00 - 3:30 pm Line Dance L2A / Yvonne</li> </ul>	
<ul style="list-style-type: none"> <li>■ 9:00 am - 11:00 pm Knit &amp; Chat</li> <li>■ 11:30 am - 1:30 pm Craft Group</li> <li>□ 3:05 - 6:00 pm Karaoke (A)</li> </ul>	<ul style="list-style-type: none"> <li>□ 9:30 - 11:00 am Mandarin Learning (L1B) 11:00 - 12:30 pm Mandarin learning (L2B)</li> <li>■ 1:00 - 3:00 pm Karaoke (B) (English)</li> <li>□ 3:05 - 6:00 pm Karaoke (C) (Chinese)</li> </ul>	<ul style="list-style-type: none"> <li>■ 7:00 - 8:30 pm Sunday Merry Music Makers Choir</li> </ul>
<ul style="list-style-type: none"> <li>⊕ 9:00am-12:00 pm Machet Practice C class</li> <li>Δ 5:00 - 7:00 pm Board Games - Scrabble</li> <li>□ 7:30 - 9:00 pm Chinese Calligraphy A</li> </ul>	<ul style="list-style-type: none"> <li>□ 9:15 - 10:30 am Fingertip Acupuncture Therapy (L2B)</li> <li>□ 10:45 - 12:00 pm Fingertip Acupuncture Therapy (L2C)</li> <li>□ 1:00 - 2:30 pm Chinese Calligraphy B</li> <li>Δ 5:00 - 7:00 pm Board Games - Scrabble</li> </ul>	
<ul style="list-style-type: none"> <li>■ 3:30 - 5:00 pm Technology Assistance</li> </ul>	<ul style="list-style-type: none"> <li>□ 9:30 am - 11:00 am iPad Tutorial in Mandarin</li> <li>□ 3:30 - 5:00 pm Free Drop in (Internet Access)</li> </ul>	
	<ul style="list-style-type: none"> <li>⊕ 8:30 - 9:30am Bridlewood Mall Line Dance</li> </ul>	
<ul style="list-style-type: none"> <li>□ 10:00am - 12:15 pm People Link Choir (Church Chapel)</li> </ul>	<ul style="list-style-type: none"> <li>■ 1:00 - 3:30 pm Bridge Drop in (Seminar Room C)</li> </ul>	

# Fitness Programs

COURSE	DAY	TIME	CODE	FEE
<b>Chair Tai Chi</b> 10 Sessions Cantonese / English      ■■■ Instructor: Jason Kwok	Wed Sept 26	1:15 - 2:00 pm	FTCT0AFA18	Member \$10 Non-Member \$15
Learn 18 basic stretching and breathing Tai Chi Qigong steps. Seniors who wish to participate in a seated position are welcome				
<b>Tai Chi Wu</b> ■■■■ Instructor: Philip Mo      Languages: English / Cantonese      10 Sessions				
Level 1	Mon Oct 1	10:30 am - 11:45 am	FTTW1AFA18	Member \$50 Non-Member \$60
Learn forms 1-14. Basic Tai Chi warm up exercises/emphasis is placed on body joint movements, improving muscle relaxation and strength. Objective includes better balance and decreasing falls				
Level 2	Mon Oct 1	11:45 am - 1:00 pm	FTTW2AFA18	
Learn 15 - 54 forms. Focus on kicking exercises/emphasis on leg and foot movement				
Level 3	Mon Oct 1	11:45 am - 1:00 pm	FTTW3AFA18	
Learn 55 - 80 forms. Emphasis on lower back, waist and hip joint exercises				
Level 4	Mon Oct 1	10:30 - 11:45 am	FTTW4AFA18	
Learn 81 - 108 forms. Emphasis on punches and leg Exercises & an overview of all 108 forms				
<b>Tai Chi Yeung</b> ■■■■ Instructor: Kent      Languages: English / Cantonese      10 Sessions				
Beginner Level 1	Wed Oct 3	10:30 - 11:15 am	FTTC1AFA18	Member \$5 Non-Member \$10
Learn 18 basic forms of Tai Chi Quan				
Level 2	Wed Oct 3	9:30 - 10:30 am	FTTC2AFA18	Member \$30 Non-Member \$40
Learn 24 forms of Tai Chi Quan				
<b>Yoga A</b> 10 Sessions English ;      ■■ Instructor: Charmaine	Tue Oct 2	4:00 - 5:15 pm	FTYO0AFA18	Member \$32 Non-Member \$42
Learn yoga techniques such as posture, breathing & relaxation				
<b>Yoga B</b> ■■ Tamil / English;      4 Sessions Instructor: Sriranjani      6 Sessions	Fri Sept 14	9:30 - 10:30 am	FTYO0BFA18	Member \$10 Non-Member \$15
	Fri Nov 16	9:30 - 10:30 am	FTYO0CFA18	Member \$12 Non-Member \$17
Learn basic yoga techniques such as posture, breathing & relaxation				
<b>Boxing and Self-Defense</b> ■■■■ Instructor: Fatima Garsi      English	Mon Oct 1	8:00 pm - 9:00 pm	FTBX0AFA18	Member \$90 Non-Member \$100
For beginners, No Experience required, Women's class only. There is a drop in sessions as well. For more information contact Sukaina 416 293 3333 Ext 256				

# Fitness Programs continued...

COURSE	DAY	TIME	CODE	FEE
<b>Bridlewood Mall Morning Exercises</b>	Mon Oct 1 (Mon - Thu) (Tai Chi & Dance)	8:30 - 9:30 am	FTBR0AFW18	Member only \$15
	English & Cantonese Fri Oct 5 (Line dance Practice)	8:30 - 9:30 am	FTBL0AFW18	Member \$6 Non-Member \$10

Opportunities for exercise in the Fall/Winter seasons Instruction on exercise is not offered. Exercises include Tai Chi Line Dance and other dances

<b>Fitness for Better Bones &amp; Brain</b>	Thurs Sept 13	3:00 - 4:00 pm	FTFB0AFA18	Member \$30 Non-Member \$40
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This class is designed to maintain bone strength and brain function; reduce the risk of falls/bone loss, low impact aerobics, stretching & brain activities

<b>Gentle Fitness Chair</b>	Mon Oct 1	1:30 - 2:30 pm	FTGC0AFA18	Member \$25 Non-Member \$35
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These classes are designed to increase the functional fitness of seniors with limited mobility. Most activities are in a sitting position with light resistance training

<b>Gentle Fitness</b>	Fri Sept 21	11:00 am -12:00 pm	FTGF0AFA18	Member \$25 Non-Member \$35
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This class is designed for warm up, aerobic training, weight bearing, and muscle conditioning and uses light weights, resistance bands and cool down exercises.

<b>Tiered Exercise Program (TEP)</b>	Mon Sept 10	12:30 - 1:15 pm	FTTE0AFA18	Member \$20 Non-Member \$30
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The Tiered Exercise Program is for older adults who are either chair-bound, have transfer ability, or are ambulatory. The exercise programs are evidence-based, include 10 exercises each that are simple yet progressive, and will help participants maintain or improve their current functional abilities to help them age in place and prevent falls.

<b>Fall Prevention Home Exercise</b>	Tue Oct 2	11:45 am - 12:30 pm	FTHE0AFA18	Member \$10 Non-Member \$15
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Learn safe & easy exercises you can do in the comfort of your own home in both seated and standing positions

<b>Brain Beat Dance</b>	Thu Sept 20	1:45 - 2:30 pm	FTBD0AFA18	Member \$ 35 Non-Member \$ 45
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Understanding the benefit of music and dance, Learning the influence of music on brain . Brain Beat Dance will enrich lives with mental stimulation, physical exercise, music and social interactions.

## Fitness Programs continued...

COURSE	DAY	TIME	CODE	FEE
<b>Table Tennis</b> ■■■■■	Indoors with racquets and Table Tennis balls on standard tables			
1A	Mon Oct 1	4:45 - 7 :00 pm	FTTT1AFA18	Member only \$5
2A	Tues Oct 2	4:00 - 6:15 pm	FTTT2AFA18	
3A	Fri Oct 5	4:00 - 6:15 pm	FTTT3AFA18	
B	Mon Oct 1	3:00 - 4:30 pm	FTTT0BFA18	
<b>Mini Tennis</b> ■■■■	Tues Oct 2	8:30 - 9:55 am	FTMN0AFW18	Member \$5
	Fri Oct 5	8:30 - 10:00 am	FTMN0BFW18	Non-Member \$10
Play mini tennis indoors with lightweight racquets and sponge balls on a full size court				

## Games Programs

COURSE	DAY	TIME	CODE	FEE
<b>Bridge</b>	Tue Oct 2	1:00 - 3:30 pm	GABR0AFW18	Member only \$ 5
Learn how to play bridge and Practice.				
<b>Bingo</b>	Sat Sept 8	7:00pm-9:00pm	GABCOAFW18	Member only Free + card fee
Join us playing the Social bingo game.				
<b>Board Game</b>	Tue Oct 2	5:00 - 7:00 pm	GABG0AFW18	Member only Free
Join us playing board games (Scrabble).				
<b>Bridge Drop In</b>	Fri Oct 5	1:00 - 3:30 pm	GABX0AFW18	Member only Free
Experience playing bridge is required				
<b>Carpet Bowling</b> ■■■■	Mon Oct 1	9:00 - 10:00 am	GACA0AFW18	Member only Free
Bowl indoors and meet new friends!				
<b>Shuffleboard</b> ■■■■	Wed Oct 3	5:00 - 6:00 pm	GASB0AFW18	Member only \$2
Try your hand at an exciting game of shuffleboard. Use a cue with pucks on our portable court. (No Program on last Wednesday of the Month)				
<b>Mahjong game</b> (East / West mahjong, no gambling)			<b>Convener: SPLC Volunteers</b>	
Introduction to Mahjong	Tue Oct 9 (4 sessions)	12:30 -3:30 pm	GAMI0AFA18	Member \$10 Non-Member \$15
No Experience Required				
Mahjong Refresher	Thu Oct 11 (4 sessions)	9:00 am -12:00 pm	GAMR0AFA18	Member \$5 Non-Member \$10
Experience Required				
Mahjong Practice session A	Tues Oct 2	9:00 am -12:00 pm	GAMPOAFW18	Member only \$5
Mahjong Practice session B	Tues Oct 2	12:30 -3:30 pm	GAMPOBFW18	
Mahjong Practice session C	Thurs Oct 4	9:00 am -12:00 pm	GAMPOCFW18	
Students will learn & improve their technique in the game. Prerequisite: Mchet beginners class				



# Leisure Programs

COURSE	DAY	TIME	CODE	FEE
<b>SPLC Mandarin Sharing Group</b> Mandarin	Wed Oct 3	8:45 - 10:45 am	LAMS0AFW18	Member Only Free
Chat as a group in Mandarin. Individuals wishing to practice Mandarin are welcome!				
<b>SPLC Monthly Sri Lankan Gathering</b> Tamil / English	October 9 & December 11	7:00 - 9:00 pm	N/A	Member \$7 Non-Member \$9
Cultural gathering consisting of a meal and fun activities				
<b>SPLC Free Monthly Movie Night</b> English	October 26, November 30 & December 21	7:00 - 9:00 pm	N/A	Free for SPLC Residents & Members
Join us for movie night where we feature movies on a large screen in the company of family and friends. We do not recommend bringing children under age 16 due to some mature content				
<b>SPLC Walking with Jane Fonda</b>	Wed Oct 3, 10, 17 & 24.	2:15 - 3:15 pm	LAWJ0AFA18	\$1 Drop in fee or \$3.00 for 4 sessions
Enjoy a fun filled indoor walking experience with the one and only Jane Fonda (Youtube Video). Participants follow along while getting fit and having fun. Bring your personal devices to track steps or distance if you wish.				

# Music Programs

COURSE	DAY	TIME	CODE	FEE
<b>Cantonese Opera</b> Instructor: Lun Shi Wang	<b>Cantonese</b>		<b>10 Sessions</b>	
<b>Cantonese Opera Singing Level 1</b> 10 Sessions	Wed Oct 3	10:00 - 11:30 am	MACN1AFA18	Member \$50 Non-Member \$60
Learn the basic theory and practice of Cantonese opera singing				
<b>Cantonese Opera Singing Level 2</b> 9 Sessions	Mon Oct 15	1:20 - 2:50 pm	MACN2AFA18	Member \$45 Non-Member \$54
Learn and practice Cantonese opera singing on an in depth level. Prerequisite: Cantonese Opera Singing L1				
<b>Merry Music Makers</b>	Sun Oct 7	7:00 - 8:30 pm	MAMM0AFW18	Member only Free
Join a choir for musical relaxation and a fun social gathering, if you enjoy singing.				
<b>Peking Opera</b> Mandarin	Mon Oct 1	3:15 - 5:30 pm	MAPO0AFW18	Member \$5 Non-Member \$10
Discover the style and tradition of Peking Opera				
<b>People Link Choir</b> Chinese	Thurs Oct 4	10:00 am - 12:15 pm	MAPLOAFW18	Member only \$35
Join a choir for musical relaxation and a fun social gathering				

## Music Programs continued...

COURSE	DAY	TIME	CODE	FEE
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Vocal Training	Instructor: Gabrielle Tung	English / Cantonese	9 Sessions (every alternate week)	
<b>Music Theory Reading &amp; Singing Technique</b> (9 Sessions )	Mon Sept 17	9:00 pm - 10:30 am	MAMT0AFA18	Member \$65 Non-Member \$75
Learn to read Music notes and practice singing techniques.				
<b>Vocal Training</b> (9 Sessions )	Mon Sept 10	9:00 am - 12:30 pm	MAVT2AFW18	Member \$65 Non-Member \$75
	Tues Sept 11	1:00 - 6:00 pm		
Learn more vocal singing techniques. Prerequisite: Completion of Music Theory and Reading or equivalent music knowledge. Please Call Instructor <b>Gabrielle Tung</b> at 416 494 5301 to arrange the class time prior to registration.				

Digital Piano	Instructor: TAN BI LEI (Bik)	Cantonese	10 Sessions	
<b>Digital Piano I</b> (for new students)	Wed Oct 3	2:30 - 3:30 pm	MADP1AFA18	Member \$50 Non-Member \$60
This class is for new learners, no previous music knowledge required. Each student will be given individual tutoring and reviews, within a group setting. (Instructor is teaching according to Student's level & anyone with interest can join this class)				
<b>Digital Piano II</b> (Individual Private Tutoring for Returning Students)	Wed Oct 3	3:30 - 4:15 pm	MADP2AFA18	Member \$25 Non-Member \$30
	Wed Oct 3	4:15 - 5:00 pm	MADP2BFA18	
Participants must complete Digital Piano I recently . Each student will be given individual tutoring and reviews, within a group setting. The exact time for each student will be assigned at the first session.				

Karaoke	Cantonese / English		10 Sessions	
<b>Karaoke A. (Cantonese)</b>	Thurs Oct 4	3:05 - 6:00 pm	MAK00AFA18	Member only \$5
<b>Karaoke B. (English)</b>	Fri Oct 5	1:00 - 3:00 pm	MAK00BFA18	
<b>Karaoke C. (Cantonese)</b>	Fri Oct 5	3:05 - 6:00 pm	MAK00CFA18	

Participants must be at least 18 years old, independent and be able to:

- Understand and follow instructions
- Load on and off buses, walk for at least 30 minutes and Climb several stairs
- Remain with the trip group
- Complete the trip registration form [pre-day questionnaire and personal information]
- Provide an emergency contact number upon registration to the Recreation Coordinator prior to the trip
- Present an OHIP card at the time of the trip
- Consult with family doctors (for those with health conditions) before registering. Participants are required to stay home if they are unwell
- Park your car before the trip in the upper southeast parking lot in Bridlewood Mall & retrieve a parking pass from SPLC's front desk
- Disclose information to receptionists regarding additional services such as walkers (4 seats are assigned for walker users for most events and are allocated on a first come first serve basis)

### Important Notes

- Coaches and school buses are not wheelchair accessible
- Participants who require additional assistance must have an escort 18 years/older
- The Recreation Department reserves the right to suspend or terminate the participation of any

OUTING	DAY & TIME	FEE	DESCRIPTION
Lunching Out Club English	2nd Friday of each Month  11:15 am - 1:15 pm	Transportation only  Members: \$4:50 - 6:00. Non Members: \$6:00 - 8:00.	Join us for lunch at local restaurants. Transportation is \$4.00 for members & \$6.00 for Non-members. <b>Meals will range in price from \$10 to \$30.</b> Each person is responsible for the cost of their meal.

DATE	LOCATION
Friday September 7	Frankie Tomatto's (7225 Woodbine Ave)
Friday October 12	Boston Pizza (7020 Warden Ave)
Friday November 9	Mandarin (7660 Woodbine Ave)
Friday December 14	Remezzo Italian Bistro (3335 Sheppard Ave E)

# Trips

TRIPS	DAY & TIME	FEE	DESCRIPTION
<p><b>Fall Colours at Scarborough Bluffs</b></p> <p>Location: 1 Brimley Rd S/ South of Kingston Rd, Toronto Ontario M1M 3W3</p> 	<p>Wednesday October 17</p> <p>8:45 am - 2:00 pm</p>	<p>Members: \$ 25</p> <p>Non Members: \$ 30</p> <p>Fee includes School Bus ride, Lunch not included).</p>	<p>Enjoy a beautiful walking experience at the Scarborough Bluffs, an iconic natural wonder located right on our doorstep. We will embark on a enjoyable brisk walk along Ontario's waterfront trails and enjoy the breathtaking scenery.</p> <p>Bring your walking shoes along with a camera to capture the festive fall season, followed by a lunch break on the picnic tables for some extra energy before we continue our walking experience.</p>
<p><b>Casa Loma</b></p> <p>Location: 1 Austin Terrace, Toronto, Ontario M5R 1X8</p> 	<p>Tuesday November 6</p> <p>8:45 am - 2:00 pm</p>	<p>Members : \$45</p> <p>Non Members : \$50</p> <p>Fee includes Admission to Casa Loma, School Bus ride, Lunch not included).</p>	<p>Visit Canada's Majestic Castle, Casa Loma and step back into a period of European elegance and splendor. The former home of Canadian financier Sir Henry Pellatt, Canada's foremost castle is complete with decorated suits, secret passages, an 800- foot tunnel, towers, stables and 5-acre estate gardens. Bring your walking shoes and your lunch and let's explore!</p>
<p><b>Kitchener's Christmas Market &amp; St. Jacobs Farmer's Market.</b></p> <p>Location: Kitchener</p> 	<p>Saturday December 8</p> <p>8:15 am - 7:00 pm</p>	<p>Members : \$75</p> <p>Non Members : \$80</p> <p>Price includes: Motor coach transportation with Time of your life tours, Lunch, All taxes and meal tip. Pick up location: SPLC or Agincourt Mall (To be confirmed)</p>	<p>Celebrate the holiday season and all it's festivities. Enjoy a morning shopping experience at the St. <b>Jacob's Farmer's Market.</b> Followed by a hot and tasty Buffet Luncheon at the popular Crossroads Restaurant.</p> <p>After lunch we head over to 22nd Annual German-style Christkindl Christmas Market. Filled with both indoor and outdoor stalls, there will be food, artisan crafts, ornaments, live entertainment with choirs and various dance groups.</p>

# Recreation Special Events

EVENT	DATE & TIME	FEE	DESCRIPTION
<p><b>Cantonese Opera Show by Wang, Lun Shi &amp; Students</b></p> <p>Location: Recreation Room Language: Cantonese</p>	<p>Sunday Oct 7 2:00 pm - 4:30 pm</p>	<p>Members: Free Non Members: \$ 2</p>	<p>Cantonese opera, Chorus, small group singing, and Pingzi throat singing provided by Wang, Lun shi and students</p>
<p><b>Frankenstein Day</b></p> <p>Location: Recreation Room Language: English</p>	<p>Wednesday Oct 31 2:30 - 3:30 PM</p>	<p>Members: \$3 Non Members: \$5</p>	<p>Frankenstein Day recognizes author Mary Shelly, her characters, Dr. Frankenstein the monster is one of the best-known horror characters of all times. learn more by watching a video presentation followed by games and prizes with light refreshments to follow. <b>Costumes are welcome (best costume will receive prize)</b></p>
<p><b>Diwali "Festival of Lights" Celebration</b></p> <p>Location: Recreation Room Language: Tamil &amp; English</p>	<p>Friday Nov 9 7:00 - 8:30 PM</p>	<p>Members: \$3 Non Members: \$5</p>	<p>Enjoy South Asian music &amp; dance. Light refreshment will be provided.</p>
<p><b>Christmas Bazaar</b></p> <p>Location: Recreation Room Language: English</p>	<p>Saturday Dec 1 10:00 AM - 2:30 PM</p>	<p>Free for participants.  Contact: Sukaina for table rental 416-493-3333 ext 256 (\$35/ Table)</p>	<p>Don't miss this wonderful opportunity to purchase some handmade stocking stuffers, gifts and goodies, just in time for the holidays; or sell your own products by renting a table.</p>
<p><b>Christmas Celebration (Cantonese / Mandarin)</b></p> <p>Location: Recreation Room Language: Cantonese</p>	<p>Sunday Dec 16 2:30 - 4:00 pm</p>	<p>Members: Free Non Members: \$ 2</p>	<p>Co-organized by the Toronto China Bible Church and SPLC, the program includes Christmas songs, songs, and dances.</p>
<p><b>The Frankie Andrew's Holiday Special by Smile Theatre Productions.</b></p> <p>Location: Recreation Room Language: English</p>	<p>Monday Dec 17 7:00 - 8:00 pm</p>	<p>Members: \$15 Non Members: \$20</p>	<p>A mysterious drifter arrives in town just in time to help crooner Frankie Andrews feel the true spirit of the holidays and, perhaps, even find love again. Enjoy a festive holiday show, full of laughs and musical entertainment.</p>



## **Senior Persons Living Connected Provides Community Services and Housing for older Adults. Our integrated services include...**

- Addiction Supportive Housing (ASH) & Addiction Support Program (ASP)
- Adult Day Program
- Caregiver & Support Groups
- Counselling & Support
- GAIN Clinic / Wellness clinic
- Health Promotion Programs
- Home Support Services (Personal Care & Homemaking)
- Friendly Visiting
- Independent Housing for seniors (Life Lease & Rental units)
- Meals on Wheels
- On-site Restaurant
- Recreational Programs (Trips & Events)
- Transportation Services
- Volunteer services

For more information, please call (416) 493-3333 or email [info@splc.ca](mailto:info@splc.ca)

# Health Promotion Workshops / Programs

Caregiver Support Group	DATE	TIME	VENUE	LANGUAGE	FEE
English (Second Tue of Every Month)	Tuesdays October 09 November 13 December 11	1:30pm - 3:00pm	Seminar Room C	English	Free
Cantonese (Last Wed of Every Month)	Wednesdays September 26 October 31 November 28	5:30pm - 6:30pm	Recreation Room	Cantonese	Free
Mandarin (Fourth Wed of Every Month)	Wednesdays September 26 October 31 November 28	1:30pm - 3:00pm	Seminar Room C	Mandarin	Free

## Good Food Box / Fresh Fruit & Vegetable Market at SPLC

Thursdays: August 09, August 30, September 13, October 11, November 08, November 29 & December 13

Pick and Choose Fresh Produce Starting from \$1.00 OR Buy a Food Box of your choice. If you wish to buy a Food Box, please pay **two weeks before the delivery date** at SPLC - Customer Service Desk

**Price:** Large (Family size) - \$ 18, Large Organic - \$ 34, Small - \$ 13, Small Organic - \$ 24, Wellness (senior) - \$ 13, Fruit - \$ 13

COURSE	DAY	TIME	CODE	FEE
<b>Gardening Club</b> English	1st Tuesday of the month	10:30 am - 12:00 pm	LAGE0ASF18	Free
<b>Gardening Club</b> Mandarin	1st Friday of the month	10:30 am - 12:00 pm	LAGM0BSF18	Free
<b>SPLC Monday Walking Group</b>	Sept. 10, 17, 24, Oct. 1, 15, 22 and 29	10:00 am - 11:00 am	LAWCOAFA18	Free

Meeting location: Cumer Park Community Centre, Main entrance 6000 Leslie St., North York. (Intersection: Leslie St., and McNicoll Ave.) Walking route: Don River Trail. Registration Required



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Use the "follow" button on twitter to follow  **@SPLCDOTCA**

Tell your family & friends to "like" & "follow" us online too!

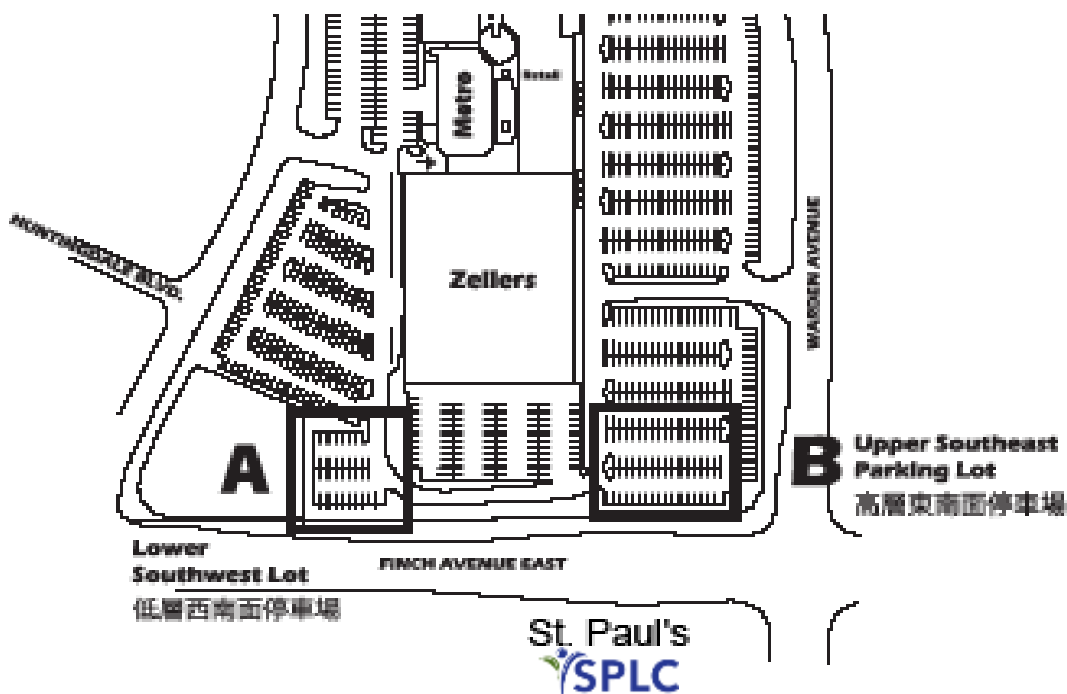


## PARKING

All visitors/program participants can park in the upper southeast parking lot at Bridlewood Mall (located as B on map below).

Please contact SPLC Customer Service desk for a visitor parking permit & display it on your dashboard.

Vehicles are subject to ticketing/towing if not parked in designated area of Bridlewood Mall and/or if parking permit is not displayed correctly.



Protect the environment and please recycle.

Share this program guide with someone after you have read it.

### Acknowledgements:

Recreation Programs partly funded by the City of Toronto - Community Service Partnership Programs, & Ministry of Health - Elderly Persons Programs

August 28, 2018