



**Recreation
Program Guide**

Jan - Mar 2019

SPLC | 3333 Finch Avenue East,
Scarborough | 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

Services: We are committed to providing efficient and effective services

Excellence: We offer excellent & competent programs, services, and housing

Nurturing: We create a nurturing environment to serve the best interests of our clients

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

Outcomes: We create positive outcomes through collaboration with clients, caregivers, staff, partners and volunteers

Respect: We create a culture of respect

Safety: 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 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

Winter Classes : January – March 2019

Registration Begins : Thursday December 6, 2018

Spring Classes : April – June 2019

Registration Begins : Thursday March 7, 2019

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)	
New Year Day	Tuesday January 1, 2019
Family Day	Monday February 18, 2019

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
Chinese Painting Instructor: Chilun Amen Cheung Cantonese				
Chinese Painting Beginner L1 10 Sessions	Mon Jan 7	12:00 - 1:15 pm	MACB1AWI19	Member \$65 Non-Member \$75
Learn basic Chinese painting techniques like painting flowers, plants, insects, animals and more				
Chinese Painting Intermediate L2 10 Sessions	Mon Jan 7	10:45 am - 12:00 pm	MACB2AWI19	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				
Sketching 8 Sessions English & Chinese	Wed Jan 9	11:00 am - 12:15 pm	MASK1AWI19	Member \$52 Non-Member \$60
This class will touch upon the key elements of sketching, perspective, figure and still life sketching. Moderate experience needed.				
Chinese Calligraphy A 10 Sessions Cantonese & Mandarin Instructor: Linda Tam				
	Thurs Jan 10	7:30 - 9:00 pm	MACC1AWI19	Member \$38 Non-Member \$45
Learn the basic artistic techniques of Chinese calligraphy				
Chinese Calligraphy B 10 Sessions Cantonese & Mandarin Instructor: Sabina				
	Fri Jan 11	1:00 - 2:30 pm	MACC1BWI19	Member \$40 Non-Member \$50
Learn the basic artistic techniques of Chinese calligraphy				
Calligraphy & Painting Club Cantonese & Mandarin				
	Wed Jan 2	12:45 - 2:15 pm	MACP0AFW18	Member \$5 Non-Member \$10
Learn and discuss Chinese art, painting, and calligraphy				
Knit & Chat				
	Thurs Ongoing	9:00am-11:00am	MAKCOAFW18	Member only Free
Meet new people while knitting				
Craft Group				
	Thurs Ongoing	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...

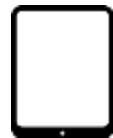
Drawing & Art Classes		Instructor: Sukaina Walji-Karim		English	
Art Studio Class English	5 sessions	Tue Jan 8	10:30 am - 12:00 pm	MAAS0AWI19	Member \$10 Non-Member \$15
<p>This class welcomes individuals who are experienced with art. You have the option of drawing at least two still life pieces or work 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.</p>					

Technology Assistance Programs

COURSE	DAY	TIME	CODE	FEE
Technology Assistance Program (3 Sessions) English Assisted by SPLC Volunteers	Mondays Jan 7, 14 & 21	3:30 pm - 5:00 pm	COET1AWI19	Member \$5 Non-Member \$10
	Thursdays Jan 10,17 & 24	3:30 pm - 5:00 pm	COET1BWI19	
	Mondays Feb 4, 11 & 25	3:30 pm - 5:00 pm	COET1CWI19	
	Thursdays Feb 7, 14 & 21	3:30 pm - 5:00 pm	COET1DWI19	
	Mondays Mar 4, 11 & 18	3:30 pm - 5:00 pm	COET1EWI19	
	Thursdays Mar 7, 14 & 21	3:30 pm - 5:00 pm	COET1FWI19	
<p>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>				



Free Internet Access for Residents & Members
Location: Recreation Department, Computer Lab
Mondays: 1:30 pm - 3:00 pm & Fridays: 3:30 pm - 5:00 pm



Note: For Chinese Computer, Tablet & iPad classes information, please refer to the Chinese Program Guide.

Dance Programs

COURSE	DAY	TIME	CODE	FEE
Ballroom Dance	Instructor: Joseph & Shirley	English, Cantonese & Mandarin		10 sessions
Ballroom Absolute Beginner Level 0 ■■■■	Sat Jan 12	2:30 - 4:00 pm	DABD0AWI19	Member \$75 Non-Member \$85
No Experience required, learn very basic ballroom dance techniques.				
Ballroom Beginner Improver Level 1 ■■■■	Sat Jan 12	1:00 - 2:30 pm	DABD1AWI19	
Learn basic ballroom dance techniques				
Ballroom Advanced Level 2 ■■■■	Sat Jan 12	4:00 - 5:30 pm	DABD2AWI19	
Learn more challenging Latin and ballroom dances such as the waltz (Pre - requisite: Ballroom Dance beginner)				
Beginner Line Dance 10 Sessions Instructor: Lily Yuen Cantonese / English ■■■■	Mon Jan 7	10:30 am - 11:45 am	DABLOAWI19	Member \$20 Non-Member \$30
Enjoy the beautiful music and learn the basic steps of Ballroom and Latin dance. Participants will be able to dance with partner and groups				
Line Dance	Instructor: Irene	English & Cantonese		10 Sessions
Beginner ■■■■	Fri Jan 11	11:50 - 12:50 pm	DALI0AWI19	Member \$40 Non-Member \$50
Learn and practice basic line dance steps				
Level 1 A ■■■■	Tue Jan 8	10:15 - 11:45 am	DALI1AWI19	
Level 1 B ■■■■	Fri Jan 11	10:15 - 11:45 am	DALI1BWI19	
Learn basic line dance steps. Prerequisite: Completion of line dance beginner.				
Level 2 A ■■■■	Tues Jan 8	7:30 - 9:00pm	DALI2AWI19	
Learn more line dance steps to improve and enhance balance and posture.				

Dance Programs continued...

COURSE	DAY	TIME	CODE	FEE
Line Dance Instructor: Rhoda		English & Cantonese		10 Sessions
Absolute Beginner ■■■■ Learn basic line dance steps	Thurs Jan 17	9:30 - 11:00 am	DALR0AWI19	Member \$40 Non-Member \$50
Beginner Improver Level 1A ■■■■	Tues Jan 15	12:30 - 2:00 pm	DALR1AWI19	
Beginner Improver Level 1B ■■■■	Thurs Jan 17	11:00 am -12:30 pm	DALR1BWI19	
Beginner Improver Level 1C ■■■■ Learn more complex line dance steps and techniques Prerequisite: Completion of line dance beginner	Thurs Jan 17	6:45 - 8:15 pm	DALR1CWI19	
Intermediate Level 2A ■■■■■■	Tues Jan 15	2:00 - 3:30 pm	DALR2AWI19	
Intermediate Level 2B ■■■■■■ Learn more line dance steps to improve and enhance balance and posture.	Thurs Jan 17	8:20 - 9:50 pm	DALR2BWI19	
Zumba Gold Instructor: Rhoda		English & Cantonese		10 Sessions
Zumba Gold ■■■■ Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!	Tues Jan 15	10:10 - 11:10 am	DAZGOAWI19	Member \$65 Non-Member \$75
Line Dance Instructor: Yvonne		English & Cantonese		10 Sessions
Level 1A ■■■■	Fri Jan 11	12:30 - 2:00 pm	DALY1AWI19	Member \$40 Non-Member \$50
Level 1B ■■■■ Learn basic line dance steps Prerequisite: Completion of line dance beginner / basic line dance skills	Sat Jan 12	9:45 - 11:15 am	DALY1BWI19	
Level 2A ■■■■■■	Fri Jan 11	2:00 - 3:30 pm	DALY2AWI19	
Level 2B ■■■■■■ Learn more line dance steps to improve and enhance balance and posture.	Sat Jan 12	11:15 am - 12:45 pm	DALY2BWI19	
Gentle Salsa 8 Sessions Instructor: Charmaine English ■■■■	Wed Jan 9	11:30 am - 12:30 pm	DAGSOAWI19	
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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Fingertip Acupuncture Level 1		Instructor: Philip Mo		Cantonese	10 Sessions
Level 2A (Pericardium Meridian)	Mon Jan 7	9:15 - 10:30 am	EDAM2AWI19	Member \$50 Non-Member \$60	
Level 2B (Single Point Meridian Therapy)	Fri Jan 18	9:15 - 10:30 am	EDAM2BWI19		
Level 2C (Large Intestine Meridian)	Fri Jan 18	10:45 am - 12:00 pm	EDAM2CWI19		
Level 2D (The Governor Meridian)	Mon Jan 7	1:30 - 2:45 pm	EDAM2DWI19		

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.

English Language Learning		Instructor: Ali		English	8 Sessions
English Conversation for Beginners	Wed Jan 9	10:30 am - 12:00 pm	EDECOAWI19	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

Mandarin Learning		Instructor: Ya Fang Ding		Mandarin	10 Sessions
Level 1A (10 sessions)	Mon Jan 7	2:30 - 4:00 pm	EDMC1AWI19	Member \$40 Non-Member \$50	
This course is designed to teach the standard Chinese phonetic alphabet and pronunciation of consonants/vowels					
Level 1B (10 sessions)	Fri Jan 11	9:30 - 11:00 am	EDMC1BWI19	Member \$40 Non-Member \$50	
Review lessons from Mandarin Learning Level 1A classes. Prerequisite required: L 1A					
Level 2A (10 sessions)	Wed Jan 9	2:00 - 3:30 pm	EDMC2AWI19	Member \$40 Non-Member \$50	
Level 2B (10 sessions)	Fri Jan 11	11:00 am - 12:30 pm	EDMC2BWI19		
These Level 2 courses are focused on improving pronunciation & practicing daily conversation. Prerequisite required: L1					
Level 3A (10 sessions)	Wed Jan 9	12:15 - 1:45 pm	EDMC3AWI19	Member \$40 Non-Member \$50	
Level 3B (10 sessions)	Mon Jan 7	12:45 - 2:15 pm	EDMC3BWI19		
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	<input checked="" type="checkbox"/> 9:00 - 10:00 am Carpet Bowling <input type="checkbox"/> 10:30am - 11:45 am <input checked="" type="checkbox"/> Beginner Line Dance <input checked="" type="checkbox"/> 12:00pm - 12:45pm Tiered Exercise Program <input checked="" type="checkbox"/> 1:30 - 2:30 pm Gentle Fitness (Chair) A <input checked="" type="checkbox"/> 3:00 - 4:30 pm Table Tennis B <input checked="" type="checkbox"/> 4:30 - 6:30 pm Table Tennis 1A	<input checked="" type="checkbox"/> 8:30 - 9:55 am Mini Tennis A <input checked="" type="checkbox"/> 10:10 - 11:10 am Zumba Gold <input checked="" type="checkbox"/> 11:45 am - 12:30 pm Home Exercise <input checked="" type="checkbox"/> 1:00 - 3:30 pm Bridge <input checked="" type="checkbox"/> 4:00 - 6:00 pm Table Tennis 2A <input checked="" type="checkbox"/> 7:30 - 9:00 pm Line Dance L2A / Irene	<input checked="" type="checkbox"/> 9:30 - 10:30 am Tai Chi L2 Yeung <input checked="" type="checkbox"/> 10:30 - 11:15 am Tai Chi Yeung Beginner L1 <input checked="" type="checkbox"/> 11:30am - 12:30 pm Gentle Salsa <input type="checkbox"/> 1:15 - 2:00 pm Chair Tai Chi <input checked="" type="checkbox"/> 2:15 - 3:15 pm Walking with Jane Fonda <input checked="" type="checkbox"/> 5:00 - 6:00 pm Shuffleboard (No Program on Last Wed)
Church Hall	<input checked="" type="checkbox"/> 10:30 - 11:45 am Tai Chi (Wu style) L1/L4 <input checked="" type="checkbox"/> 11:45am - 1 :00 pm Tai Chi (Wu style) L2/L3 <input type="checkbox"/> 1:20 - 2:50 pm Cantonese Opera Singing L2A <input type="checkbox"/> 3:15 - 5:30 pm Peking Opera Appreciation	<input checked="" type="checkbox"/> 10:15 - 11:45 am Line Dance L1 / Irene <input checked="" type="checkbox"/> 12:30 - 2:00 pm Line Dance (L1A) /Rhoda <input checked="" type="checkbox"/> 2:00 - 3:30 pm Line Dance (L2A) /Rhoda <input checked="" type="checkbox"/> 4:00 - 5:15pm Yoga	
Craft Room	<input type="checkbox"/> 9:00am -12:30pm Vocal Training <input type="checkbox"/> 12:45 - 2:15 pm Mandarin Learning L3B <input type="checkbox"/> 2:30 - 4:00 pm Mandarin Learning L1A	<input checked="" type="checkbox"/> 10:30am - 12:00pm Art Studio Class <input type="checkbox"/> 1:00 - 6:00 pm Vocal Training	<input type="checkbox"/> 8:45 - 10:45 am Mandarin Sharing Group <input checked="" type="checkbox"/> 11:00 - 12:15 pm Sketching <input type="checkbox"/> 12:45 - 2:15 pm Calligraphy & Painting Club <input type="checkbox"/> 2:30 - 4:00 pm Nylon Flower
Activity Room	<input type="checkbox"/> 9:15 - 10:30 am L2A Fingertip Acupuncture Therapy <input type="checkbox"/> 10:45am-12:00 pm Chinese Painting L2 12:00- 1:15 pm Chinese Painting L1 <input type="checkbox"/> 1:30 - 2:45 pm L2D Fingertip Acupuncture Therapy	<input checked="" type="checkbox"/> 9:00am - 12:00 pm Mahjong Practice A <input checked="" type="checkbox"/> 12:30pm - 3:30 pm Mahjong Practice B <input checked="" type="checkbox"/> 5:00 - 7:00 pm Board Games - Scrabble <input checked="" type="checkbox"/> 7:00 - 9:00 pm (2nd Tue) Sri Lankan Gathering	<input type="checkbox"/> 10:00 - 11:30 am L1A Cantonese Opera Singing <input type="checkbox"/> 12:15 - 1:45 pm Mandarin Learning L3A <input type="checkbox"/> 2:00 - 3:30 pm Mandarin Learning L2A
Computer Lab	<input checked="" type="checkbox"/> 1:30 - 3:00 pm Free Drop in (Internet Access) <input checked="" type="checkbox"/> 3:30 - 5:00 pm Technology Assistance	<input type="checkbox"/> 1:15 - 3:15 pm Android Tablet L1 (Cantonese) <input type="checkbox"/> 3:30 - 5:30 pm iPad L1 (Cantonese)	<input checked="" type="checkbox"/> 10:30am - 12:30 pm English Conversation <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
Bridlewood Mall	<input checked="" type="checkbox"/> 8:30 - 9:30 am Bridlewood Mall Morning Exercise		
Other			

Recreational Programs January - March 2019

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

Fitness Programs

COURSE	DAY	TIME	CODE	FEE	
Chair Tai Chi 10 Sessions Cantonese / English Instructor: Jason Kwok	Wed Jan 23	1:15 - 2:00 pm	FTCT0AWI19	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					
Tai Chi Wu ■■■■ Instructor: Philip Mo Languages: English / Cantonese 10 Sessions	Mon Jan 7	10:30 am - 11:45 am	FTTW1AWI19	Member \$50 Non-Member \$60	
Level 1	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				
Mon Jan 7	11:45 am - 1:00 pm	FTTW2AWI19			
Level 2	Learn 15 - 54 forms. Focus on kicking exercises/emphasis on leg and foot movement				
Mon Jan 7	11:45 am - 1:00 pm	FTTW3AWI19			
Level 3	Learn 55 - 80 forms. Emphasis on lower back, waist and hip joint exercises				
Mon Jan 7	10:30 - 11:45 am	FTTW4AWI19			
Level 4	Learn 81 - 108 forms. Emphasis on punches and leg Exercises & an overview of all 108 forms				
Tai Chi Yeung ■■■■ Instructor: Kent Languages: English / Cantonese 10 Sessions	Wed Jan 9	10:30 - 11:15 am	FTTC1AWI19	Member \$5 Non-Member \$10	
Beginner Level 1	Learn 18 basic forms of Tai Chi Quan				
Wed Jan 9	9:30 - 10:30 am	FTTC2AWI19			
Level 2	Learn 24 forms of Tai Chi Quan				
Wed Jan 9					
Yoga A 10 Sessions English ; Instructor: Charmaine	Tue Jan 8	4:00 - 5:15 pm	FTYO0AWI19	Member \$32 Non-Member \$42	
Learn yoga techniques such as posture, breathing & relaxation					
Yoga B ■■■ Tamil / English; Instructor: Sriranjani	Fri Jan 11	9:30 - 10:30 am	FTYO0BWI19	Member \$20 Non-Member \$30	
Learn basic yoga techniques such as posture, breathing & relaxation					
Fall Prevention Home Exercise ■■■ Instructor: Evelyn LAU English / Chinese 10 Sessions	Tue Jan 8	11:45 am - 12:30 pm	FTHE0AWI19	Member \$20 Non-Member \$30	
Learn safe & easy exercises you can do in the comfort of your own home in both seated and standing positions					

Fitness Programs continued...

COURSE	DAY	TIME	CODE	FEE
Bridlewood Mall Morning Exercises 	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

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

Fitness for Better Bones & Brain English Instructor: Viktoria 10 Sessions 	Thurs Jan 10	3:00 - 4:00 pm	FTFB0AWI19	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

Gentle Fitness Chair English Instructor: Maija 8 Sessions 	Mon Jan 21	1:30 - 2:30 pm	FTGC0AWI19	Member \$20 Non-Member \$30
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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

Gentle Fitness English Instructor: Maija 10 Sessions 	Fri Jan 11	11:00 am -12:00 pm	FTGF0AWI19	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.

Tiered Exercise Program (TEP) Instructor: Tracy YUAN English / Chinese 7 Sessions	Mon Jan 7	12:15 - 1:00 pm	FTTE0AWI19	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.

Brain Beat Dance 10 Sessions Instructor: May Wong Cantonese / English	Thu Jan 11	1:15 - 2:00 pm	FTBD0AWI19	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
Table Tennis ■■■■■	Indoors with racquets and Table Tennis balls on standard tables			
1A	Mon Jan 7	4:30 - 6 :30 pm	FTTT1AWI19	Member only \$5
2A	Tues Jan 8	4:00 - 6:00 pm	FTTT2AWI19	
3A	Fri Jan 4	4:00 - 6:00 pm	FTTT3AWI19	
B	Mon Jan 7	3:00 - 4:30 pm	FTTT0BWI19	
Mini Tennis ■■■■■	Tue Ongoing	8:30 - 9:55 am	FTMN0AFW18	Member \$5
	Fri Ongoing	8:30 - 10:00 am	FTMN0BFW18	Non-Member \$10
Play mini tennis indoors with lightweight racquets and sponge balls on a full size court				

COURSE	DAY	TIME	CODE	FEE
Bridge	Tue Ongoing	1:00 - 3:30 pm	GABR0AFW18	Member only \$ 5
Learn how to play bridge and Practice.				
Bingo	Sat Ongoing	7:00pm-9:00pm	GABCOAFW18	Member only Free + card fee
Join us playing the Social bingo game.				
Board Game	Tue Ongoing	5:00 - 7:00 pm	GABG0AFW18	Member only Free
Join us playing board games (Scrabble).				
Bridge Drop In	Fri Ongoing	1:00 - 3:30 pm	GABX0AFW18	Member only Free
Experience playing bridge is required				
Carpet Bowling ■■■■■	Mon Ongoing	9:00 - 10:00 am	GACA0AFW18	Member only Free
Bowl indoors and meet new friends!				
Shuffleboard ■■■■■	Wed Ongoing	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)				
Mahjong game (East / West mahjong)			Convener: SPLC Volunteers	
Mahjong Practice session A	Tues Ongoing	9:00 am -12:00 pm	GAMPOAFW18	Member only \$5
Mahjong Practice session B	Tues Ongoing	12:30 -3:30 pm	GAMPOBFW18	
Mahjong Practice session C	Thurs Ongoing	9:00 am -12:00 pm	GAMPOCFW18	
Mah Jong - All levels welcome. Beginners will be taught by experienced Mah Jong players, while experienced players can play and enjoy the game. (No gambling allowed)				

Leisure Programs

COURSE	DAY	TIME	CODE	FEE
SPLC Mandarin Sharing Group Mandarin	Wed Ongoing	8:45 - 10:45 am	LAMS0AFW18	Member Only Free
Chat as a group in Mandarin. Individuals wishing to practice Mandarin are welcome!				
SPLC Monthly Sri Lankan Gathering Tamil / English	January 15, February 12 & March 12	7:00 - 9:00 pm	N/A	Member \$7 Non-Member \$9
Cultural gathering consisting of a meal and fun activities				
SPLC Free Monthly Movie Night English	January 25, February 22 & March 29	7:00 - 9:00 pm (time subject to change)	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				
SPLC indoor Walking	Wed Jan 9	2:15 - 3:15 pm	LAWJ0AWI19	\$3.00 for 4 sessions
Enjoy a fun filled indoor walking experience with the one and only Jane Fonda (You Tube 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
Cantonese Opera Instructor: Lun Shi Wang	Cantonese			10 Sessions
Cantonese Opera Singing Level 1 10 Sessions	Wed Jan 23	10:00 - 11:30 am	MACN1AWI19	Member \$50 Non-Member \$60
Learn the basic theory and practice of Cantonese opera singing				
Cantonese Opera Singing Level 2 9 Sessions	Mon Jan 21	1:20 - 2:50 pm	MACN2AWI19	Member \$45 Non-Member \$54
Learn and practice Cantonese opera singing on an in depth level. Prerequisite: Cantonese Opera Singing L1				
Merry Music Makers	Sun Ongoing	7:00 - 8:30 pm	MAMM0AFW18	Member only Free
Join a choir for musical relaxation and a fun social gathering, if you enjoy singing.				
Peking Opera Mandarin	Mon Ongoing	3:15 - 5:30 pm	MAPO0AFW18	Member \$5 Non-Member \$10
Discover the style and tradition of Peking Opera				
People Link Choir Chinese	Thurs Ongoing	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)	
Vocal Training (9 Sessions in alternate weeks)	Mon Sept 10 - Mon Jan 28, 2019	9:00 am - 12:30 pm	MAVT2AFW18	Member \$65 Non-Member \$75
	Tues Sept 4 - Tue Jan 29, 2019	1:00 - 6:00 pm		
Learn more vocal singing techniques. Prerequisite: Completion of Music Theory and Reading or equivalent music knowledge. Please Call Instructor Gabrielle Tung at 416 494 5301 to arrange the class time prior to registration.				

Digital Piano Instructor: TAN BI LEI (Bik)		Cantonese / Mandarin	5 Sessions	
Digital Piano I (for new students)	Wed Jan 9	2:30 - 3:30 pm	MADP1AWI19	Member \$25 Non-Member \$30
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)				
Digital Piano Instructor: TAN BI LEI (Bik)		Cantonese / Mandarin	8 Sessions	
Digital Piano II (Individual Private Tutoring for Returning Students)	Wed Dec 12	3:30 - 4:15 pm	MADP2AWI19	Member \$20 Non-Member \$25
	Wed Dec 12	4:15 - 5:00 pm	MADP2BWI19	
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	
Karaoke A. (Cantonese)	Thurs Jan 10	3:05 - 6:00 pm	MAK00AWI19	Member only \$5
Karaoke B. (English)	Fri Jan 11	1:00 - 3:00 pm	MAK00BWI19	
Karaoke C. (Cantonese)	Fri Jan 11	3:05 - 6:00 pm	MAK00CWI19	

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. Meals will range in price from \$10 to \$30. Each person is responsible for the cost of their meal.
DATE		LOCATION	
Friday January 11		Frankie Tomatto's	
Friday February 8		Dragon Legend	
Friday March 15		Pickle Barrel	
Friday April 12		Black Horn Dining Room	

Recreation Trips

TRIP	DAY & TIME	FEE	DESCRIPTION
Serenata Singers Location: Korean Presbyterian Church on Scarsdale Road. Language: English	Friday Apr 26 7:30 - 9:30 pm	Members: \$ 20 Non Members: \$ 25 (Show ticket only) Members: \$ 40 Non Members: \$ 45 (Ticket to Show & Transportation)	Enjoy the 43rd year of community singing by the Serenata Singers. This group consists of 62 members, all seniors from ages 60 to 104. The program this season will feature folk songs from around the world along with guest artists who will also perform.

Recreation Special Events

EVENT	DATE & TIME	FEE	DESCRIPTION
Amelia Earhart Location: Recreation Room Language: English	Friday Jan 18 2:30 pm - 3:30 pm	Members: \$ 3 Non Members: \$ 5	Let's honor Amelia Earhart the first female aviation pioneer and author. Let's take a look at her experience as a pilot, followed by her many accomplishments. Get ready to learn, have fun and play some interactive games. Refreshments and prizes to be won.
Welcome Lunar New Year Event Location: Recreation Room Language: Cantonese / Mandarin	Friday Jan 25 2:00 pm - 4:30 pm	Free	The members of Chinese Calligraphy Association of Canada will write and give away Chinese New Year Couplets. There will be booths selling gifts and supplies to welcome Lunar New Year
Vocal Training Concert Location: The Anglican Church of St. Paul's - Chapel Cantonese / Mandarin	Tuesday Jan 29 2:00 pm - 4:00 pm	Free	Come and enjoy Gabrielle Tung Vocal training class students' term ending concert.

Recreation Special Events continue...

EVENT	DATE & TIME	FEE	DESCRIPTION
<p>I love Lucy Valentines Day Celebration</p> <p>Location: Recreation Room Language: English</p>	<p>Friday Feb 15 2:30 pm - 3:30 pm</p>	<p>Members: \$ 3 Non Members: \$ 5</p>	<p>Get ready to laugh out loud while we watch one of the best TV series of all time. "I love Lucy." Watch hilarious clips of Lucy and Ricardo expressing their love to each other, with humorous twists.</p> <p>Light refreshments available.</p>
<p>Chinese New Year Celebration</p> <p>Location: Recreation Room Cantonese / Mandarin / English</p>	<p>Sunday Feb 17 2:00 pm - 3:30 pm</p>	<p>Free for Members Non Members: \$2</p>	<p>Come celebrate the Chinese New Year! Enjoy entertainment, games and lucky draw.</p>
<p>International Women's Day</p> <p>Location: Recreation Room Language: English</p>	<p>Friday Mar 8 2:30 pm - 3:30 pm</p>	<p>Members: \$ 3 Non Members: \$ 5</p>	<p>Join us as we celebrate International Women's Day to celebrate women's achievements throughout history and across nations. Watch a presentation with video's inspired by various inspirational women who fought to make a difference for all women everywhere.</p> <p>Games and prizes to be won.</p>
<p>Active Living Fair</p> <p>Location: Recreation Room</p>	<p>Saturday March 30 10:00 am - 2:30 pm</p>	<p>Free</p>	<p>Older adults, seniors and caregivers are invited. Come & enjoy fun games, workshops and exhibits.</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

Health Promotion Workshops / Programs

Caregiver Support Group	DATE	TIME	VENUE	LANGUAGE	FEE
English (Second Tue of Every Month)	Tuesdays January 8, February 12, March 12	1:30pm - 3:00pm	Seminar Room C	English	Free
Cantonese (Last Wed of Every Month)	Wednesdays January 30, February 27 & March 27	5:30pm - 6:30pm	Recreation Room	Cantonese	Free
Mandarin (Fourth Wed of Every Month)	Wednesdays January 23, February 27 & March 27	1:30pm - 3:00pm	Seminar Room C	Mandarin	Free

Good Food Box / Fresh Fruit & Vegetable Market at SPLC

Thursdays: January 10, January 31, February 14, March 14 & April 11.

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
Gardening Club English	1st Tuesday of the month	10:30 am - 12:00 pm	LAGE0AWS19	Free
Gardening Club Mandarin	1st Friday of the month	10:30 am - 12:00 pm	LAGM0BWS19	Free



Join us on social media for the latest news and updates!

Like our page on Facebook by going to  www.fb.com/splcweb

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

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

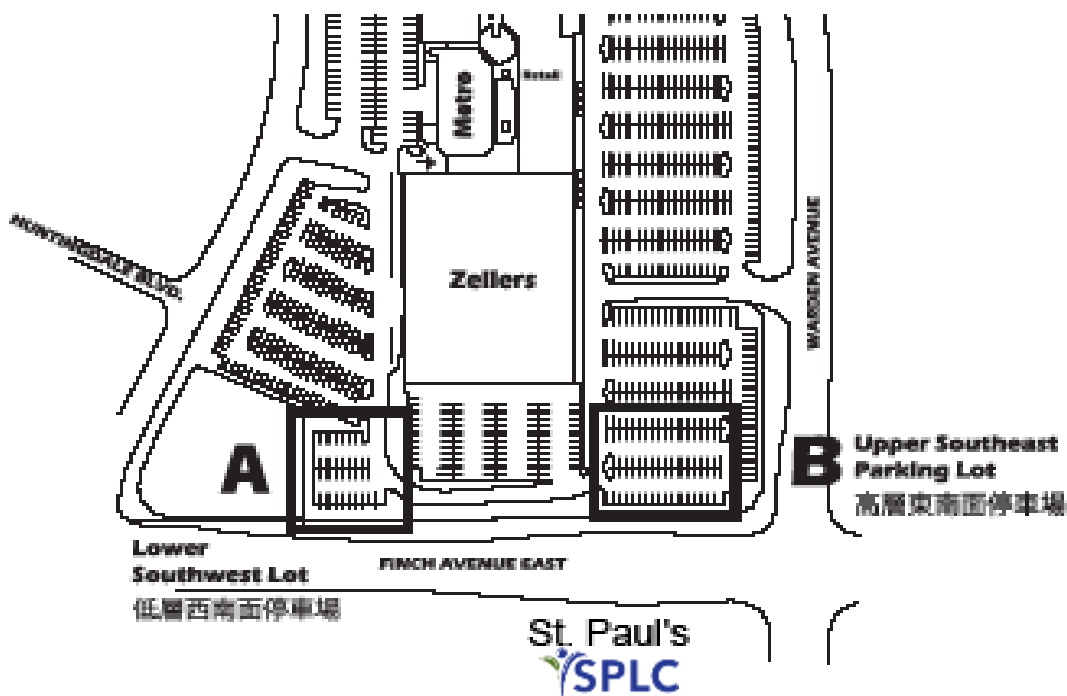


PARKING

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 is partly funded by the City of Toronto - Community Service Partnership Programs, & Ministry of Seniors Affairs - Seniors Active Living Centre (SALC) Program

Jan 7, 2019