



# Active Living Centre Spring Program Guide

**April - June 2024**

3333 Finch Avenue East,  
Scarborough / [www.splc.ca](http://www.splc.ca)  
416-493-3333

## **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 Active Living Centre 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 COVID 19 or flu symptoms i.e. fever, cough, sore throat, sore muscles, please refrain from attending Active Living Centre 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. **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, Active Living Centre 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 Active Living Centre program staff / Instructor / Convener / Volunteer must be familiar with location of the assembly point, and alternate emergency exits.

## **Access Door Entrance For SPLC Active Living Centre Participants**

SPLC Active Living Centre Program participants to enter from **Entrance C** located beside the customer service desk when attending Active Living Centre programs.

## **Senior Active Living Centre Programs Registration & Assistance**

Registrar for SALC Programs and Events on-line (see more information at the back of this Guide)

If you need assistance for Registering Programs / Events, Please call

416 493 3333 Ext 288 (Siva on Mon - Fri) or

416 493 3333 Ext 256 (Lea on Tue & Thu)

or Email: [AllRecreation@splc.ca](mailto:AllRecreation@splc.ca)

SALC Office hours Monday - Friday from 9:00 AM - 5:00 PM

### **SPLC - Senior Active Living Centre 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.

Notifications are to be made in person at the Recreation Office.

Refund cheques are mailed within 3 weeks.

Registration for special events is non-refundable.

### **Important Reminder 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.

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

### **PARKING.**

Limited parking onsite, please inquire with office staff for instructions.

# Art & Crafts Programs

Program	Day	Dates	Time	Fee	Venue
Craft and Arts Club Weekly	Wednesday	Apr 3 - June 26	10:30 AM - 2:00 PM	Fees vary for Supplies	Activity Room
Convenor: Gonsalves Prudence (Dolly) Language: English					
We are here to share our love of arts & crafts and bring together the wonderfully creative people in our community. Learn Knitting, Crocheting, Embroidery and more. Create items such as jewelry and decorative flowers. All skill levels are welcome to join.					
Watercolor Art Virtual A 6 Sessions.	Thursday	Apr 4 – May 9	12:00 - 1:00 PM	\$ 45	Zoom
Watercolor In-person session at SPLC	Thursday	May 23	11:00 AM - 1:00 PM	\$ 15	Activity Room
Watercolor Art Virtual B 4 Sessions.	Thursday	May 30 - June 20	12:00 - 1:00 PM	\$ 30	Zoom
Instructor: Ashifa Champsi Language: English					
Painting with watercolors is easier than it looks. Come join us as you are taught how to create your own wonderful masterpieces. Beginner level students are welcome. Materials needed: Watercolor brushes, paper and a watercolor paint palette.					
Paint Club Monthly	2nd Friday of Month	Apr 12, May 10 & Jun 7	10:00 AM - 12:30 PM	\$15/ Session	Activity Room
Instructor: Susan Kelly Language: English					
Acrylic painting on a canvas usually 8x10. Images are provided that are easy to do and will give the student a feeling of success. It also provides the all important social time and the possibility of making new friends. It is 'brain training' while having fun. It's all done by painting with brushes and with household objects - tracing, stamping, smearing, splattering, dabbing etc.					
Digital Art A 3 Sessions	Fridays	Apr 12, 19 & 26	4:00 - 5:00 PM	\$15	Zoom
Digital Art B		May 10, 17 & 24	4:00 - 5:00 PM	\$15	
Digital Art C		Jun 14, 21 & 28	4:00 - 5:00 PM	\$15	
Instructor: Mok Lee Language: English					
Create a piece of digital art that will speak to the heart. Learn to illustrate a piece to commemorate the holiday season. - A tablet - Any Android or Apple tablet device that can download the Autodesk Sketchbook App. - Autodesk Sketchbook app downloaded on device (Free) - Assistance can be given in the first class - A stylus compatible with your device, if you do not have this you may use your finger					

# Computer / Technology Assistance Program

Program	Day	Dates	Time	Fee	Venue
One-on-One Tech Support (bi-weekly) 1/2 hour Sessions/ person	Tuesday	Apr 9, 23, May 7, 21, June 4 & 18	9:30 - 10:00 AM 10:00 - 10:30 AM 10:30 - 11:00 AM 11:00 - 11:30 AM	\$ 5 (Reg. Fee)	Computer Lab
Instructor: <b>Kevin Yung</b> Language: English / Cantonese / Mandarin  Provide advice on how to deal with issues on devices. We don't actually fix them. Please Register for this program & book your one-on-one weekly appointment to call 416 493 3333 ext 288					

## Dance Programs

Program	Day	Dates	Time	Fee	Venue
Line Dance Level 1 12 sessions ■■■■	Tuesday	Apr 2 - June 18.	10:00 - 11:00 AM	\$ 96	Recreation Room
Learn basic line dance steps. Prerequisite: Completion of line dance beginner.					
Line Dance Level 2 A 12 sessions ■■■■■■	Tuesday	Apr 2 - June 18.	11:30 AM - 12:30 PM	\$ 96	Recreation Room
Line Dance Level 2 B 12 sessions ■■■■■■	Thursday	Apr 4 - June 20.	11:30 AM - 12:30 PM	\$ 96	Recreation Room
Instructor: <b>Irene TSUI</b> Language: English / Cantonese  Learn more line dance steps to improve and enhance balance and posture. Prerequisite: complete the level 1 of Line Dance					
Get Fit to The Beat 10 sessions ■■■■■■	Thursday	Apr 11 - June 20.	3:00 - 4:00 PM	\$ 50	Recreation Room
Instructor: <b>Lea Lue Qui</b> Language: English  This Dance fitness is a form of exercise that combines the elements of dance and aerobic movements to improve flexibility, balance, coordination and overall well-being in older adults. It offers a joyful, fun, and engaging way to stay active, socialize, and maintain physical abilities					

## Dance Programs Continued...

Program	Day	Dates	Time	Fee	Venue
Line Dance Beginner 10 sessions  ■■	Wednesday	Apr 10 - June 12.	11:00 AM - 12:00 PM	\$ 30	Recreation Room
This program is designed for beginners to learn the art of line dancing in a fun and energetic environment. No experience required, come in for a free trial.					
Line Dance Intermediate 12 sessions  ■■■■	Wednesday	Apr 3 - June 19.	9:45 AM - 11:00 AM	\$ 40	Recreation Room
Instructor: Lily YUEN					
Language: English / Cantonese					
Learn more line dance steps to improve and enhance balance and posture. Prerequisite: complete the beginner level of Line Dance					
Line Dance Level 2 10 sessions  ■■■■■■	Friday	Apr 12 - June 21.	12:30 - 1:45 PM	\$ 80	Recreation Room
Learn basic line dance steps, Prerequisite: complete the beginner level of Line Dance (No Class on Friday May 10)					
Line Dance Level 1 10 sessions  ■■■■	Friday	Apr 12 - June 21.	2:00 - 3:00 PM	\$ 80	Recreation Room
Instructor: Yvonne TAM					
Language: English / Cantonese					
Learn more line dance steps to improve and enhance balance and posture. Prerequisite: complete the Beginner level of Line Dance. (No Class on Friday May 10)					

## Education Program

Program	Day	Dates	Time	Fee	Venue
Fingertip Acupuncture Therapy 10 sessions	Monday	Apr 8 - June 17.	9:30 - 10:45 AM	\$ 100	Activity Room
Instructor: <b>Philip MO</b> Language: English / Cantonese					
This course is designed to teach the concepts and theories of Meridian system and acupuncture therapy. Emphasis is on application, There are twelve meridians in the human body eg. heart, liver, spleen, lung, kidney, stomach, gall, small intestine and large intestine, etc (No Class on May Monday May 20)					
ABC English - 10 sessions (By HO Winnie)	Tuesday	Apr 2 - June 25	4:00 - 5:00 PM	\$ 0	By Telephone
This class is for absolute beginners with the English language, the perfect starting point. You will start with the very basics, with topics such as greetings and numbers					

# Fitness Programs

Program	Day	Dates	Time	Fee	Venue
<b>Tai Chi (WU) Advanced</b> 10 sessions 	Monday	Apr 8 - June 17.	11:00 AM - 12:15 PM	\$ 100	Recreation Room
Instructor: <b>Philip MO</b> Language: English / Cantonese					
Learn advanced forms of Tai Chi. Emphasis on lower back, waist and hip joint exercises, punches and leg exercises & an overview of all the Tai Chi forms. (No Class on May Monday May 20)					
<b>Gentle Fitness</b> 10 sessions 	Tuesday	Apr 9 - June 11.	1:00 - 2:00 PM	\$ 50	Recreation Room
Instructor: <b>Lea Lue Qui</b> Language: English					
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>Table Tennis A</b> Weekly 	Wednesday	Apr 3 - June 26.	2:00 - 3:30 PM	\$ 24	Recreation Room
<b>Table Tennis B</b> Weekly 	Wednesday	Apr 3 - June 26.	3:30 - 5:00 PM	\$ 24	Recreation Room
Come, Play & Have fun. AKA Ping Pong with a small, plastic, hard (though hollow!) ball and tables. The SPLC Recreation room will have 3 tables set up					
<b>Mini Tennis</b> Weekly 	Thursday	Apr 4 - June 27.	9:00 - 11:00 AM	\$ 24	Recreation Room
Come, Play & Have fun. With a soft ball and a large net, join us as we turn the SPLC Recreation Room into a mini-tennis court!					
<b>Simplified Tai Chi 24 Form</b> 14 sessions 	Friday	Apr 12 - July 12.	9:00 - 10:00 AM	\$ 50	Recreation Room
Instructor: <b>Joana HO</b> Language: Cantonese /Mandarin / English					
Learn Simplified Tai Chi 24-steps					



# Games

Program	Day	Dates	Time	Fee	Venue
<b>Afternoon Board Games</b> Weekly	Monday	Apr 1 - June 24.	1:00 PM - 3:00 PM	\$ 5	Recreation Room
Come in and play a variety of different games and activities and meet new people Mahjong, Chess, Scrabble and more!					
<b>Bridge BBO Internet Group</b> Weekly	Tuesday	Apr 2 - June 25.	12:30 PM - 3:00 PM	\$ 0	Internet Group
Join our SPLC community of bridge players in a wonderful internet group through Bridge Base On-line (BBO). Make new friends and enjoy the game from the comfort of your own home.					
<b>Bingo A</b> 5 sessions	Thursday	Apr 11 - May 9.	1:30 PM - 2:30 PM	\$ 10	Recreation Room
<b>Bingo B</b> 5 sessions	Thursday	May 23 - June 20.	1:30 PM - 2:30 PM	\$ 10	Recreation Room
Join us for the Bingo afternoon and winner of the day will get a prize.					

# Social

Program	Day	Dates	Time	Fee	Venue
Filipino Gathering Monthly	2nd Tuesday	Apr 9, May 14 & Jun 11	2:30 PM - 4:00 PM	\$ 0	Recreation Room
Instructor: <b>Lea Lue Qui &amp; Volunteer</b>			Language: English		
A delightful gathering where seniors come to gather to share stories, and create lasting memories enjoying good company games and dance movements.					
SPLC Sri Lankan / Tamil Gathering Monthly	3rd Tuesday	May 21 & Jun 18	4:30 PM - 5:30 PM	\$ 0	Recreation Room
Instructor: <b>Siva &amp; Volunteer</b>			Language: English		
Join us for our Monthly gathering, enjoy the games, music and have fun (No Monthly Gathering in April)					
Book Club Twice a month	1st & 3rd Tuesday	Apr 2, 23, May 7, 21, Jun 4 & 18	2:30 PM - 3:30 PM	\$ 30	Recreation Room
Book Club provides a social and intellectual outlet allows people read books share their thoughts and engage in meaningful discussions with their peers. It is a way for people to stay mentally active and connected with others though a common love of literature.					
Instructor: <b>Lea &amp; Volunteer</b>			Language: English		
Introduction to Spanish Monthly	Last Tuesday	Apr 30, May 28 & June 25	2:30 PM - 3:30 PM	\$ 5	Recreation Room
This class is for absolute beginners with the Spanish language, the perfect starting point. You will start with the very basics, with topics such as greetings and numbers. You will learn and explore the Spanish culture as well.					
Instructor: <b>Lea &amp; Volunteer</b>			Language: Spanish / English		
Movie Afternoon Monthly	Last Friday		3:30 PM - 5:00 PM	\$ 0	Recreation Room
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.					



# Music Programs

Program	Gr.	Day	Dates	Time	Fee	Venue
Vocal Training (8 lessons each plus a term end recital in alternate weeks)	A1	Tuesday	Mar 5, 19, Apr 2, 16, 30, May 14, 28, Jun 11	12:45 - 3:15 PM	\$ 80	Activity Room
	A2			3:30 - 6:00 PM		
	B1		Mar12, 26, Apr 9, 23. May 7, 21 June 4, 18	12:45 - 3:15 PM		
	B2			3:30 - 6:00 PM		
Instructor: <b>Gabrielle Tung</b> Language: <b>English / Chinese</b>						
Learn vocal singing techniques. Pre-requisite: 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. (Note June 25 - Term end recital)						
People Link Choir Weekly		Thursday	Apr 4 - June 27	10:00 AM - 12:00 PM	\$ 40	St Paul's L'Amoreaux Church
Practice makes perfect, especially with singing! Join us as we connect in-person at St Paul's L'Amoreaux Church and make beautiful music together. Who are interested in joining the People Link Choir should contact the choir first. They will be designated an appropriate place in the choir and then a note will be given to them for registration. (If you are new, Please contact SALC office, we will connect you with them)						
Karaoke (Chinese) A (English / Other Languages)		Thursday (Every other week)	Apr 4, 18, May 2, 16, 30, June 13 & 27	2:00 - 3:00 PM	\$ 10	Activity Room & Computer lab
Karaoke B (Chinese)				3:00 - 4:00 PM	\$ 10	
Join with us and sing along with music and have fun.						

# Special Events

Event	Day	Date	Time	Fee	Venue
Tamil New Year Celebration (Tamil / English)	Monday	April 15	5:00 - 6:00 pm	\$5	Recreation Room
"Puthandu Vazhukall" Celebrate the Tamil New Year with cultural dance, music performed by children & youth. Light Refreshments will be provided					
Mother's Day Celebration & Tea Party	Thursday	May 16	1:30 - 2:30 PM	\$ 8	Recreation Room
Let us commemorate all the mother figures in our lives, by viewing the Presentation, Singing & Games. Enjoy the Spring Tea Party. Light refreshment will be served.					
Father's Day Celebration (Chinese / English)	Monday	June 17	1:00 - 2:15 PM	\$ 0	Recreation Room
Let's Celebrate Father's day, Performance and Events will be presented by Good News Music Group - variety show which includes Chinese instrumental music, games, vocal singing etc.					

# SPLC Active Living Centre

Location / Channel	Monday	Tuesday
<b>Recreation room</b>	11:00 AM - 12:15 PM Tai Chi (WU)	10:00 AM - 11:00 AM Line Dance (Irene) Level 1
	1:00 PM - 3:00 PM Afternoon Board Games	11:30 AM - 12:30 PM Line Dance (Irene) Level L2A
		1:00 PM - 2:00 PM Gentle Fitness
	Monday April 15, 5:00 PM - 6:00 PM Tamil New Year Celebration	2:30 PM - 4:00 PM Filipino Gathering (Second Tuesday of the Month)
	Monday June 17, 1:00 PM - 2:15 PM Father's Day Celebration	2:30 - 3:30 PM Book Club (1st & 3rd Tuesday of the Month)
		2:30 - 3:30 PM Spanish Club (Last Tuesday of the Month)
		4:30 PM - 5:30 PM Sri Lankan / Tamil Gathering (Third Tuesday of the Month)
<b>Activity Room</b>	9:30 AM - 10:45 AM Fingertip Acupuncture Therapy	12:30 PM - 3:00 PM Vocal Training A
		3:30 PM - 6:00 PM Vocal Training B
<b>Computer Lab</b>		9:30 AM - 11:30 AM One-on-One Tech Support (English / Chinese)
<b>Other / Church Chapel</b>		
<b>Zoom / Internet / Telephone</b>		9:00 AM - 10:0 AM Virtual Travelogue (Zoom) (Last Tuesday of the Month)
		12:30 PM - 3:00 PM Bridge BBO Internet Group

e Programs April - June 2024					
Wednesday		Thursday		Friday	
	9:45 AM - 11:00 AM Line Dance (Lily) Intermediate		9:00 AM - 11:00 AM Mini Tennis		9:00 AM - 10:00 AM Simplifies Tai Chi 24 Form
	11:00 AM - 12:00 PM Line Dance (Lily) Beginner		11:30 AM - 12:30 PM Line Dance (Irene Level 2B)		
	2:00 PM - 3:30 PM Table Tennis A		1:30 PM - 2:30 PM Bingo		12:30 PM - 1:45 PM Line Dance (Yvonne) Level 2
	2:30 PM - 5:00 PM Table Tennis B		3:00 PM - 4:00 PM Get Fit To The Beat		2:00 PM - 3:00 PM Line Dance (Yvonne) Level 1
			Thursday MaY 16 1:30 PM - 2:30 PM Mother's Day Celebration		3:30 PM - 5:30 PM Movie Afternoon (Last Friday of the Month)
	10:30 AM - 2:00 PM Crafts Group		2:00 PM - 3:00 PM Karaoke A		10:00 AM - 12:30 PM Paint Club (Second Friday of the Month)
			3:00 PM - 4:00 PM Karaoke B		
	4:00 PM - 6:00 PM One-On-One Tech Support (English / Cantonese / Mandarin)				
			2:00 PM - 4:00 PM Karaoke A & B (alternate space)		
	10:00 AM - 12:00 PM People Link Choir				
	4:00 PM - 5:00 PM ABC English (Telephone)		12:00 PM - 1:00 PM Virtual Watercolor Class (Zoom)		4:00 PM - 5:00 PM Virtual Digital Art Class (Zoom)



# Senior Persons Living Connected

## Seniors Active Living Centre



salc.splc.ca



recreation@splc.ca



(416) 493-3333 x 288



fb.com/splcweb



3333 Finch Avenue East  
Scarborough, Ontario  
M1W 2R9

### How to register for SALC Programs through the SPLC website

Step 1: go to our site: [www.splc.ca](http://www.splc.ca) Click on We Offer



Step 2: Select **Active Living Centre** tab under the drop down

Step 3: Go down and Click on **"Visit Our Program Calendar to Register"**

Step 4: Click on **"Register Here"** You will now view the Web Registration Receipt page Please enter in your information in the fields indicated. \*are mandatory fields that must be entered.

Step 5: Once you have filled out your information scroll down to the Programs (view Class information, like start date, end date, sessions, fee & Etc)

You will see different program categories in blue: [Computers](#), [Dance](#), [Education](#), [Fitness](#), [Music](#), [Games](#), [Social](#), [Special Event](#) Ex: Line Dance select **"Dance"** and select your preferred dance class

Step 6: Once you have made your program selection, please verify the total amount. Once payment total is verified. You can register 4 items at one registration

Move to the next section marked **Payment Method** Select how you will be paying - **Ex Credit Card**

Then Click on **"Submit"** (see acknowledgement message and receive the receipt to your email)

(When you see something in **Red** at the bottom, review the information and fix that, which is wrong / miss)



SPLC's Active Living Centre Programs are partly funded by the  
City of Toronto - Community Service Partnership Programs



and Ministry for Seniors and Accessibility - Seniors Active Living Centres (SALC) Program.