

2026 FALL PROGRAM GUIDE

October, November, December

Active Living Centre **IN TOUCH**



The Active Living Centre operates with funding from:



*In partnership with Ontario Health–Toronto
Division and **private donors—including you!***

21 Hendon Ave, Toronto, ON M2M 4G8 | 416.733.4111 | www.nyseniors.org





VOLUNTEERS *NEEDED*

416 733.4111 ext: 229

volunteer@nyseniors.org

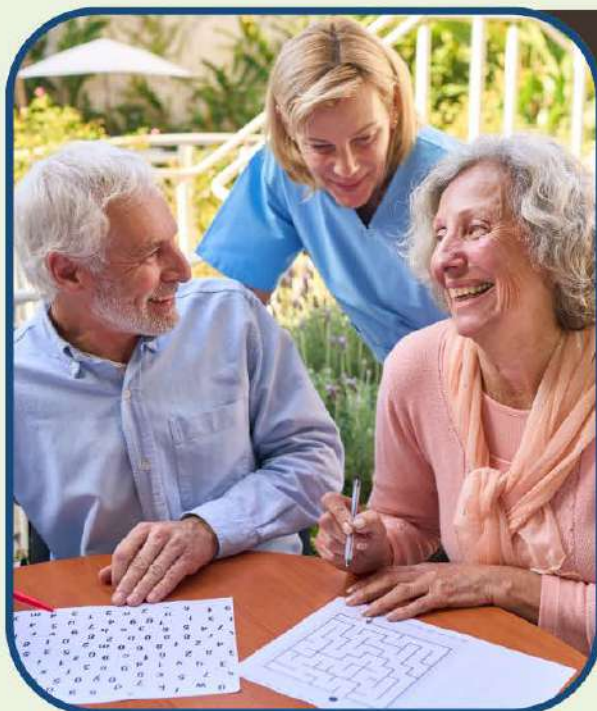


Charitable Gaming Fundraising

Represent us at an off-site charitable gaming centre as part of the Ontario Charitable Gaming Program

**Monday – Friday
between 12 PM – 8 PM (±2.5 hours)**
(occasional weekend shifts as needed)

Commitment: 6 months | 1-2 shift/month



Program Assistant Volunteer Kempford Manor

Support the flow of our Wellness Lounge by helping set up activities, encouraging client participation, and assisting staff throughout the day.

Tuesdays 9 AM – 2 PM

One volunteer needed

Commitment: minimum 3 months

Inside this Issue

NYSC General Information.....	4-5
ALC Greeting.....	4
NYSC Programs & Services.....	6-7
Membership Information.....	8
Registration Information.....	9
Registered On-Site Programs.....	10-11
Social Programs	12
Complimentary Zoom Programs.....	13
Speaking Series.....	13
Telephone Programs & More.....	14
Special Events.....	15
Other Services.....	16
Week at a Glance	17
Client Bill of Rights/Covenant of Conduct.....	18
Volunteer Opportunities.....	20

North York Seniors Centre will be closed for the following holidays:

Thanksgiving – Monday, October 12, 2026

Christmas Day – Friday, December 25, 2026

New Years Day – Friday, January 1, 2027



North York Seniors Centre

ACTIVE LIVING CENTRE & ADMINISTRATION

21 Hendon Ave., Toronto, ON, M2M 4G8

www.nyseniors.org



Active Living Centre facilities are wheelchair accessible



Service animals are welcome

Want to stay active? Follow us on



Hours of Operation

ACTIVE LIVING CENTRE & A DAY AWAY CLUB

Monday – Friday 9:00am – 4:30pm

SENIOR CARE & A DAY AWAY CLUB

80 Sheppard Ave. W., Toronto, ON, M2N 1M2

Fax: 416 225.9867

A DAY AWAY CLUB

Monday – Friday 9:30am – 3:00pm

SENIOR CARE

Monday – Friday 8:00am – 5:00pm

ADMINISTRATION OFFICE

Monday – Friday 9:00am – 5:00pm

For additional information, please call:
416 733.4111 or visit **www.nyseniors.org**

North York Seniors Centre

OUR MISSION

North York Seniors Centre promotes healthy aging by providing programs and services within our diverse community

OUR VISION

A world where older adults live their best lives

OUR VALUES

Compassion: We serve others with empathy, respect and dignity

Inclusiveness: We welcome all people and appreciate their differences

Quality: We deliver excellent person-centered programs and services

General Information

Did you Know...

that North York Seniors Centre offers many great services that you can take advantage of? Listed below are additional services that may be of interest to you:

- In-Home Services
- Outreach Services
- In-Hospital Services
- Transportation Services
- A Day Away Club
- Friendly Visiting & Telephone Reassurance Calls
- Security Checks
- Social Club
- Caregiver Support

Additional fees might be required for the services listed above. Please call **416.733.4111** and ask to speak to Intake.

Greetings from the Program Office

The Active Living Centre welcomes you to enjoy our programs and events over the Fall 2026 season. Free Creative Art Socials continue through 2026, due to generous support from Rotary Club North York. We invite you to "save the date" for our Active Living Fair on November 5, 2026!

Thank you for your patience & understanding as we make some updates and changes within the Centre; from new paint to possible program relocation.

If you don't already receive our weekly email, please let the Program Office know you would like to get it (Membership not required). We look forward to connecting with you soon!

Stay Well *-Bethany Vallentin*

Change of Address

Have you moved, changed your address or any of your contact phone numbers? Please advise the ALC staff if you have moved, changed your phone number or emergency contact numbers since becoming a member.

Parking

Parking is limited at the Centre. There is underground parking available for **\$4.00** with a rebate ticket. Limited street parking is available where signs permit. Accessible spots are available on Hendon as well.

Café:

Visit the café for hot soup, a sandwich, or even just a coffee. The ALC café is open on Monday, Tuesday, Wednesday and Friday, serving from 11:30 am. to 1:00 pm.

Wifi

For those who are wishing to stay connected, we have Wifi for your convenience while you are at the ALC. Please visit reception for the password.

Members' Experience Survey

In order for us to better serve you and offer the programs and services you want to see, please don't forget to give us your opinion and fill out a Member's Experience Survey annually!



Disclaimer

All precautions are taken to ensure that accurate information and prices are printed in this magazine. Rates are subject to change and notices will be posted at the Centre if a rate adjustment is required. Occasionally, room locations, times and dates are changed between the printing of the magazine and the start of programs. For updates and changes, please check your registration receipt or notices posted at the Centre.

North York Seniors Centre does not necessarily endorse the paid advertisements in this brochure.

North York Seniors Centre

Programs & Services



A Day Away Club

A Day Away Club is a social/recreational program for seniors who are physically frail and/or cognitively impaired, and would benefit from a safe and professionally staffed environment.

GETTING STARTED:

Call 416 733.4111 and ask for Intake. Our intake worker can answer any questions you may have about the program and will also ask you some questions about yourself or your loved one to determine eligibility. You can also make arrangements to come in for a tour. Home and Community Support & Services (Ontario Health at Home) for day programs in our district. A Care Coordinator will be in contact with you to complete your application. Once a spot in A Day Away Club is available, the North York Seniors Centre Supervisor will contact you.

PROGRAM FORMAT:

The program is offered Monday through Friday, 9:30 a.m. to 3:00 p.m., with a snack and hot lunch included. Activities change daily. Clients are supported by trained, respectful, caring staff throughout the day. Our staff are trained to attend to some personal care needs as well.

TRANSPORTATION:

Transportation to and from A Day Away Club is the responsibility of the client or their family/caregiver. For those clients who do not have their own transportation and who live in our catchment area, transportation may be available. This service will be provided for an additional fee.

FEES:

Per Day: \$29.10

Transportation— \$7.05 each way

For any questions, please contact Intake at **416.733.4111**

Transportation Services

Transportation Services consists of 5 vehicles and staff drivers. A nominal fee applies.

ELIGIBILITY:

- Users must be members of and registered with our Transportation Department
- Users must live within our catchment area
- Users are unable to use public transit because of physical or cognitive limitations
- Our vehicles are not wheelchair accessible. Users must be able to access the vehicle independently or with minimal assistance

HOURS OF OPERATION:

Rides are provided from 8:30 am to 4:30 pm.

*9:00 am to 10:00 am and 3:00 pm to 4:00 pm are designated for A Day Away Club pick up and drop off.

SERVICES INCLUDE:

- Rides to and/or from medical appointments
- Rides to and/or from the A Day Away Club
- Rides to and/or from the Active Living Centre

TRANSPORTATION SERVICE BOUNDARIES:

Humber River to Victoria Park Avenue and Steeles Ave/Centre St to St.Clair Ave. We also service the major downtown hospitals. Exceptions are made to certain destinations.

PRIORITY SYSTEM:

Priority will be given to clients requesting transportation for medical appointments and A Day Away Club.

Please feel free to contact 416.733.4111 and ask for Intake should you require any additional information.

You can also check out our website for the Fee Schedule: www.nyseniors.org



North York Seniors Centre

Programs & Services



Social Club

This program is designed exclusively for those living in the community who would benefit from an afternoon of socialization, discussion, exercise and activities within a lightly structured environment.

GETTING STARTED:

Call 416 733.4111 and ask for Intake. Once interest and eligibility is established, a Care Navigator will call the client or family directly to set up an in-home assessment. At the assessment, the client and/or caregiver will be given plenty of time to ask questions, establish a start date and finalize all details.

PROGRAM FORMAT:

The day starts with a group discussion during which coffee/tea and a snack are served, followed by a 30 minute light exercise class. Lunch is served between 12:00 p.m. and 1:00 p.m. The afternoon consists of a group activity i.e. travel log, guest speaker, BINGO, and origami. Various seasonal events are celebrated as well.

HOURS OF OPERATION:

Mondays from 11:00 am to 2:00 pm

21 Hendon Avenue

SERVICE CATCHMENT AREA:

Bathurst Street to Victoria Park Avenue
and Steeles Avenue to Highway 401

FEES:

Per Day: \$12.25

Transportation— \$7.05 each way

For further information, contact **416.733.4111** and ask for Intake.

In-Home Services

HOME HELP/HOMEMAKING:

Community/Personal Support Workers (PSW) are trained to assist in the client's home with light housekeeping, laundry, personal care, meal preparation, grocery shopping, escorting clients to appointments and some local errands.

RESPIRE CARE:

This service provides an opportunity for caregivers to enjoy some time for themselves. A qualified PSW will attend to the client in the privacy of his or her own home. Time can be spent interacting with the client while attending to household needs.

ONTARIO HEALTH AT HOME:

Ontario Health at Home coordinates in-home and community-based care. They will assess care needs and refer to our services.

ELIGIBILITY FOR HOME HELP/HOMEMAKING AND RESPIRE CARE:

- Clients must reside within NYSC's catchment area: Bathurst Street to Victoria Park Avenue and Steeles Avenue to Highway 401 (some exceptions may apply, please ask for more information)
- Clients are aged 55 or older or have a physical disability
- Prior to receiving services, an in-home assessment will be completed by a Client Services Coordinator in order to identify the needs of the client. An appropriate care plan will be developed in partnership with the client and/or caregiver.

HOURS OF OPERATION:

Service is available twenty-four hours a day, seven days a week.

FEES:

Home Help/Homemaking and Respite Care: \$20.65/hour with a minimum 1.5 hours service

**Billing occurs once a month.*

For further information, contact **416.733.4111** and ask for Intake.

Membership Information

Membership

Adults aged 55 years or older may become members of the Active Living Centre. As a member you may participate in any of our exciting programs and events.

Membership is available at Reception or the Program Office and is **non refundable**.

New Member Advantage: \$56.10 (1st year)

Renewal Advantage: \$51.00 (per year)

Complimentary Membership to those 90 years and older!

Your membership is valid for 1 FULL year, and is renewable in your membership expiry month. Please see the Program Office to confirm expiry date.

ADVANTAGES OF MEMBERSHIP INCLUDE:

- Access to all FREE Phone and select Zoom programs
- Access to all social, virtual and on-site programs
- Special reduced pricing for Special Events and Trips
- Voting rights
- Access to Library and Computers
- Access to the Fitness Centre

DO YOU NEED A HELP PICKING A PROGRAM?

Not sure what program to take or need some help navigating our wide range of programs and services?

Whether it's health & wellness, learning & culture, recreation & leisure or social opportunities, all ALC members have the option of working with staff to choose the programs that best suit your needs and interests!

Speak to our Program Staff today!

Did You Know?

Anyone can try a program one time before committing to membership or registration. Please see the Program Office before your trial to ensure there is space in the program of interest. You will need to sign a waiver for the trial.

Membership Subsidy is available to those with financial limitations. Please see ALC Supervisor for an assessment.

ALC Staff Directory:

Bethany Vallentin – Supervisor, ALC

416 733.4111 ext. 204

bvallentin@nyseniors.org

Daniela Fonseca – Recreation Programmer

416 733.4111 ext. 205

dfonseca@nyseniors.org

Karan Mukhia – Recreation Programmer

416 733.4111 ext. 203

kmukhia@nyseniors.org

Registration Information

Registration

SOCIAL PROGRAMS

Offered to Members only. Participants are required to sign up and pay in advance for social programs. The fee is monthly and can be paid at the Program Office through credit card, cash or cheque.

REGISTERED PROGRAMS

Membership is required for any registered programs. First chance to register is by attending the Quarterly Members' Meeting. Registered programs have specific start and end dates listed in the program description.

**Registration cannot be processed if your membership is not up-to-date.*

All programs must be paid in full upon registering regardless of the number of classes attended. Payment can be made by cash, cheque, Visa or MasterCard. Cheques need to be made payable to North York Seniors Centre. Classes may be cancelled due to low registration.

Please note:

- Program fees will not be discounted until half of the session has been completed.
- For all Dance & Fitness programs, students are encouraged to be aware of their physical limitations.
- The Active Living Centre reserves the right to cancel programs due to insufficient registration.



SPECIAL EVENTS & WORKSHOPS

All events and workshops require you to sign up one week prior to the event or workshop. Please speak with the Program Office or reception for details.



REGISTRATION POLICY

You must register yourself for any programs. We will no longer be accepting registration through family or friends.

You may try any class **one time** before committing with payment. Please advise the Program Office prior to the trial, and to sign a waiver.

Program fees will only be refunded **directly after the first class** of the session due to dis-satisfaction. A \$5.00 admin fee will apply. If refund is being requested due to injury or illness, the refund will be processed based on the date the required doctor's note is received and there will be no admin fee.

CANCELLATION POLICY

Registered programs, special events, workshops will be cancelled when the minimum registration numbers are not met. Don't wait until the last minute to register, do it now! The cancellation process starts one week prior to commencement of programs, special events, and workshops. You will be notified at that time if your class is cancelled.

Registered OnSite Programs



KOREAN DANCING AM & PM—ALC

Instructor: Ok Cha Kim

Experience the true culture of Korea. Learn the art of Korean Dance with scarves and tambourines. This program is geared towards people with previous Korean Dance experience. This program is taught in Korean. **(No class on October 12)**

Start Date	Time/Day	Fee
October 5 10 Weeks	10:00-11:00 Monday	55.00
October 5 10 Weeks	1:00-2:00 Monday	55.00

FRENCH Intermediate—ALC

Instructor: Blema S.

Our beginners have graduated to intermediate 1 due to all their hard work. We will now focus on more conversation, dramatization and functional vocabulary, incorporated the grammar learned. Nous parlons français! **(No Class on October 29 and November 5)**

Start Date	Time/Day	Member's Advantage
Oct 8 10 Weeks	10:00- 11:30 Thursday	90.00

CIRCUIT COMBO – ALC

Instructor: Michele W.

A full-body workout combining Circuit Combo training with hands-on guidance in the fitness centre. Build strength, improve endurance, and gain confidence using gym equipment on your own in a supportive setting.

Start Date	Time/Day	Fee
October 6 10 weeks	1:00 – 2:00 Tuesday	50.00

LINE DANCE —ALC

Instructor: Vivian Y.

Get your lower body in shape while having some fun! Dances range in variety of speeds and include ballroom, Latin, country, western and international music. Knowledge of line dancing or the completion of Line Dance Level 1 is recommended for Level 2.

Start Date	Time/Day	Member's Advantage
October 6 10 Weeks	10:20– 11:40 Tuesday	Level 2 65.00
October 9 10 Weeks	11:20-12:40 Friday	Level 1 65.00

KOREAN NANTA (DRUMMING)—ADVANCED – ALC

Instructor: Ok Cha Kim

Learn more skills for Korean Drumming and build upon your previous experience in drumming combinations and techniques. This program is geared towards people with previous Korean Nanta experience. You must provide your own drum for this program. This program is taught in Korean.

Start Date	Time/Day	Member's Advantage
October 9 10 Weeks	9:45– 10:45 Friday	55.00

KOREAN JANGGO (DRUMMING) – ALC

Instructor: Ok Cha Kim

Janggo is the most renowned traditional percussion instrument in traditional Korean music. To play the Janggo, you use a stick with one hand and your bare hands. Learn the basic Janggo techniques, rhythms and terms, and the popular Janggo dance. You must provide your own drum for this class. This program is taught in Korean.

Start Date	Time/Day	Member's Advantage
October 9 10 Weeks	1:00– 2:00 Friday	55.00

CHAIR YOGA

Instructor: Terri D

Have a blast in this class as we focus on relaxation and developing a better understanding of the body and its movements. Yoga coordinates movement and breathing and helps release tension and increase energy. It firms the body and tones muscles without pressure. Standing is optional. You may bring your own hand weights.

Start Date	Time/Day	Member's Advantage
October 9 10 Weeks	12:00– 1:00 Friday	60.00

Registered OnSite Programs

ABS, BACK AND CORE

Instructor: Lorne O.

A strong core will give you improved balance, coordination and stability, less back pain, and more ease in getting up from and sitting into a chair. This class will feature exercises that will target the hips (lunges, squats, and their variations, exercises for the low back, and exercises to strengthen the deep abdominal muscles that hold the other torso muscles in place. **(No Class on November 5)**

Start Date	Time/Day	Fee
October 8 10 Weeks	1:00 -1:45 Thursday	90.00

LINE & SKETCH 2-ALC

Instructor: Daniela F.

Ready to advance your artistic journey? **Line & Sketch Level 2** offers the opportunity to refine your sketching techniques, enhance your observational drawing skills, and connect with fellow artists while exploring more challenging subjects and approaches. **(Materials included)**

Start Date	Time/Day	Fee
October 6 10 Weeks	9:30 - 11:00 Tuesday	50.00

MAH JONGG FOR BEGINNERS-ALC

Instructor: Lorrie M. S

This is a popular Chinese game played with tiles and similar to rummy. You will learn the character tiles used in the game, how the game is played and how to win. Chinese style Mah Jongg. Instruction is in English only.

MAH JONGG FOR INTERMEDIATE - ALC

Instructor: Lorrie M. S.

This is a popular Chinese game played with tiles and similar to rummy. For those who have completed the Beginners level. Chinese style Mah Jongg. Instruction is in English only.

Start Date	Time/Day	Member's Advantage
TBD	TBD	Beginners 25.00
TBD	TBD	Intermediate 25.00



TAI CHI -ALC

Instructor:

Discover the benefits of Tai Chi through slow, mindful movements that promote strength, balance, and relaxation. This program is designed to support healthy aging and overall wellness.

Start Date	Time/Day	Fee
October 9 10 Weeks	2:30- 3:15 Friday	60.00

SEATED CONDITIONING -ALC

Instructor: Michele W.

Seated conditioning is designed to target key muscles while improving your flexibility, endurance and balance. This program will be taught in a chair for support and includes a variety of exercises to help strengthen your core, aid in bone health and bone density.

Start Date	Time/Day	Fee
October 7 10 Weeks	9:30- 10:30 Wednesday	50.00

FALL PREVENTION-ALC

Instructor: Michele W.

In partnership with Better Living Health and Community Services, this Falls Prevention Program is tailored to promote strength, flexibility and balance to build confidence and help reduce the risk of falls. Recommended for those who have experienced a fall in the last 6 months, use an assistive device or prefer to join a low intensity program.

Start Date	Time/Day	Member's Advantage
October 9 10 Weeks	10:00- 10:45 Friday	Class 1 Free With Membership
October 9 10 Weeks	11:00-11:45 Friday	Class 2 Free With Membership

ZUMBA GOLD - ALC

Instructor: Michele W.

Easy to follow choreography that focuses on balance, range of motion and coordination and will leave you feeling strong! Enjoy many types of music and dance to get you moving!

Start Date	Time/Day	Fee
October 7 10 weeks	10:45 - 11:45 Wednesday	50.00

SPANISH Beginner - ALC

Instructor: Ricardo A.

Elementary or no previous knowledge. In this level the focus is mainly on conversation and the development of a functional vocabulary which will reinforce the basic grammar the student learns.

Start Date	Time/Day	Fee
October 7 10 weeks	10:00 - 11:30 Wednesday	100.00

Social Programs

REGISTRATION REQUIRED

ARTS

ART STUDIO: (self-guided) Monday

Time: 2:15-4:15pm

Members: \$5.10/month

Location: Fitness Centre

KNITTERS' CORNER:

Wednesday Time: 9:30-11:30am

Members: \$5.10/month

Location: Cafe

STITCHERS :

Wednesday Time: 1:00-2:30 pm

Volunteers Only

Location: Fitness Centre

**This group consists of volunteers producing handiworks to donate to our GiftShoppe.*

FITNESS

PICKLEBALL

Day: Thursday

Time: 9:00am to 11:00am

Members: \$5.10/month

Location: Multipurpose Room

Can be played in singles or doubles.

Pickleball Court and all equipment provided.

Bring a friend to play with!

SOCIAL

ARIANA GROUP IN FARSI

Day: Monday

Time: 2:30-6:30pm

Members: \$5.10/month

Location: Trillium Room

KARAOKE

Day: Monday

Time: 3:00-5:00pm

Members: \$5.10/month

Location: Multipurpose Room

PERSIAN SOCIAL CLUB IN FARSI

Day: Tuesday

Time: 12:00-3:00pm

Members: \$5.10/month

Location: Multipurpose Room

KOREAN SOCIAL CLUB IN KOREAN

코리안 소셜 클럽

Day: Thursday

Time: 10:00am - 12:00pm

Members: \$5.10/month

Location: Fitness Centre

ALBORZ PERSIAN CLUB IN FARSI

Day: Thursday

Time: 2:00-6:00pm

Members: \$5.10/month

Location: Multipurpose Room

KCAS (KOREAN CANADIAN ALZHEIMER'S SOCIETY) IN KOREAN

Date: Wednesday

Time: 1:00-4:00pm

Members: \$5.10/month

Location: Multipurpose Room

GAMES

PROGRESSIVE BRIDGE

Day: Tuesday

Time: 12:15-3:30pm

Members: \$5.10/month

Location: Trillium Room

CANASTA

Day: Thursday

Time: 1:00-3:00pm

Members: \$5.10/month

Location: Trillium Room

EUCHRE

Day: Wednesday

Time: 1:00pm-3:00pm

Members: \$5.10/month

Location: Fitness Centre

GAMES LOUNGE

Day: Thursday

Time: 1:30-3:00pm

Members: \$5.10/month

Location: Cafe

SCRABBLE

Day: Wednesday

Time: 1:15-3:15pm

Members: \$5.10/month

Location: Cafe

MAH JONGG —ENGLISH (Chinese Style)

Day: Friday

Time: 1:15-4:00pm

Members: \$5.10/month

Location: Trillium Room

BINGO

Day: First Thursday of the month

Time: 1:00pm-2:00pm

Members: \$1.00/month

Location: Cafe

COMPLIMENTARY ZOOM PROGRAMS (Membership Required)

BOOK CLUB

1:00–2:00 pm Tuesdays ***every 3 weeks.**

Come read with us! Our book club meets every third Tuesday to discuss book picks. Join like-minded book lovers for a lively discussion, plenty of laughs and a relaxed atmosphere to socialize amongst new friends.

FRENCH CONVERSATION CLUB – INTERMEDIATE

***TBD**

Join a member of NYSC for an hour of French conversation practice. Designed for intermediate learners, this club offers an opportunity to build confidence, expand vocabulary, improve pronunciation, and practice everyday French in a friendly and social environment.

Must be able to communicate and understand basic French to participate

SPANISH CONVERSATION CLUB ADVANCED

9:30–10:30 am Wednesdays ***every 2 weeks**

Join a member of NYSC who is a native Spanish speaker, for an hour of Spanish conversation. Learn new vocabulary and phrases, socialize and have fun!

Must be able to communicate and understand basic Spanish to participate

WORD GAMES

10:30am to 11:30am Fridays

Strengthen your brain as we play different grammatical games, make smaller words out of bigger words, and complete crossword puzzles.



FALL SPEAKING SERIES

Join us for a variety of informative presentations in Fall 2026. Enjoy this speaking series **FREE** for Members and Non-Members. RSVP is required. To register, please call 416 733.4111 to speak with Reception and save your spot!

Behind the Screen: Understanding Artificial Intelligence

Date: Friday, October 16

Time: 10:00AM to 11:00AM

ON SITE

Curious about artificial intelligence and how it is shaping our everyday lives? Join Einat from the Memory Loss Foundation for an engaging introduction to AI, where we will explore how it works, discover its everyday uses, and learn how to use AI tools safely and responsibly. Includes a live demonstration and interactive discussion. Everyone is welcome!

Concussion prevention and management strategies.

Date: Thursday November 26, 2026

Time: 10:00am – 11:00am

Virtual through Zoom

Join the Canadian Concussion Centre for an informative virtual presentation on concussion prevention and management strategies. Participants will learn practical ways to help prevent concussions, recognize symptoms, and understand effective management and recovery approaches. Attendees will also receive a take-home booklet summarizing the key information covered during the session. The presentation will be delivered via Zoom. For those who would prefer to attend from the Centre, a Zoom viewing session will be set up at ALC, and participants are welcome to join from there.

NYSC ACTIVE LIVING FAIR

AGEING WELL TOGETHER

SAVE THE DATE:



November 5, 2026
21 Hendon Ave
10:00am - 2:00pm

Relevant Exhibitors

Seminars & Demos

Prizes!

Free Refreshments

Phone: 416 733 4111

www.nyseniors.org



Older Adults' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adults Centres
La voix des centres pour aînés



Funding provided by:



Thanks to the generosity of Rotary Club North York, we are able to provide Creative Art Socials free to Members and Non-Members for 2026! Stay tuned for more details!



CREATIVE ART SOCIAL SERIES

STAY TUNED

SUPPORTED BY: **Rotary** Club of North York

Telephone Programs

REGISTRATION & MEMBERSHIP REQUIRED

MONDAY:

TRIVIA

2:15 pm - 2:45 pm

Test yourself on general knowledge and more!

WEDNESDAY:

BIOGRAPHY

2:15 pm - 2:45 pm

Discover the fascinating life story of a famous individual. Discuss their impact on world events, technology, and more.

FRIDAY:

GOOD NEWS

2:15 pm - 2:45 pm

In this discussion-based group, we will cover positive news stories taking place around the world.

CARD BINGO

The Last Friday of every month

2:15-2:45 pm

Play bingo with us over the phone! All you need is a deck of cards to participate.

Special Events

To purchase your ticket for one of these events, please call in to, or visit, Reception at least one week prior to the event date!

Murder Mystery Luncheon - The Ad Man Murder

Date: Thursday, October 29, 2026

Time: 12:00pm - 2:00pm

Price: \$15 Members and \$20 Non-Members

You've arrived at the AdAge International Advertising Convention, where power, prestige, and ambition fill every room. By morning, one of the industry's brightest stars is dead in his penthouse suite. Behind every polished smile lurks a secret, and among the convention's master storytellers hides a killer. Can you uncover the truth before the perfect cover story becomes permanent?

ON SITE *RSVP by Thursday October 22, 2026

Remembrance Day Talk

Date: November - TBD

Time: TBD

Price: FREE FOR ALL

Take a moment to honor memories and reflect on meaningful moments at our Remembrance Talk. An opportunity to listen, share, and connect with others.

ON SITE *RSVP

Holiday Party

Date: Wednesday, December 16th 2026

Time: 12:00pm - 1:30pm

Price: \$15 Members, \$20 Non-Members

Come and celebrate the winter holidays with us at the Active Living Centre. There will be delicious food and musical entertainment. See your friends, make new ones, and have a fun time!

ON SITE *RSVP by Wednesday, December 9th, 2026

ALC HOLIDAY BAZAAR

Date: Saturday November 21, 2026

Time: 10:00am - 2:00pm

All are welcome to attend. FREE

Come to experience a variety of vendors, the NYSC Giftshoppe, baked goods, and a great way to ring in the holiday season!

We want to hear from you!

As a client centered organization, we are always looking for your ideas on what programs and services you would like to see at the Active Living Centre.

Please fill out a comment card with any of your suggestions, complaints or feedback!

If you are not coming to the ALC in person, please see page 8 for email addresses that you may send a message to. Or, simply call 416-733-4111, and ask for the Program Office to share your thoughts.

The suggestion box is located in the main lobby of the Active Living Centre



Active Living Fair

Date: Thursday, November 5th 2026

Time: 10:00am to 2:00pm

Price: FREE FOR ALL

PLEASE NOTE:
The Active Living Centre is a **SCENT-FREE** facility! Keep in mind that some people have strong allergic reactions to scent. Please keep perfume, cologne and scented creams to a minimum. Thank you!



Other Services

Fitness Centre

The ALC has a great Fitness Centre available as part of your Membership!

Soon to be relocated to the lower level, provide a Doctor's note of permission (template available in Program Office), complete the required Assessment with our Trainer (for a fee), and then work out independently or purchase Personal Training sessions.

The Giftshoppe is open!

You will find unique, handmade items at the Active Living Centre's fantastic Giftshoppe.

Soon to be relocated to Library, Volunteers and Staff are happy to help you find what you need.

Drop by Monday through Friday!

DINER'S CLUB

Join the Diner's Club to visit a new restaurant in North York on monthly basis. Meet new people and try new foods! For more information, please call **416.733.4111**.

All restaurants are accessible
Individual is responsible for transportation and cost of meal.

TRAVEL

The ALC offers a variety of day trips with pick-up and drop-off at the Centre. Speak to a Travel Desk volunteer (416.733.4111, ext 212) or Program Staff about coming attractions. Please call 416.733.4111

Week at a Glance

FALL 2026

MONDAY	TUESDAY	WEDNESDAY
Korean Dancing AM (Korean) 10:00–11:00.....ALC Multipurpose Room The Social Club 11:00–2:00.....ALC Trillium Room Chiropractic Exercise Class *Every two weeks 11:30–12:30.....ALC Multipurpose Room Korean Dancing PM (Korean) 1:00–2:00.....ALC Multipurpose Room Ariana Group 2:30–6:30.....ALC Trillium Room Karaoke – (English & Korean) 3:00–5:00ALC Multipurpose Room Trivia 2:15–2:45PHONE	Exploring Watercolour 9:30–11:00Trillium Room Line Dance Level 2 10:20–11:40ALC Multipurpose Room Persian Social Club (Farsi) 12:00–3:00ALC Multipurpose Room Progressive Bridge 12:15–3:30.....ALC Trillium Room Circuit Combo 1:00–2:00.....ALC Fitness Centre Book Club *Every Three Weeks 1:00–2:00ZOOM	Spanish Conversation Club Advanced 9:30–10:30ZOOM Seated Conditioning 9:30–10:30ALC Multipurpose Room Knitters' Corner 9:30–11:30.....ALC Cafe Zumba Gold 10:45–11:45.....ALC Multipurpose Room SPANISH Beginner 10:05–11:30.....ALC Trillium Room Euchre 1:00–3:00.....ALC Fitness Centre Stitchers 1:00–2:30ALC Fitness Centre Scrabble 1:00–4:00ALC Cafe Biography 2:15–2:45PHONE KCAS (Korean Canadian Alzheimer's society – IN KOREAN) 1:00–4:00.....ALC Multipurpose Room
THURSDAY	FRIDAY	
PickleBall 9:30–11:30ALC Multipurpose Room FRENCH Intermediate 10:00–11:30.....ALC Trillium Room Chiropractic Exercise Class *Every two weeks 12:00–1:00.....ALC Multipurpose Room Abs, Back & Core 1:00–1:45ALC Fitness Centre Canasta 1:00–3:00ALC Trillium Room BINGO (First Thursday of the month) 1:00–2:00Cafe Games Lounge 1:30–3:00ALC Cafe Korean Social Club 10:00–12:00ALC Fitness Centre Alborz Persian Group (Farsi) 2:30–6:30.....ALC Multipurpose Room	Korean Nanta—Advanced (Korean) 9:45–10:45.....ALC Multipurpose Room Fall Prevention Class 1 10:00–10:45ALC Trillium Room Fall Prevention Class 2 11:00–11:45ALC Trillium Room Mah Jong Advanced (Chinese) 10:00–4:00ALC Fitness Centre Word Games 10:30–11:30ZOOM Line Dance Level 1 11:20–12:40.....ALC Multipurpose Room Chair Yoga 12:00–1:00.....ALC Trillium Room Korean Janggo (Korean) 1:00–2:00ALC Multipurpose Room Mah Jong (English) 1:15–4:00ALC Trillium Room Tai Chi 2:30–3:15ALC Multipurpose Room Good News 2:15–2:45PHONE	



Weekly E-mail Bulletin

“KEEPING YOU IN TOUCH” To receive a weekly program update via email, contact the Program Office at **416.733.4111**. Or email Development at **development@nyseniors.org**

General Information

Client Bill of Rights

As a client/member of North York Seniors Centre you have the right to:

1. Be treated in a respectful manner and to be free from physical, sexual, mental, emotional, and verbal abuse.
2. Receive services in a manner that respects your dignity and privacy and that promotes your autonomy and participation in decision-making.
3. Receive services in a manner that recognizes your individuality and that is sensitive to and responds to your needs and preferences, including preferences based on ethnic, spiritual, linguistic, familial and cultural factors.
4. Receive services free from discrimination on any grounds prohibited by the Human Rights Code or the Canadian Charter of Rights and Freedoms.
5. Receive services in a culturally safe manner if you are First Nations, Metis, or Inuk.
6. Clear and accessible information about NYSC services
7. Participate in the assessment of your needs, development of the care plan, reassessment of your needs and revision to the care plan.
8. Designate a person to be present with you during assessments.
9. Designate a person to participate in the development, evaluation and revision of your care plan.
10. Receive assistance in coordinating the services from NYSC or Ontario Health Team if you receive more than one service.
11. Give or refuse consent to the provision of any service.
12. Raise concerns or recommend changes in connection with the service(s) provided to you and in connection with policies and decisions that affect your interests, to NYSC, its employees, government officials or any person, without fear of interference, coercion, discrimination or reprisal.
13. Be informed of the laws, rules and policies affecting the operation of NYSC, including the Client Bill of Rights, and to be informed, in writing, of the procedures for initiating complaints about NYSC.

Reference: Connecting Care Act, 2019

Covenant of Conduct

North York Seniors Centre

Whereas the North York Seniors Centre has developed a statement of mission as: North York Seniors Centre provides programs and services that promote the social, physical and emotional well-being of clients 55+ in our diverse community.

The member/clients, volunteers and staff of the organization wish to affirm their commitment to achieving the organization's mission and objectives in a spirit of cooperation, civility and mutual respect.

In this spirit, the member/clients, volunteers and staff will seek to:

- Treat all with mutual respect, member/client to member/client, member/client to volunteer, member/client to staff, volunteer to member/client, volunteer to volunteer, volunteer to staff, staff to member/client, staff to volunteer, and staff to staff
- Avoid condescending tones and attitudes
- Communicate in an efficient and prompt manner
- Request clarification of issues with the applicable and appropriate party(s)
- Respect the confidentiality of relevant issues brought to their attention
- Participate in reconciliation rather than confrontation
- Fulfill all obligations once they have assumed the responsibility, in an efficient and timely manner
- Reaffirm their commitment to making decisions in a democratic manner through a fair and transparent process
- Appreciate each other's strengths and expertise, realizing we are all working towards a common goal
- Ensure all relationships are without prejudice due to racial, gender, age and cultural diversity
- Use common sense and practice good judgment when relating to one another.





Mental Health, **I**nspiration, **N**urturing, **D**evelopment & **S**upport

A **FREE** Intergenerational Mental Health Program
For Youth (14–18) & Seniors (55+)

- Simple tools to manage stress
- Support from mental health professionals
- Build confidence, empathy & understanding
- Safe, welcoming space to connect

Why MINDS?

MINDS brings youth and seniors together to share experiences, learn coping strategies, and support one another—because mental well-being is stronger when generations connect.

**For more information call Saanuha at
416 733 4111 ext 233**

Connecting Generations. Strengthening Minds



Get Involved!

NYSC Volunteer Services

WE WOULD LOVE TO HAVE YOUR HELP!

Active Living Centre (21 Hendon Ave.)

- Front Desk Customer Service Rep—Weekdays, Monday to Friday—various times available
- Café Assistant—Monday to Friday—assist with kitchen duties for lunch service
- Special Events— Various days and times— assist the Program Team with delivering events for the ALC

COMMUNITY

- Friendly Visitor —make a difference in a senior's life! Connect with a senior for friendly conversations/activities— virtually or in-person

To learn more about the safety protocols, these volunteer positions and other volunteer opportunities, please contact the Program Office. 416.733.4111