

Older Adults

Recreation Programs and Services



Keep active for Your Health

Meet new friends, visit with old ones, keep active and involved and stay healthy. Recreation programs, special events, workshops and get-togethers specially designed for older adults will keep your calendar full.

Integration Services may be requested if an individual requires assistance to participate in recreation programs. Refer to the Adapted Recreation Programs and Integration Services section or visit toronto.ca/accessibility.

Some recreational programs have additional fees associated with the program (ie: materials or supply fees). Contact your local recreation office for specific details.

Programming Descriptions

City of Toronto residents aged 60 and over can attend any adult program at 50% of the cost. Refer to the program listings for more great opportunities.

Arts - Whether you would like to learn a new art medium or practice your skills there is an art program for you. A variety of art programs are available at all skill levels.

Dance - Dance classes offer older adults an opportunity to learn a new dance or practice the steps to an old one. Whether you have a partner or not there is a dance class for you.

Fitness - There are a variety of fitness classes that are geared towards all levels of ability. From low impact, yoga and walking programs for those who are able to move independently, to chair fitness, Osteofitness and yoga classes for those older adults with some limitations. Refer to the fitness section for a complete list of program descriptions.

Social Programs - Many of the centres offer older adults the opportunity to meet up with old friends or make new ones. Cards, a variety of games or just a time and place to socialize are offered at a number of the centres.

Sports -The City offers a wide selection of sports programs for older adults. Many of the centres have drop in programs where you can just come and play.

Swimming - Swimming helps in the development of cardiovascular and respiratory health, while providing multiple benefits toward achieving greater overall health. The city offers a variety of swim programs available for all ages and abilities. Refer to the swim section for information on leisure and lane swim, as well as learn to swim and aquafit classes.

Volunteer Opportunities - Looking for an opportunity to give back to your community? Why not volunteer? Contact your local community centre.



Older Adult and Senior Adult Membership Card Information

Would you like to participate in active and social programs and events organized by older adults for older adults? The Seniors Executive Committees at the following community centres invite you to come out, participate, and have fun in environments that are geared toward the needs of older adults in each community:

Community Centres Requiring an Older Adult Membership Card

Hours of Operation: Monday-Friday, 9AM-4PM

Birkdale CC, 1299 Ellesmere Rd, 416-396-4069

Don Montgomery CRC, 2467 Eglinton Ave E, 416-396-4047

L'Amoreaux CRC, 2000 McNicoll Ave, 416-396-4510

Port Union CC, 5450 Lawrence Ave E, 416-396-4034

Scarborough Village RC, 3600 Kingston Rd, 416-396-4051

Stephen Leacock CC, 2520 Birchmount Rd, 416-396-4040

Ages and Services:

- 60 yrs+ (older adults)
- For use at the above designated community centres providing programs and services to older adults.
- Membership is required to participate in drop-in programs, special events, and social activities organized by the Seniors Executive Committee.
- Membership provides voting privileges so you can have your say in Annual Seniors Executive Committee Elections.
- Membership sales begin in August.
- For information on the Older Adult Membership Card fee and use, contact your local community centre.
- If you are between the ages of 55 and 59 and would like to find out how you can participate in programs and services offered for older adults, contact your local community centre.

Agincourt RC

31 Glen Watford Dr, 416-396-4037



Day	Time	Start	Code
Drop-in: Dance: Line Dance			
		60 yrs+	Free
Daily	8AM-9AM	Apr 1	2965784
Yoga			
		60 yrs+	\$37/8 wks
Mon	11AM-12NOON	Apr 3	2924154

Summer Session

Drop-in: Dance: Line Dance			
		60 yrs+	Free
Daily	7:45AM-8:45AM	Jul 2	2966027
Yoga			
		60 yrs+	\$37/8 wks
Mon	11AM-12NOON	Jul 10	2924216

Birkdale CC

1299 Ellesmere Rd, 416-396-4069



Cardio Dance			
		60 yrs+	\$43/10 wks
Mon	9:15AM-10:15AM	Apr 3	2944061
Cardio High/Low			
		60 yrs+	\$43/10 wks
Tue	9:15AM-10:15AM	Apr 4	2944037
Cards: Bid Euchre			
		60 yrs+	Free/13 wks
Wed	1PM-3PM	Apr 5	2947110
Cards: Bridge			
		60 yrs+	Free/11 wks
Mon	12NOON-3PM	Apr 3	2947100
Cards: Cribbage			
		60 yrs+	Free/11 wks
Mon	12:30PM-3PM	Apr 3	2947099
Cards: Euchre			
		60 yrs+	Free/13 wks
Thu	12:30PM-3PM	Apr 6	2947105
Cards: Texas Hold'em Poker			
		60 yrs+	Free/13 wks
Tue	1PM-3:30PM	Apr 4	2947109
Crafts			
		60 yrs+	Free/13 wks
Wed	10AM-12NOON	Apr 5	2947096
Dance: Hawaiian			
		60 yrs+	Free/9 wks
Wed	10:30AM-11:30AM	Apr 5	2947092
Dance: Line Dance			
		60 yrs+	Free/13 wks
Tue	12:30PM-3PM	Apr 4	2947090
Dance: Social			
		60 yrs+	Free/11 wks
Sat	7:30PM-11PM	Apr 1	2947093
Games: Bingo			
		60 yrs+	Free/13 wks
Wed	12:45PM-3PM	Apr 5	2947102
Games: Mahjong American			
		60 yrs+	Free/11 wks
Mon	12:30PM-3:30PM	Apr 3	2947101
Games: Mexican Train Dominoes			
		60 yrs+	Free/13 wks
Tue	1PM-3PM	Apr 4	2947108
Games: Scrabble			
		60 yrs+	Free/13 wks
Thu	10AM-12NOON	Apr 6	2947107

Birkdale CC...

Day	Time	Start	Code
Meditation And Tea 60 yrs+ Free/13 wks			
Wed	10:15AM-11:15AM	Apr 5	2947103
Osteo Fit 60 yrs+ \$43/10 wks			
Mon	1PM-2PM	Apr 3	2944038
Fri	12NOON-1PM	Apr 7	2944039
Painting: Oil and Acrylic 60 yrs+ \$45/9 wks			
Thu	10:30AM-12:30PM	Apr 6	2947134
Shuffleboard 60 yrs+ Free/13 wks			
Tue	10:30AM-12NOON	Apr 4	2947115
Snooker 60 yrs+ Free/13 wks			
M-F	8:45AM-3:45PM	Apr 3	2947112
Stained Glass 60 yrs+ Free/13 wks			
Thu	1PM-3PM	Apr 6	2947095
Stretch and Strength 60 yrs+ \$43/10 wks			
Mon	10:30AM-11:30AM	Apr 3	2944093
Fri	9:15AM-10:15AM	Apr 7	2944094
Fri	10:30AM-11:30AM	Apr 7	2944095
Fri	11:45AM-12:45PM	Apr 7	2944101
Table Tennis 60 yrs+ Free/12 wks			
M/W/F	8:45AM-9:45AM	Apr 3	2947114
Tai Chi 60 yrs+ \$44/10 wks			
Wed	9AM-10AM	Apr 5	2944113
Walk Fit 60 yrs+ Free/10 wks			
Mon	12NOON-1PM	Apr 3	2944049
Thu	11AM-12NOON	Apr 6	2944050
Wood Burning 60 yrs+ \$45/9 wks			
Fri	10AM-12NOON	Apr 7	2947087
Wood Carving 60 yrs+ \$45/9 wks			
Fri	12:15PM-2:15PM	Apr 7	2947088
Wood Working 60 yrs+ Free/13 wks			
Tue	1PM-3PM	Apr 4	2947094
Yoga: Chair 60 yrs+ \$44/10 wks			
Mon	10AM-11AM	Apr 3	2944141

Birkdale CC...

Day	Time	Start	Code
Yoga: Chair 60 yrs+ \$44/10 wks			
Tue	11:45AM-12:45PM	Apr 4	2944140
Yoga: Hatha 60 yrs+ \$44/10 wks			
Tue	10:30AM-11:30AM	Apr 4	2944142
Thu	9AM-10AM	Apr 6	2944143
Zumba® GOLD 60 yrs+ \$39/9 wks			
Fri	1:15PM-2:15PM	Apr 7	2944062
Summer Session			
Cardio High/Low 60 yrs+ \$43/10 wks			
Wed	10:30AM-11:30AM	Jul 5	2944167
Cardio Low Impact 60 yrs+ \$43/10 wks			
Tue	9:15AM-10:15AM	Jul 4	2944166
Cards: Euchre 60 yrs+ Free/13 wks			
Thu	12:30PM-3PM	Jul 6	2953023
Cards: Bid Euchre 60 yrs+ Free/13 wks			
Wed	1PM-3PM	Jul 5	2953027
Crafts 60 yrs+ Free/13 wks			
Wed	10AM-12NOON	Jul 5	2953014
Dance: Hawaiian Dance 60 yrs+ Free/3 wks			
Wed	10:30AM-11:30AM	Sep 13	2953015
Dance: Line Dance 60 yrs+ Free/13 wks			
Tue	1PM-3PM	Jul 4	2953016
Dance: Social 60 yrs+ Free/11 wks			
Sat	7:30PM-11PM	Jul 8	2953011
Games: Bingo 60 yrs+ Free/13 wks			
Wed	12:45PM-3PM	Jul 5	2953021
Games: Bridge 60 yrs+ Free/10 wks			
Mon	12NOON-3PM	Jul 10	2953018
Games: Cribbage 60 yrs+ Free/10 wks			
Mon	12:30PM-3PM	Jul 10	2953017
Games: Mahjong American 60 yrs+ Free/10 wks			
Mon	1PM-4PM	Jul 10	2953020

Birkdale CC...

Day	Time	Start	Code
Games: Mexican Train Dominoes 60 yrs+ Free/13 wks			
Tue	1PM-3PM	Jul 4	2953025
Games: Scrabble 60 yrs+ Free/13 wks			
F/Th	10AM-12NOON	Jul 7	2953024
Games: Texas Hold'em Poker 60 yrs+ Free/13 wks			
Tue	1PM-3:30PM	Jul 4	2953026
Meditation and Tea 60 yrs+ Free/13 wks			
Wed	10:15AM-11:15AM	Jul 5	2953022
Osteo Fit 60 yrs+ \$43/10 wks			
Fri	12NOON-1PM	Jul 7	2944173
			\$39/9 wks
Mon	11:30AM-12:30PM	Jul 10	2944172
Shuffleboard 60 yrs+ Free/13 wks			
Tue	10:30AM-12NOON	Jul 4	2953030
Snooker 60 yrs+ Free/12 wks			
M-F	8:45AM-3:45PM	Jul 4	2953028
Stained Glass 60 yrs+ Free/13 wks			
Thu	1PM-3:30PM	Jul 6	2953013
Stretch and Strength 60 yrs+ \$39/9 wks			
Mon	10:30AM-11:30AM	Jul 10	2944205
Table Tennis 60 yrs+ Free/12 wks			
W/F/M	8:45AM-9:45AM	Jul 5	2953029
Tai Chi 60 yrs+ \$44/10 wks			
Wed	9AM-10AM	Jul 5	2944215
Walk Fit 60 yrs+ Free/10 wks			
Thu	10:30AM-11:30AM	Jul 6	2944201
Wood Working 60 yrs+ Free/13 wks			
Tue	1PM-3PM	Jul 4	2953012
Yoga: Chair 60 yrs+ \$44/10 wks			
Tue	11:45AM-12:45PM	Jul 4	2944240
			\$39/9 wks
Mon	10AM-11AM	Jul 10	2944241



The City of Toronto's Welcome Policy helps individuals and families with low income who live in Toronto access City-operated recreation programs. If you are approved for Welcome Policy, you will receive an annual financial credit that can be spent on any recreation program offered by the City throughout the year.

Toronto residents who are approved for Welcome Policy will receive the following annual credit:

- Children and youth (0-24 years old): \$526**
- Adults and older adults (25 years and older): \$244**

Note: the credit amounts are effective for one year and are adjusted to align with future increases in program fees. Visit toronto.ca/wp for the most current allocation amounts and to view your balance online.

For more information visit:


toronto.ca/wp



Call **3-1-1**

Birkdale CC...

Day	Time	Start	Code
Yoga: Hatha 60 yrs+ \$44/10 wks			
Tue	10:30AM-11:30AM	Jul 4	2944242
Thu	9AM-10AM	Jul 6	2944243
Zumba® GOLD 60 yrs+ \$39/9 wks			
Fri	1PM-2PM	Jul 7	2944183

Burrows Hall CC
1081 Progress Ave, 416-396-4670 


Cards 60 yrs+ Free/3 wks			
Thu	12:30PM-3:30PM	Apr 6	2946366
Dance: Sequence Dance 60 yrs+ Free/10 wks			
Mon	11:30AM-3PM	Mar 20	2946362
Gentle Fit 60 yrs+ \$43/10 wks			
Wed	9:30AM-10:30AM	Apr 5	2924160
Osteo Fit 60 yrs+ \$43/10 wks			
Wed	10:30AM-11:30AM	Apr 5	2924159
Walking 60 yrs+ Free/14 wks			
Tue	1:30PM-3PM	Mar 14	2946380
Thu	9:30AM-11AM	Mar 16	2946379
Mon	9:30AM-11AM	Mar 20	2946377

Commander Park RC
140 Commander Blvd, 416-396-4024

Drop-in: Dance: Line Dance 60 yrs+ Free/13 wks			
M/Th	9AM-11:30AM	Apr 3	2966153
Drop-in: Dance: Sequence Dance 60 yrs+ Free/13 wks			
Wed	11:30AM-3PM	Apr 5	2966154

Summer Session

Drop-in: Dance: Line Dance 60 yrs+ Free/9 wks			
M/Th	9AM-11:30AM	Jul 3	2966665
Drop-in: Dance: Sequence Dance 60 yrs+ Free/9 wks			
Mon	11:30AM-3PM	Jul 3	2966668
Tue	11:30AM-3PM	Jul 4	2966667
			Free/11 wks
Wed	11:30AM-3PM	Jul 5	2966666

Don Montgomery CRC
2467 Eglinton Ave E, 416-396-4043 

Badminton 60 yrs+ Free/13 wks			
Wed	10:30AM-12:30PM	Mar 29	Drop-in
			Free/12 wks
F/M	1:15PM-3:15PM	Mar 31	Drop-in
Baseball 60 yrs+ Free/12 wks			
Tue	11:30AM-12:30PM	Apr 11	Drop-in

Don Montgomery CRC...

Day	Time	Start	Code
Bazaar 60 yrs+ Free/12 wks			
Tue	9AM-11:30AM	Mar 28	Drop-in
Cardio High/Low 60 yrs+ Free/10 wks			
Fri	11:30AM-12:30PM	Apr 7	2944040
Cards: Bid Euchre 60 yrs+ Free/12 wks			
Fri	12NOON-3PM	Mar 31	Drop-in
Cards: Bridge 60 yrs+ Free/13 wks			
Thu	11:45AM-3PM	Mar 30	Drop-in
Cards: Cribbage 60 yrs+ Free/13 wks			
Tue	12:45PM-3PM	Mar 28	Drop-in
Cards: Euchre 60 yrs+ Free/13 wks			
Wed	12:30PM-3PM	Mar 29	Drop-in
Cards: Texas Hold'em 60 yrs+ Free/13 wks			
Wed	1PM-3:15PM	Mar 29	Drop-in
Choir 60 yrs+ Free/12 wks			
Wed	1PM-2:30PM	Mar 29	Drop-in
Clubs Social: Coffee Club 60 yrs+ Free/12 wks			
M-F	9AM-3:30PM	Mar 27	Drop-in
Computers: Introduction to Microsoft 60 yrs+ Free/9 wks			
Mon	12:30PM-2PM	Apr 3	2925952
Mon	2PM-3:30PM	Apr 3	2925949
Computers-Internet 60 yrs+ Free/9 wks			
Tue	12:30PM-2PM	Apr 4	2925950
Computers-Introduction 60 yrs+ Free/9 wks			
Tue	2PM-3:30PM	Apr 4	2925953
Cooking: Cooking for 1 or 2 60 yrs+ Free/9 wks			
Fri	11:30AM-1:30PM	Apr 7	2925951
Dance: Belly Dance 60 yrs+ Free/9 wks			
Thu	1PM-2:30PM	Apr 6	2925943
Dance: Line Dance 60 yrs+ Free/9 wks			
Mon	10AM-11AM	Apr 3	2925958
Thu	10:15AM-11:15AM	Apr 6	2959207
Dance: Line Dance-Intermediate 60 yrs+ Free/9 wks			
Thu	9AM-10AM	Apr 6	2959333
Dance: Line Dance-Sequence 60 yrs+ Free/12 wks			
Tue	12:30PM-3PM	Mar 28	Drop-in
Darts 60 yrs+ Free/13 wks			
Mon	1PM-3PM	Mar 27	Drop-in
Games Chess 60 yrs+ Free/12 wks			
Mon	10AM-12NOON	Mar 27	Drop-in

Don Montgomery CRC...

Day	Time	Start	Code
Games: Bingo 60 yrs+ Free/13 wks			
Thu	12:30PM-3PM	Mar 30	Drop-in
Games: Mexican Train Dominoes 60 yrs+ Free/12 wks			
Wed	10AM-12NOON	Mar 29	Drop-in
Games: Scrabble 60 yrs+ Free/12 wks			
Tue	9AM-3PM	Mar 28	Drop-in
Gentle Fit 60 yrs+ Free/10 wks			
Tue	10:15AM-11:15AM	Apr 4	2944100
Golf 60 yrs+ Free/13 wks			
Wed	1:15PM-3:15PM	Mar 29	2925930
Golf: Instructional 60 yrs+ Free/9 wks			
Mon	9:15AM-10:15AM	Apr 3	2925963
Mon	10:15AM-11:15AM	Apr 3	2925964
Fri	9AM-10AM	Apr 7	2925965
Fri	10AM-11AM	Apr 7	2925966
Osteo Fit 60 yrs+ Free/10 wks			
Mon	1:30PM-2:30PM	Apr 3	2944048
Thu	12NOON-1PM	Apr 6	2944051
Painting: Mixed Media 60 yrs+ Free/12 wks			
Thu	9AM-11AM	Mar 30	Drop-in
			Free/9 wks
Tue	1PM-3PM	Apr 4	2925975
Quilting 60 yrs+ Free/9 wks			
Wed	9:30AM-11:30AM	Apr 5	2925902
Snooker 60 yrs+ Free/12 wks			
M-F	9AM-3:30PM	Mar 27	Drop-in
Stretch and Strength 60 yrs+ Free/10 wks			
Wed	9AM-10AM	Apr 5	2944096
Table Tennis 60 yrs+ Free/12 wks			
M-F	9AM-12NOON	Mar 27	Drop-in
Tennis 60 yrs+ Free/13 wks			
Tue	1:15PM-3:15PM	Mar 28	Drop-in
Thu	1:15PM-3:15PM	Mar 30	Drop-in
Volleyball 60 yrs+ Free/13 wks			
Mon	1:15PM-3:15PM	Mar 27	Drop-in
			Free/12 wks
Fri	1:15PM-3:15PM	Mar 31	Drop-in
Walking 60 yrs+ Free/13 wks			
Mon	11:45AM-12:45PM	Mar 27	Drop-in
Thu	9AM-11:45AM	Mar 30	Drop-in
Whittling 60 yrs+ Free/12 wks			
Fri	9:30AM-3PM	Mar 31	Drop-in
Wood Carving 60 yrs+ Free/12 wks			
Mon	9:30AM-3PM	Mar 27	Drop-in

Don Montgomery CRC...

Day	Time	Start	Code
Workshop: Jewellery Making			
		60 yrs+	Free/1 wk
Wed	1PM-3PM	Apr 5	2925978
Yoga: Chair			
		60 yrs+	Free/10 wks
Wed	10:15AM-11:15AM	Apr 5	2944145
Yoga: Hatha			
		60 yrs+	Free/10 wks
Mon	11:30AM-12:30PM	Apr 3	2944146
Fri	10AM-11AM	Apr 7	2944147
Zumba® GOLD			
		60 yrs+	Free/10 wks
Tue	9AM-10AM	Apr 4	2944068
Summer Session			
Crafts: Bazaar			
		60 yrs+	Free/13 wks
Tue	9AM-11:30AM	Jul 11	Drop-in
Crafts: Quilting			
		60 yrs+	Free/13 wks
Tue	9:30AM-11:30AM	Jul 11	Drop-in
Dance: Belly Dance			
		60 yrs+	Free/9 wks
Thu	1PM-2:30PM	Jul 13	2926094
Dance: Line Dance-Beginner			
		60 yrs+	Free/9 wks
Mon	10:15AM-11:15AM	Jul 10	2926093
Dance: Line Dance-Intermediate			
		60 yrs+	Free/9 wks
Mon	9AM-10AM	Jul 10	2926095
Games: Bid Euchre			
		60 yrs+	Free/11 wks
Mon	12NOON-3PM	Jul 10	Drop-in
Games: Bingo			
		60 yrs+	Free/13 wks
Thu	12:30PM-3PM	Jul 13	Drop-in
Games: Bridge			
		60 yrs+	Free/13 wks
Thu	11:45AM-3:15PM	Jul 13	Drop-in
Games: Cribbage			
		60 yrs+	Free/13 wks
Tue	12:45PM-3PM	Jul 11	Drop-in
Games: Darts			
		60 yrs+	Free/11 wks
Mon	1PM-3PM	Jul 10	Drop-in
Games: Euchre			
		60 yrs+	Free/12 wks
Wed	12:30PM-3PM	Jul 12	Drop-in
Games: Scrabble			
		60 yrs+	Free/13 wks
Tue	1PM-3PM	Jul 11	Drop-in
Games: Snooker			
		60 yrs+	Free/12 wks
M-Th	9AM-3PM	Jul 4	Drop-in
Games: Texas Hold'em			
		60 yrs+	Free/12 wks
Wed	1PM-3:15PM	Jul 12	Drop-in
Osteo Fit			
		60 yrs+	Free/11 wks
Tue	1:30PM-2:30PM	Jul 4	2944170
Thu	10AM-11AM	Jul 6	2944175
Stretch and Strength			
		60 yrs+	Free/10 wks
Wed	9AM-10AM	Jul 5	2944206
Don Montgomery CRC...			

Day	Time	Start	Code
Table Tennis			
		60 yrs+	Free/12 wks
M-Th	9AM-12:30PM	Jul 4	Drop-in
Whittling			
		60 yrs+	Free/13 wks
Mon	9:30AM-3PM	Jul 10	Drop-in
Yoga: Chair			
		60 yrs+	Free/10 wks
Wed	10:15AM-11:15AM	Jul 5	2944245
Yoga: Hatha			
		60 yrs+	Free/9 wks
Mon	11:45AM-12:45PM	Jul 10	2944244
Ellesmere CC			
20 Canadian Rd, 416-396-5536			
Cards: Bridge/Euchre			
		60 yrs+	Free/12 wks
Wed	1:30PM-3:30PM	Apr 5	2968239
Gentle Fit			
		60 yrs+	\$43/10 wks
Mon	10:30AM-11:30AM	Apr 3	2944041
Wed	10:30AM-11:30AM	Apr 5	2944042
Pickleball			
		60 yrs+	Free/11 wks
W/M	3:30PM-5:30PM	Mar 29	2968242
Zumba® GOLD			
		60 yrs+	\$39/9 wks
Tue	10:30AM-11:30AM	Apr 4	2944066
Thu	1:15PM-2:15PM	Apr 6	2944065
Fri	11AM-12NOON	Apr 7	2944067
Summer Session			
Zumba® GOLD			
		60 yrs+	\$39/9 wks
Thu	1:15PM-2:15PM	Jul 6	2944181
Heron Park CRC			
292 Manse Rd, 416-396-4035			
Badminton			
		60 yrs+	Free/11 wks
Tu/Th	9:30AM-11:30AM	Apr 4	2950704
Dance: Ballroom			
		60 yrs+	Free/11 wks
Fri	12:30PM-3:30PM	Apr 7	2950707
Games: Bid Euchre			
		60 yrs+	Free/12 wks
Tu/Th	12:30PM-3:30PM	Apr 4	2950706
Osteo Fit			
		60 yrs+	Free/10 wks
Wed	10:45AM-11:45AM	Apr 5	2924741
			Free/9 wks
Fri	10:45AM-11:45AM	Apr 7	2924742
Summer Session			
Drop-in: Dance: Ballroom/			
		60 yrs+	Free/12 wks
Fri	1:30PM-3:45PM	Jul 14	2950907
Games: Bid Euchre			
		60 yrs+	Free/12 wks
Thu	12:30PM-3:30PM	Jul 13	2950787
Games: Progressive Euchre			
		60 yrs+	Free/12 wks
Tue	12:30PM-3:30PM	Jul 11	2950786

L'Amoreaux CRC

2000 McNicoll Ave, 416-396-4510



Day	Time	Start	Code
Badminton			
		60 yrs+	Free/12 wks
Mon	9:15AM-11:30AM	Apr 3	2959051
Tue	12:15PM-2:30PM	Apr 4	2959052
Thu	1PM-2:30PM	Apr 6	2959057
			Free/13 wks
Fri	9:15AM-11:30AM	Apr 7	2959058
Computers: Email and Internet			
		60 yrs+	Free/9 wks
Wed	2:30PM-4PM	Apr 12	2959086
Computers-Beginner			
		60 yrs+	Free/9 wks
Wed	12:30PM-2PM	Apr 12	2959085
Crafts: Bunka			
		60 yrs+	Free/9 wks
Tue	11AM-1PM	Apr 4	2959043
Dance: Ballroom			
		60 yrs+	Free/9 wks
Wed	10:30AM-11:30AM	Apr 5	2959076
Dance: Ballroom-Intermediate			
		60 yrs+	Free/9 wks
Wed	11:30AM-12:30PM	Apr 5	2959077
Dance: Line Dance: Social			
		60 yrs+	Free/12 wks
Wed	12:45PM-3PM	Apr 5	2959045
Dance: Line Dance-Beginner			
		60 yrs+	Free/9 wks
Tue	1PM-2PM	Apr 4	2959088
Dance: Line Dance-Intermediate			
		60 yrs+	Free/9 wks
Tue	2:15PM-3:15PM	Apr 4	2959089
Dance: Line Dance-Advanced			
		60 yrs+	Free/9 wks
Thu	1PM-2PM	Apr 6	2959091
Dance: Line Dance-Social			
		60 yrs+	Free/12 wks
Mon	10AM-12NOON	Apr 3	2959044
Games: Mahjong			
		60 yrs+	Free/12 wks
F/Tu	9AM-12NOON	Apr 7	2959046
Games: Snooker			
		60 yrs+	Free/12 wks
M-F	8:30AM-4:30PM	Apr 1	Drop-in
Gentle Fit			
		60 yrs+	Free/10 wks
Tue	11AM-12NOON	Apr 4	2924085
Table Tennis			
		60 yrs+	Free/12 wks
Mon	1PM-2:30PM	Apr 3	2959056
Wed	9:15AM-11:30AM	Apr 5	2959053
Thu	9AM-11:30AM	Apr 6	2959054
			Free/13 wks
Fri	12NOON-2:30PM	Apr 7	2959055

L'Amoreaux CRC...

Day	Time	Start	Code
Tai Chi 60 yrs+ Free/10 wks			
Thu	10AM-11AM	Apr 6	2924107
Yoga 60 yrs+ Free/8 wks			
Mon	12:30PM-1:30PM	Apr 3	2924109
Mon	1:30PM-2:30PM	Apr 3	2924110
			Free/10 wks
Wed	12:30PM-1:30PM	Apr 5	2924111
Zumba® GOLD 60 yrs+ Free/10 wks			
Fri	11:15AM-12:15PM	Apr 7	2924086

Summer Session

Games: Table Tennis 60 yrs+ Free/12 wks			
Tue	9AM-12NOON	Jul 4	2959338
Thu	1PM-3PM	Jul 6	2959337

Games: Mahjong 60 yrs+ Free/13 wks			
Tu/F	9AM-12NOON	Jul 4	2959335

Dance: Line Dance-Intermediate 60 yrs+ Free/9 wks			
Thu	1PM-2PM	Jul 6	2959344

Drop-in: Badminton 60 yrs+ Free/12 wks			
Tue	1PM-3PM	Jul 12	2959343

Drop-in: Dance: Ballroom 60 yrs+ Free/13 wks			
Fri	12:30PM-3PM	Jul 7	2959334

Games: Snooker 60 yrs+ Free/12 wks			
M-F	8:30AM-4:30PM	Jul 2	Drop-in

Tai Chi 60 yrs+ Free/10 wks			
Thu	10AM-11AM	Jul 6	2924245

Yoga 60 yrs+ Free/10 wks			
Mon	12:30PM-1:30PM	Jul 10	2924247
Mon	1:30PM-2:30PM	Jul 10	2924248

Zumba® GOLD 60 yrs+ Free/10 wks			
Fri	11:15AM-12:15PM	Jul 7	2924224

Malvern CRC
30 Sewells Rd, 416-396-4054

Badminton 60 yrs+ Free/13 wks			
M/W/F	9AM-12NOON	Apr 3	2946373

Pickleball 60 yrs+ Free/12 wks			
Tu/F	12NOON-3PM	Apr 4	2946374

Cards 60 yrs+ Free/12 wks			
M/Tu/F	12:30PM-3:30PM	Apr 3	2946365

Games: Bridge 60 yrs+ Free/12 wks			
Thu	1PM-3PM	Apr 6	2946364

Games: Euchre 60 yrs+ Free/12 wks			
Tue	1PM-3PM	Apr 4	2946363

Malvern CRC...

Day	Time	Start	Code
Walking 60 yrs+ Free/12 wks			
M/W	1PM-3PM	Apr 3	2946378
Summer Session			
Badminton 60 yrs+ Free/9 wks			
Sun	8:15AM-10:15AM	Jul 9	2945551
Pickleball 60 yrs+ Free/9 wks			
Sun	12:45PM-3:45PM	Jul 9	2945550
Cards 60 yrs+ Free/9 wks			
M-F	12:30PM-3:30PM	Jul 4	2945548
M-F	12:30PM-3:30PM	Jul 4	2945549

McGregor Park RC
2231 Lawrence Ave E, 416-396-4023

Dance: Line Dance 60 yrs+ Free/10 wks			
Mon	1PM-3PM	Apr 3	2965975
Drop-in: Euchre 60 yrs+ Free/12 wks			
Wed	1PM-3PM	Apr 5	2965974

Milliken Park CRC
4325 McCowan Rd, 416-396-7757

Badminton: Registered Drop-in 60 yrs+ Free/11 wks			
Thu	9:30AM-12:30PM	Apr 6	2938633
Thu	12:45PM-3:45PM	Apr 6	2938634

Pickleball: Registered Drop-in 60 yrs+ Free/10 wks			
M/W	9:30AM-12:30PM	Apr 3	2938631
M/W	12:30PM-3:45PM	Apr 3	2938632

Dance: Sequence Dance 60 yrs+ Free/12 wks			
Tue	12NOON-3PM	Apr 4	Drop-in

Games: Chinese Chess 60 yrs+ Free/10 wks			
M/Th/F	1PM-5PM	Apr 3	Drop-in

Oakridge CRC
63 Pharmacy Ave, 416-338-1966

Bingo 60 yrs+ Free/11 wks			
Thu	1PM-3PM	Apr 6	Drop-in

Bunka 60 yrs+ Free/11 wks			
Wed	9:30AM-11:30AM	Apr 5	Drop-in

Cardio High/Low 60 yrs+ Free/10 wks			
Mon	9:15AM-10:15AM	Apr 3	2944082

Mon	10:30AM-11:30AM	Apr 3	2944083
Tue	11:40AM-12:40PM	Apr 4	2944084

Fri	9AM-10AM	Apr 7	2944085
Carpet Bowling 60 yrs+ Free/11 wks			

Thu	9:30AM-11:30AM	Apr 6	Drop-in
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Oakridge CRC...

Day	Time	Start	Code
Dance: Ballroom Dance 60 yrs+ Free/11 wks			
Wed	1PM-3PM	Apr 5	Drop-in
Dance: Line Dance 60 yrs+ Free/5 wks			
Mon	1:30PM-3PM	Apr 10	2952317
Painting-Beginner 60 yrs+ Free/9 wks			
Tue	12:30PM-2:30PM	Apr 4	2952319
Painting-Intermediate 60 yrs+ Free/9 wks			
Tue	2:30PM-4:30PM	Apr 4	2952318

Summer Session

Bingo 60 yrs+ Free/11 wks			
Thu	1PM-3PM	Jul 6	Drop-in
Bunka 60 yrs+ Free/11 wks			
Wed	9:30AM-11:30AM	Jul 5	Drop-in

Cardio High/Low 60 yrs+ Free/10 wks			
Thu	11:45AM-12:45PM	Jul 6	2944195

Fri	9AM-10AM	Jul 7	2944193
			Free/9 wks

Mon	9:15AM-10:15AM	Jul 10	2944194
Carpet Bowling 60 yrs+ Free/11 wks			

Thu	9:30AM-11:30AM	Jul 6	Drop-in
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Port Union RC
5450 Lawrence Ave E, 416-396-4034

Bunka 60 yrs+ \$45/9 wks			
Wed	9:30AM-11:30AM	Apr 5	2946293

Cardio Low Impact 60 yrs+ \$43/10 wks			
Mon	10:45AM-11:45AM	Apr 3	2924763

Computer Club 60 yrs+ Free/13 wks			
Tue	2PM-3:30PM	Apr 4	2946309

Dance: Line Dance 60 yrs+ \$30/9 wks			
Tue	12:45PM-1:45PM	Apr 4	2946319

Dance: Line Dance-Beginner 60 yrs+ \$30/9 wks			
Tue	2PM-3PM	Apr 4	2946318

Drop-in: Dance: Line Dance 60 yrs+ Free/12 wks			
Fri	12:30PM-3PM	Apr 7	2946299

Games: Bid Euchre 60 yrs+ Free/13 wks			
Tue	9:30AM-11:30AM	Apr 4	2946308

			Free/12 wks
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Fri	11:45AM-3PM	Apr 7	2946313
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Games: Bingo 60 yrs+ Free/13 wks			
Wed	12:30PM-3:30PM	Apr 5	2946304

Games: Bridge-Progressive 60 yrs+ Free/13 wks			
Thu	12:30PM-3:30PM	Apr 6	2946310

Port Union RC...

Day	Time	Start	Code
Games: Cribbage 60 yrs+ Free/13 wks			
Thu	12:30PM-3:30PM	Apr 6	2946311
Games: Euchre-Progressive 60 yrs+ Free/11 wks			
Mon	12:30PM-3:30PM	Apr 3	2946306
Games: Scrabble 60 yrs+ Free/11 wks			
Mon	1PM-3PM	Apr 3	2946307
Games: Texas Hold'em 60 yrs+ Free/13 wks			
Tu/Th	12NOON-3PM	Apr 4	2946305
Memory Lane Band 60 yrs+ Free/13 wks			
Thu	11AM-12:30PM	Apr 6	2946297
Open Studio: Bazaar Crafts 60 yrs+ Free/13 wks			
Tu/W	9:30AM-12NOON	Apr 4	2946296
Open Studio: Drawing and Painting 60 yrs+ Free/13 wks			
Tue	1PM-3PM	Apr 4	2946301
Open Studio: Model Building 60 yrs+ Free/13 wks			
Thu	9:30AM-12NOON	Apr 6	2946300
Open Studio: Wood Burning/Wood Carving 60 yrs+ Free/13 wks			
Thu	9:30AM-11:30AM	Apr 6	2946298
Osteo Fit 60 yrs+ \$35/8 wks			
Fri	10:45AM-11:45AM	Apr 7	2924764
Outing Companions 60 yrs+ Free/13 wks			
Thu	1PM-3PM	Apr 6	2946312
Pottery 60 yrs+ \$64/9 wks			
Tue	9:30AM-11:30AM	Apr 4	2946334
Quilting 60 yrs+ \$45/9 wks			
Mon	9:30AM-11:30AM	Apr 3	2946294
Stained Glass 60 yrs+ \$45/9 wks			
Mon	1PM-3PM	Apr 3	2946295
Stretch and Strength 60 yrs+ \$43/10 wks			
Wed	10:45AM-11:45AM	Apr 5	2924772
Zumba® GOLD 60 yrs+ \$43/10 wks			
Thu	10:45AM-11:45AM	Apr 6	2924769
Summer Session			
Cardio Low Impact 60 yrs+ \$43/10 wks			
Thu	10:45AM-11:45AM	Jul 6	2924828
			\$30/7 wks
Mon	10:45AM-11:45AM	Jul 10	2924827

Port Union RC...

Day	Time	Start	Code
Drop-in: Art Workshop 60 yrs+ Free/9 wks			
Tue	1PM-3PM	Jul 4	2946339
Drop-in: Dance: Line Dance 60 yrs+ Free/9 wks			
Mon	12:30PM-3PM	Jul 10	2946347
Drop-in: Euchre 60 yrs+ Free/9 wks			
Mon	12:30PM-3PM	Jul 10	2946348
Drop-in: Scrapbooking 60 yrs+ Free/9 wks			
Mon	1PM-3PM	Jul 10	2946346
Games: Bid Euchre 60 yrs+ Free/9 wks			
Tue	9:30AM-11:30AM	Jul 4	2946340
Games: Bid Euchre (6 Hand) 60 yrs+ Free/9 wks			
Tue	12:30PM-3PM	Jul 4	2946351
Games: Bingo 60 yrs+ Free/9 wks			
Wed	12:30PM-3:30PM	Jul 5	2946341
Games: Bridge 60 yrs+ Free/9 wks			
Thu	12:30PM-3:30PM	Jul 6	2946342
Games: Cribbage 60 yrs+ Free/9 wks			
Thu	12:30PM-3:30PM	Jul 6	2946343
Games: Snooker 60 yrs+ Free/9 wks			
M-F	9:30AM-3:30PM	Jul 4	2946353
Open Studio: Bazaar Crafts 60 yrs+ Free/9 wks			
Tu/W	9:30AM-12:30PM	Jul 4	2946337
Open Studio: Wood Burning/Wood Carving 60 yrs+ Free/9 wks			
Thu	9:30AM-11:30AM	Jul 6	2946345
Outing Companions 60 yrs+ Free/9 wks			
Thu	1PM-3PM	Jul 6	2946344
Quilting 60 yrs+ Free/9 wks			
Mon	9:30AM-11:30AM	Jul 10	2946350
Stained Glass 60 yrs+ Free/9 wks			
Mon	1PM-3PM	Jul 10	2946349
Stretch and Strength 60 yrs+ \$43/10 wks			
Wed	10:45AM-11:45AM	Jul 5	2924836
Scarborough Village RC 3600 Kingston Rd, 416-396-4051 			
Art Studio 60 yrs+ Free/9 wks			
Wed	9:30AM-11:30AM	Apr 5	Drop-in
Cardio High/Low 60 yrs+ Free/10 wks			
Mon	9:15AM-10:15AM	Apr 3	Drop-in
Tue	10:30AM-11:30AM	Apr 4	Drop-in

Scarborough Village RC...

Day	Time	Start	Code
Cardio High/Low 60 yrs+ Free/10 wks			
Thu	9:15AM-10:15AM	Apr 6	Drop-in
Thu	10:30AM-11:30AM	Apr 6	Drop-in
Cards: Learn to Play Bridge 60 yrs+ Free/9 wks			
Thu	1:30PM-3:30PM	Apr 6	Drop-in
Choir 60 yrs+ Free/13 wks			
Thu	10AM-12NOON	Apr 6	Drop-in
Cooking 60 yrs+ Free/9 wks			
Mon	1PM-3PM	Apr 3	Drop-in
Dance: Ballroom 60 yrs+ Free/13 wks			
Tue	1PM-3PM	Apr 4	Drop-in
Dance: Clogging-Beginner 60 yrs+ Free/9 wks			
Mon	10:40AM-11:40AM	Apr 3	Drop-in
Dance: Clogging-Intermediate 60 yrs+ Free/9 wks			
Mon	11:45AM-12:45PM	Apr 3	Drop-in
Dance: Line Dance 60 yrs+ Free/9 wks			
Wed	10:45AM-12:15PM	Apr 5	Drop-in
			Free/13 wks
Thu	12:30PM-3:30PM	Apr 6	Drop-in
Dance: Tap-Beginner 60 yrs+ Free/9 wks			
Fri	11:30AM-12:30PM	Apr 7	Drop-in
Dance: Tap-Intermediate 60 yrs+ Free/9 wks			
Fri	10:30AM-11:30AM	Apr 7	Drop-in
Dance: Tap-Advanced 60 yrs+ Free/9 wks			
Fri	9:30AM-10:30AM	Apr 7	Drop-in
Games: Bid Euchre 60 yrs+ Free/13 wks			
Thu	12:30PM-3PM	Apr 6	Drop-in
Games: Bingo 60 yrs+ Free/11 wks			
Mon	12:30PM-3:30PM	Apr 3	Drop-in
Games: Bridge 60 yrs+ Free/13 wks			
Wed	12NOON-3PM	Apr 5	Drop-in
Games: Cribbage 60 yrs+ Free/12 wks			
Fri	12:30PM-3PM	Apr 7	Drop-in
Games: Darts 60 yrs+ Free/12 wks			
Fri	10AM-12NOON	Apr 7	Drop-in
Games: Euchre 60 yrs+ Free/13 wks			
Tue	12:30PM-3:30PM	Apr 4	Drop-in
Games: Mexican Train Dominoes 60 yrs+ Free/13 wks			
Thu	9:30AM-11:30AM	Apr 6	Drop-in
Games: Scrabble 60 yrs+ Free/12 wks			
Fri	10AM-12NOON	Apr 7	Drop-in

Scarborough Village RC...

Day	Time	Start	Code
Games: Shuffleboard			
		60 yrs+	Free/11 wks
Mon	12:45PM-3:30PM	Apr 3	Drop-in
			Free/12 wks
Fri	9:30AM-12NOON	Apr 7	Drop-in
Games: Texas Hold'em			
		60 yrs+	Free/12 wks
Fri	1PM-3PM	Apr 7	Drop-in
Games: Table Tennis			
		60 yrs+	Free/13 wks
Tue	12:30PM-3PM	Apr 4	Drop-in
Wed	9:30AM-11:30AM	Apr 5	Drop-in
Gentle Fit			
		60 yrs+	Free/10 wks
Fri	1:30PM-2:30PM	Apr 7	Drop-in
Memoir Writing			
		60 yrs+	Free/9 wks
Mon	1:30PM-3:30PM	Apr 3	Drop-in
Open Studio: Bunka			
		60 yrs+	Free/11 wks
Mon	1PM-3PM	Apr 3	Drop-in
Open Studio: Country Crafts			
		60 yrs+	Free/13 wks
Thu	9AM-11AM	Apr 6	Drop-in
Open Studio: Crochet Knitting			
		60 yrs+	Free/13 wks
Tue	1PM-3PM	Apr 4	Drop-in
Open Studio: Folk Art			
		60 yrs+	Free/13 wks
Thu	1PM-3PM	Apr 6	Drop-in
Open Studio: Mixed Mediums			
		60 yrs+	Free/13 wks
Tue	9AM-11AM	Apr 4	Drop-in
Open Studio: Paper Tole			
		60 yrs+	Free/11 wks
Mon	9AM-11AM	Apr 3	Drop-in
Open Studio: Quilting			
		60 yrs+	Free/11 wks
Mon	9AM-11AM	Apr 3	Drop-in
			Free/13 wks
Tue	1PM-3PM	Apr 4	Drop-in
Osteo Fit			
		60 yrs+	Free/10 wks
Thu	11:45AM-12:45PM	Apr 6	Drop-in
Paper Tole			
		60 yrs+	Free/9 wks
Wed	1:15PM-3:15PM	Apr 5	Drop-in
Stained Glass			
		60 yrs+	Free/9 wks
Fri	9AM-11AM	Apr 7	Drop-in
Fri	11:15AM-1:15PM	Apr 7	Drop-in
Fri	1:30PM-3:30PM	Apr 7	Drop-in

Scarborough Village RC...

Day	Time	Start	Code
Stretch and Strength			
		60 yrs+	Free/10 wks
Mon	10:30AM-11:30AM	Apr 3	Drop-in
Tue	9:15AM-10:15AM	Apr 4	Drop-in
Tai Chi-Beginner			
		60 yrs+	Free/10 wks
Tue	11:30AM-12:30PM	Apr 4	Drop-in
Tai Chi-Intermediate			
		60 yrs+	Free/10 wks
Tue	9AM-10AM	Apr 4	Drop-in
Tai Chi-Advanced			
		60 yrs+	Free/10 wks
Tue	10:15AM-11:15AM	Apr 4	Drop-in
Walking			
		60 yrs+	Free/12 wks
Fri	2:30PM-3:30PM	Apr 7	Drop-in
Wood Burning			
		60 yrs+	Free/9 wks
Wed	10AM-12NOON	Apr 5	Drop-in
Wood Carving			
		60 yrs+	Free/9 wks
Wed	12:30PM-2:30PM	Apr 5	Drop-in
Yoga			
		60 yrs+	Free/10 wks
Mon	9:30AM-10:30AM	Apr 3	Drop-in
Wed	9:30AM-10:30AM	Apr 5	Drop-in
Yoga: Chair			
		60 yrs+	Free/10 wks
Tue	9:30AM-10:30AM	Apr 4	Drop-in
Zumba® GOLD			
		60 yrs+	Free/9 wks
Wed	12:30PM-1:30PM	Apr 5	Drop-in
Summer Session			
Crafts: Bunka			
		60 yrs+	Free/9 wks
Mon	1PM-3PM	Jul 10	Drop-in
Crafts: Crochet Knitting			
		60 yrs+	Free/13 wks
Tue	1PM-3PM	Jul 4	Drop-in
Dance: Ballroom			
		60 yrs+	Free/13 wks
Tue	12:30PM-3:30PM	Jul 4	Drop-in
Dance: Line Dance			
		60 yrs+	Free/13 wks
Thu	12:30PM-3:30PM	Jul 6	Drop-in
Games: Bingo			
		60 yrs+	Free/9 wks
Mon	1PM-3:30PM	Jul 10	Drop-in
Games: Bridge			
		60 yrs+	Free/9 wks
Wed	12:30PM-3:30PM	Jul 5	Drop-in
Games: Mexican Train Dominoes			
		60 yrs+	Free/9 wks
Thu	9:30AM-11:30AM	Jul 6	Drop-in
Games: Bid Euchre			
		60 yrs+	Free/9 wks
Thu	12:30PM-3:30PM	Jul 6	Drop-in
Games: Darts			
		60 yrs+	Free/9 wks
Thu	10AM-12NOON	Jul 6	Drop-in
Games: Euchre			
		60 yrs+	Free/9 wks
Tue	12:30PM-3:30PM	Jul 4	Drop-in


Scarborough Village RC...

Day	Time	Start	Code
Games: Scrabble			
		60 yrs+	Free/9 wks
Thu	10AM-12NOON	Jul 6	Drop-in
Open Studio: Folk Art			
		60 yrs+	Free/13 wks
Thu	1PM-3PM	Jul 6	Drop-in
Open Studio: Mixed Medium			
		60 yrs+	Free/13 wks
Tue	9AM-11AM	Jul 4	Drop-in
Open Studio: Paper Tole			
		60 yrs+	Free/10 wks
Mon	9AM-11AM	Jul 10	Drop-in
Open Studio: Quilting			
		60 yrs+	Free/13 wks
Tue	1PM-3PM	Jul 4	Drop-in
			Free/10 wks
Mon	9AM-11AM	Jul 10	Drop-in
Cardio High/Low			
		60 yrs+	Free/10 wks
Thu	9:15AM-10:15AM	Jul 6	Drop-in
			Free/9 wks
Mon	9:30AM-10:30AM	Jul 10	Drop-in
Games: Cribbage			
		60 yrs+	Free/9 wks
Wed	12:30PM-3PM	Jul 5	Drop-in
Games: Shuffleboard			
		60 yrs+	Free/9 wks
Thu	9AM-12NOON	Jul 6	Drop-in
Games: Texas Hold'em			
		60 yrs+	Free/9 wks
Thu	1PM-3PM	Jul 6	Drop-in
Gentle Fit			
		60 yrs+	Free/10 wks
Thu	11:30AM-12:30PM	Jul 6	Drop-in
Osteo Fit			
		60 yrs+	Free/10 wks
Thu	10:30AM-11:30AM	Jul 6	Drop-in
Paper Tole			
		60 yrs+	Free/9 wks
Tue	9:30AM-11:30AM	Jul 4	Drop-in
Stretch and Strength			
		60 yrs+	Free/10 wks
Tue	9:30AM-10:30AM	Jul 4	Drop-in
Tai Chi-Beginner			
		60 yrs+	Free/10 wks
Tue	11:30AM-12:30PM	Jul 4	Drop-in
Tai Chi-Intermediate			
		60 yrs+	Free/10 wks
Tue	9AM-10AM	Jul 4	Drop-in
Tai Chi-Advanced			
		60 yrs+	Free/10 wks
Tue	10:15AM-11:15AM	Jul 4	Drop-in
Yoga			
		60 yrs+	Free/10 wks
Wed	9:30AM-10:30AM	Jul 5	Drop-in

Scarborough Village RC...

Day	Time	Start	Code
Yoga 60 yrs+ Free/9 wks			
Mon	9:30AM-10:30AM	Jul 10	Drop-in
Yoga: Chair 60 yrs+ Free/10 wks			
Wed	9:30AM-10:30AM	Jul 12	Drop-in
Zumba® GOLD 60 yrs+ Free/10 wks			
Wed	12:30PM-1:30PM	Jul 5	Drop-in

Stephen Leacock CRC

2500 Birchmount Rd, 416-396-4184 

Golf 60 yrs+ Free/9 wks			
Thu	10AM-12NOON	Apr 20	2935957
Table Tennis 60 yrs+ Free/9 wks			
M/W/ Th/F	8:30AM-3PM	Apr 3	2935956
Clogging 60 yrs+ Free/9 wks			
Wed	2PM-3PM	Apr 5	2935965
Computers: Level 1 60 yrs+ Free/10 wks			
Mon	10AM-11:30AM	Apr 3	2969315
Creative Writing 60 yrs+ Free/9 wks			
Mon	10AM-12NOON	Apr 3	2969316
Drop-in: Book Club 60 yrs+ Free/11 wks			
Tue	10AM-12NOON	Apr 4	2969287
Drop-in: Cards-Bridge 60 yrs+ Free/10 wks			
Thu	12NOON-3PM	Apr 6	2969294
Drop-in: Cards-Hold'em Poker 60 yrs+ Free/12 wks			
Mon	1PM-3PM	Apr 3	2969297
Drop-in: Cards-Hold'em Poker 60 yrs+ Free/10 wks			
Fri	1PM-3PM	Apr 7	2969296
Lawn Bowling 60 yrs+ Free/9 wks			
Tu/F	9:30AM-11:30AM	May 2	2969298
Social Games: Chess, Mahjong, Scrabble 60 yrs+ Free/10 wks			
Tu/Th	11AM-2:30PM	Apr 4	2969295
Tai Chi: Chair 60 yrs+ Free/10 wks			
Thu	9AM-10AM	Apr 6	2924140
Yoga 60 yrs+ Free/10 wks			
Thu	10:15AM-11:15AM	Apr 6	2924144
Yoga: Chair 60 yrs+ Free/10 wks			
Wed	10AM-11AM	Apr 5	2924145
Summer Session			
Yoga 60 yrs+ Free/10 wks			
Thu	10:15AM-11:15AM	Jul 6	2924287
Yoga: Chair 60 yrs+ Free/10 wks			
Wed	10AM-11AM	Jul 5	2924288

Stephen Leacock Seniors CC

2520 Birchmount Rd, 416-396-4040

Day	Time	Start	Code
Cards: Bridge-Bidding 60 yrs+ Free/9 wks			
Tue	10AM-11:30AM	Apr 4	2969314
Cards: Bridge-Conventions 60 yrs+ Free/9 wks			
Tue	11:30AM-1PM	Apr 4	2969313
Cards: Bridge-Play Of The Hand 60 yrs+ Free/9 wks			
Tue	1PM-2:30PM	Apr 4	2969312
Crafts: Bazaar 60 yrs+ Free/12 wks			
Fri	12:45PM-3PM	Apr 7	2969280
Crafts: Bunka 60 yrs+ Free/9 wks			
Thu	10AM-12NOON	Apr 6	2969274
Crafts: Crochet and Quilting 60 yrs+ Free/12 wks			
Mon	9:30AM-11:30AM	Apr 3	2969281
Crafts: Decoupage 60 yrs+ Free/9 wks			
Tue	10AM-12NOON	Apr 4	2969275
Wed	10AM-12NOON	Apr 5	2969276
Crafts: Wood Carving 60 yrs+ Free/12 wks			
Mon	10AM-12NOON	Apr 3	2969282
Dance: Belly Dance-Beginner 60 yrs+ Free/9 wks			
Mon	10AM-11:30AM	Apr 3	2969310
Dance: Belly Dance-Intermediate 60 yrs+ Free/9 wks			
Wed	10:30AM-12NOON	Apr 5	2969309
Dance: Hula for Health (Hawaiian) 60 yrs+ Free/9 wks			
Fri	10AM-11:30AM	Apr 7	2969311
Dance: Line Dance-Beginner 60 yrs+ Free/9 wks			
Wed	2:15PM-3:45PM	Apr 5	2969306
Dance: Line Dance-Intermediate 60 yrs+ Free/9 wks			
Wed	12:30PM-2PM	Apr 5	2969305
Dance: Line-Latin-Beginner 60 yrs+ Free/9 wks			
Thu	10AM-11AM	Apr 6	2969307
Dance: Line-Latin-Intermediate 60 yrs+ Free/9 wks			
Thu	11AM-12NOON	Apr 6	2969308
Drawing and Sketching 60 yrs+ Free/9 wks			
Wed	1PM-3PM	Apr 5	2969340
Drop-in: Bingo 60 yrs+ Free/12 wks			
Mon	12:45PM-2:45PM	Apr 3	2969288

Stephen Leacock Seniors CC...

Day	Time	Start	Code
Drop-in: Cards-Bid Euchre 60 yrs+ Free/12 wks			
Fri	12:15PM-3PM	Apr 7	2969285
Drop-in: Cards-Bridge (Team) 60 yrs+ Free/12 wks			
Mon	12:30PM-3PM	Apr 3	2969293
Drop-in: Cards-Bridge (Open) 60 yrs+ Free/10 wks			
Thu	12:15PM-3PM	Apr 6	2969290
Drop-in: Cards-Cribbage 60 yrs+ Free/11 wks			
Wed	12:15PM-2:45PM	Apr 5	2969283
Drop-in: Cards-Progressive Bridge 60 yrs+ Free/12 wks			
Fri	12:15PM-3PM	Apr 7	2969286
Drop-in: Cards-Progressive Euchre 60 yrs+ Free/11 wks			
Thu	12:15PM-2:45PM	Apr 6	2969284
Drop-in: Carpet Bowling 60 yrs+ Free/9 wks			
Mon	9:30AM-11:30AM	Apr 3	2969292
Drop-in: Dance: Line Dance-Social 60 yrs+ Free/12 wks			
Tue	12:45PM-3PM	Apr 4	2969279
Drop-in: Snooker 60 yrs+ Free/12 wks			
M-F	9AM-3PM	Apr 3	2969291
Drop-in: Social Cards 60 yrs+ Free/11 wks			
Tue	12:45PM-3PM	Apr 4	2969289
Gentle Fit 60 yrs+ Free/10 wks			
Fri	9AM-10AM	Apr 7	2924115
Osteo Fit 60 yrs+ Free/10 wks			
Wed	11:15AM-12:15PM	Apr 5	2924114
Painting: Acrylic and Oil 60 yrs+ Free/9 wks			
Thu	1PM-3PM	Apr 6	2969342
Painting: Watercolour 60 yrs+ Free/9 wks			
Wed	10AM-12NOON	Apr 12	2969341
Photography: Digital 60 yrs+ Free/9 wks			
Tue	2PM-4PM	Apr 4	2969338
Photography: Landscape Studio 60 yrs+ Free/9 wks			
Tue	4PM-6PM	Apr 4	2969339
Stretch and Strength 60 yrs+ Free/10 wks			
Wed	9AM-10AM	Apr 5	2924121
Stretch and Strength: Chair 60 yrs+ Free/10 wks			
Wed	10:15AM-11:15AM	Apr 5	2924122
Fri	10:15AM-11:15AM	Apr 7	2924123


Stephen Leacock Seniors CC...

Day	Time	Start	Code
Tai Chi-Beginner 60 yrs+ Free/10 wks			
Tue	10:15AM-11:15AM	Apr 4	2924124
Tai Chi-Intermediate 60 yrs+ Free/10 wks			
Tue	11:25AM-12:25PM	Apr 4	2924125
Yoga 60 yrs+ Free/10 wks			
Thu	9AM-10AM	Apr 6	2924127
Yoga: Chair 60 yrs+ Free/10 wks			
Tue	9AM-10AM	Apr 4	2924126
Zumba® GOLD 60 yrs+ Free/10 wks			
Thu	1PM-2PM	Apr 6	2924116
Summer Session			
Crafts: Bazaar 60 yrs+ Free/11 wks			
Fri	12:45PM-3PM	Jul 14	2969464
Crafts: Bunka 60 yrs+ Free/9 wks			
Thu	10AM-12NOON	Jul 13	2969462
Crafts: Crochet and Quilting 60 yrs+ Free/10 wks			
Mon	9:30AM-11:30AM	Jul 17	2969465
Dance: Belly Dance 60 yrs+ Free/9 wks			
Wed	10:30AM-12NOON	Jul 12	2969477
Dance: Latin-Beginner 60 yrs+ Free/9 wks			
Thu	10AM-11AM	Jul 13	2969478
Dance: Latin-Intermediate 60 yrs+ Free/9 wks			
Thu	11AM-12NOON	Jul 13	2969479
Dance: Line Dance-Beginner 60 yrs+ Free/9 wks			
Wed	2:15PM-3:45PM	Jul 12	2969476
Dance: Line Dance-Intermediate 60 yrs+ Free/9 wks			
Wed	12:30PM-2PM	Jul 12	2969475
Decoupage 60 yrs+ Free/4 wks			
Wed	10AM-2:30PM	Jul 12	2969461
Drawing and Sketching 60 yrs+ Free/9 wks			
Wed	1PM-3PM	Jul 12	2969460
Drop-in: Bingo 60 yrs+ Free/12 wks			
Mon	12:45PM-2:45PM	Jul 17	2969471
Drop-in: Cards-Bid Euchre 60 yrs+ Free/12 wks			
Fri	12:15PM-3PM	Jul 14	2969469
Drop-in: Cards-Bridge Open 60 yrs+ Free/10 wks			
Thu	12:15PM-3PM	Jul 13	2969467

Stephen Leacock Seniors CC...


Day	Time	Start	Code
Drop-in: Cards-Cribbage 60 yrs+ Free/11 wks			
Wed	12:15PM-2:45PM	Jul 19	2969466
Drop-in: Cards-Progressive Bridge 60 yrs+ Free/12 wks			
Fri	12:15PM-3PM	Jul 14	2969470
Drop-in: Cards-Progressive Euchre 60 yrs+ Free/11 wks			
Thu	12:15PM-2:45PM	Jul 13	2969468
Drop-in: Carpet Bowling 60 yrs+ Free/10 wks			
Mon	9:30AM-11:30AM	Jul 17	2969474
Drop-in: Dance: Line Dance-Social 60 yrs+ Free/11 wks			
Tue	12:45PM-3PM	Jul 18	2969463
Drop-in: Snooker 60 yrs+ Free/12 wks			
M-F	9AM-3PM	Jul 11	2969473
Drop-in: Social Cards 60 yrs+ Free/11 wks			
Tue	12:45PM-3PM	Jul 18	2969472
Gentle Fit 60 yrs+ Free/10 wks			
Fri	9AM-10AM	Jul 7	2924263
Osteo Fit 60 yrs+ Free/10 wks			
Wed	11:15AM-12:15PM	Jul 5	2924262
Painting: Oil and Acrylic 60 yrs+ Free/9 wks			
Thu	1PM-3PM	Jul 13	2969480
Painting: Watercolour 60 yrs+ Free/9 wks			
Thu	10AM-12NOON	Jul 13	2969481
Stretch and Strength 60 yrs+ Free/10 wks			
Wed	9AM-10AM	Jul 5	2924267
Stretch and Strength: Chair 60 yrs+ Free/10 wks			
Wed	10:15AM-11:15AM	Jul 5	2924268
Fri	10:15AM-11:15AM	Jul 7	2924269
Tai Chi-Beginner 60 yrs+ Free/10 wks			
Tue	10:15AM-11:15AM	Jul 4	2924270
Tai Chi-Intermediate 60 yrs+ Free/10 wks			
Tue	11:25AM-12:25PM	Jul 4	2924271
Yoga 60 yrs+ Free/10 wks			
Thu	9AM-10AM	Jul 6	2924273
Yoga: Chair 60 yrs+ Free/10 wks			
Tue	9AM-10AM	Jul 4	2924272
Zumba® GOLD 60 yrs+ Free/10 wks			
Thu	1PM-2PM	Jul 6	2924264

Toronto Pan Am Sports Centre

875 Morningside Ave, 416-283-2373 

Day	Time	Start	Code
Pickleball 60 yrs+ Free/12 wks			
Tu/Th	8:30AM-10:15AM	Apr 4	2953558
Yoga 60 yrs+ \$37/8 wks			
Mon	10:30AM-11:30AM	Apr 3	2969667

Warden Hilltop CC

25 Mendelssohn St, 416-392-7640 


Badminton 60 yrs+ Free/10 wks			
Tue	12:45PM-2:45PM	Apr 4	2943667
Wed	10AM-12:30PM	Apr 5	2949183
Dance: Line Dance-Beginner 60 yrs+ \$30/9 wks			
Fri	11AM-12NOON	Apr 7	2943680
Dance: Line Dance-Intermediate 60 yrs+ \$30/9 wks			
Fri	10AM-11AM	Apr 7	2943679

Open Studio: Stitching 60 yrs+ Free/12 wks			
Tue	12:30PM-3PM	Apr 4	2943661
Yoga 60 yrs+ \$44/10 wks			
Fri	1PM-2PM	Apr 7	2944151
Zumba® GOLD 60 yrs+ \$43/10 wks			
Thu	11AM-12NOON	Apr 6	2944063

Summer Session

Dance: Line Dance-Beginner 60 yrs+ \$30/9 wks			
Fri	11AM-12NOON	Jul 7	2943759
Dance: Line Dance-Intermediate 60 yrs+ \$30/9 wks			
Fri	10AM-11AM	Jul 7	2943758
Yoga 60 yrs+ \$86/10 wks			
Fri	1PM-2PM	Jul 7	2944246

West Rouge CC

270 Rouge Hills Dr, 416-396-4147 

Cards: Bridge/Euchre 60 yrs+ Free/12 wks			
Wed	10AM-12NOON	Apr 5	2925996
Cards: Hand and Foot Cards 60 yrs+ Free/12 wks			
Tu/Th	1PM-4PM	Apr 4	2925997
Gentle Fit 60 yrs+ \$43/10 wks			
Thu	10:45AM-11:45AM	Apr 6	2924780
Osteo Fit 60 yrs+ \$43/10 wks			
Tue	11:30AM-12:30PM	Apr 4	2924779
West Rouge Mad Group 60 yrs+ Free/12 wks			
Tue	11AM-2PM	Apr 4	2925995