

# 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](http://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
<b>Drop-in: Dance: Line Dance</b>			
		60 yrs+	Free
Daily	8AM-9AM	Apr 1	2965784
<b>Yoga</b>			
		60 yrs+	\$37/8 wks
Mon	11AM-12NOON	Apr 3	2924154

### Summer Session

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

### Birkdale CC

1299 Ellesmere Rd, 416-396-4069



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

Birkdale CC...

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

Birkdale CC...

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

Birkdale CC...

Day	Time	Start	Code
<b>Games: Mexican Train Dominoes</b> 60 yrs+ Free/13 wks			
Tue	1PM-3PM	Jul 4	2953025
<b>Games: Scrabble</b> 60 yrs+ Free/13 wks			
F/Th	10AM-12NOON	Jul 7	2953024
<b>Games: Texas Hold'em Poker</b> 60 yrs+ Free/13 wks			
Tue	1PM-3:30PM	Jul 4	2953026
<b>Meditation and Tea</b> 60 yrs+ Free/13 wks			
Wed	10:15AM-11:15AM	Jul 5	2953022
<b>Osteo Fit</b> 60 yrs+ \$43/10 wks			
Fri	12NOON-1PM	Jul 7	2944173
			\$39/9 wks
Mon	11:30AM-12:30PM	Jul 10	2944172
<b>Shuffleboard</b> 60 yrs+ Free/13 wks			
Tue	10:30AM-12NOON	Jul 4	2953030
<b>Snooker</b> 60 yrs+ Free/12 wks			
M-F	8:45AM-3:45PM	Jul 4	2953028
<b>Stained Glass</b> 60 yrs+ Free/13 wks			
Thu	1PM-3:30PM	Jul 6	2953013
<b>Stretch and Strength</b> 60 yrs+ \$39/9 wks			
Mon	10:30AM-11:30AM	Jul 10	2944205
<b>Table Tennis</b> 60 yrs+ Free/12 wks			
W/F/M	8:45AM-9:45AM	Jul 5	2953029
<b>Tai Chi</b> 60 yrs+ \$44/10 wks			
Wed	9AM-10AM	Jul 5	2944215
<b>Walk Fit</b> 60 yrs+ Free/10 wks			
Thu	10:30AM-11:30AM	Jul 6	2944201
<b>Wood Working</b> 60 yrs+ Free/13 wks			
Tue	1PM-3PM	Jul 4	2953012
<b>Yoga: Chair</b> 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](http://toronto.ca/wp) for the most current allocation amounts and to view your balance online.

For more information visit:

[toronto.ca/wp](http://toronto.ca/wp)




Call **3-1-1**

Birkdale CC...

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

**Burrows Hall CC**

1081 Progress Ave, 416-396-4670 

<b>Cards</b> 60 yrs+ Free/3 wks			
Thu	12:30PM-3:30PM	Apr 6	2946366
<b>Dance: Sequence Dance</b> 60 yrs+ Free/10 wks			
Mon	11:30AM-3PM	Mar 20	2946362
<b>Gentle Fit</b> 60 yrs+ \$43/10 wks			
Wed	9:30AM-10:30AM	Apr 5	2924160
<b>Osteo Fit</b> 60 yrs+ \$43/10 wks			
Wed	10:30AM-11:30AM	Apr 5	2924159
<b>Walking</b> 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

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

**Summer Session**

<b>Drop-in: Dance: Line Dance</b> 60 yrs+ Free/9 wks			
M/Th	9AM-11:30AM	Jul 3	2966665
<b>Drop-in: Dance: Sequence Dance</b> 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 

<b>Badminton</b> 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
<b>Baseball</b> 60 yrs+ Free/12 wks			
Tue	11:30AM-12:30PM	Apr 11	Drop-in

Don Montgomery CRC...

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

Don Montgomery CRC...

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

Don Montgomery CRC...

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

Day	Time	Start	Code
<b>Table Tennis</b>			
		60 yrs+	Free/12 wks
M-Th	9AM-12:30PM	Jul 4	Drop-in
<b>Whittling</b>			
		60 yrs+	Free/13 wks
Mon	9:30AM-3PM	Jul 10	Drop-in
<b>Yoga: Chair</b>			
		60 yrs+	Free/10 wks
Wed	10:15AM-11:15AM	Jul 5	2944245
<b>Yoga: Hatha</b>			
		60 yrs+	Free/9 wks
Mon	11:45AM-12:45PM	Jul 10	2944244
<b>Ellesmere CC</b>			
20 Canadian Rd, 416-396-5536			
<b>Cards: Bridge/Euchre</b>			
		60 yrs+	Free/12 wks
Wed	1:30PM-3:30PM	Apr 5	2968239
<b>Gentle Fit</b>			
		60 yrs+	\$43/10 wks
Mon	10:30AM-11:30AM	Apr 3	2944041
Wed	10:30AM-11:30AM	Apr 5	2944042
<b>Pickleball</b>			
		60 yrs+	Free/11 wks
W/M	3:30PM-5:30PM	Mar 29	2968242
<b>Zumba® GOLD</b>			
		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
<b>Summer Session</b>			
<b>Zumba® GOLD</b>			
		60 yrs+	\$39/9 wks
Thu	1:15PM-2:15PM	Jul 6	2944181
<b>Heron Park CRC</b>			
292 Manse Rd, 416-396-4035			
<b>Badminton</b>			
		60 yrs+	Free/11 wks
Tu/Th	9:30AM-11:30AM	Apr 4	2950704
<b>Dance: Ballroom</b>			
		60 yrs+	Free/11 wks
Fri	12:30PM-3:30PM	Apr 7	2950707
<b>Games: Bid Euchre</b>			
		60 yrs+	Free/12 wks
Tu/Th	12:30PM-3:30PM	Apr 4	2950706
<b>Osteo Fit</b>			
		60 yrs+	Free/10 wks
Wed	10:45AM-11:45AM	Apr 5	2924741
			Free/9 wks
Fri	10:45AM-11:45AM	Apr 7	2924742
<b>Summer Session</b>			
<b>Drop-in: Dance: Ballroom/Line Dance</b>			
		60 yrs+	Free/12 wks
Fri	1:30PM-3:45PM	Jul 14	2950907
<b>Games: Bid Euchre</b>			
		60 yrs+	Free/12 wks
Thu	12:30PM-3:30PM	Jul 13	2950787
<b>Games: Progressive Euchre</b>			
		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
<b>Badminton</b>			
		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
<b>Computers: Email and Internet</b>			
		60 yrs+	Free/9 wks
Wed	2:30PM-4PM	Apr 12	2959086
<b>Computers-Beginner</b>			
		60 yrs+	Free/9 wks
Wed	12:30PM-2PM	Apr 12	2959085
<b>Crafts: Bunka</b>			
		60 yrs+	Free/9 wks
Tue	11AM-1PM	Apr 4	2959043
<b>Dance: Ballroom</b>			
		60 yrs+	Free/9 wks
Wed	10:30AM-11:30AM	Apr 5	2959076
<b>Dance: Ballroom-Intermediate</b>			
		60 yrs+	Free/9 wks
Wed	11:30AM-12:30PM	Apr 5	2959077
<b>Dance: Line Dance: Social</b>			
		60 yrs+	Free/12 wks
Wed	12:45PM-3PM	Apr 5	2959045
<b>Dance: Line Dance-Beginner</b>			
		60 yrs+	Free/9 wks
Tue	1PM-2PM	Apr 4	2959088
<b>Dance: Line Dance-Intermediate</b>			
		60 yrs+	Free/9 wks
Tue	2:15PM-3:15PM	Apr 4	2959089
<b>Dance: Line Dance-Advanced</b>			
		60 yrs+	Free/9 wks
Thu	1PM-2PM	Apr 6	2959091
<b>Dance: Line Dance-Social</b>			
		60 yrs+	Free/12 wks
Mon	10AM-12NOON	Apr 3	2959044
<b>Games: Mahjong</b>			
		60 yrs+	Free/12 wks
F/Tu	9AM-12NOON	Apr 7	2959046
<b>Games: Snooker</b>			
		60 yrs+	Free/12 wks
M-F	8:30AM-4:30PM	Apr 1	Drop-in
<b>Gentle Fit</b>			
		60 yrs+	Free/10 wks
Tue	11AM-12NOON	Apr 4	2924085
<b>Table Tennis</b>			
		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
<b>Tai Chi</b> 60 yrs+ Free/10 wks			
Thu	10AM-11AM	Apr 6	2924107
<b>Yoga</b> 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
<b>Zumba® GOLD</b> 60 yrs+ Free/10 wks			
Fri	11:15AM-12:15PM	Apr 7	2924086

**Summer Session**

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

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

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

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

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

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

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

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

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

**Malvern CRC**  
30 Sewells Rd, 416-396-4054

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

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

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

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

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

Malvern CRC...

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

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

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

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

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

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

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

**Oakridge CRC**  
63 Pharmacy Ave, 416-338-1966

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

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

<b>Cardio High/Low</b> 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
<b>Carpet Bowling</b> 60 yrs+ Free/11 wks			

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

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

**Summer Session**

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

<b>Cardio High/Low</b> 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
<b>Carpet Bowling</b> 60 yrs+ Free/11 wks			
Thu	9:30AM-11:30AM	Jul 6	Drop-in

**Port Union RC**  
5450 Lawrence Ave E, 416-396-4034

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

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

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

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

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

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

<b>Games: Bid Euchre</b> 60 yrs+ Free/13 wks			
Tue	9:30AM-11:30AM	Apr 4	2946308
			Free/12 wks

Fri	11:45AM-3PM	Apr 7	2946313
<b>Games: Bingo</b> 60 yrs+ Free/13 wks			

Wed	12:30PM-3:30PM	Apr 5	2946304
<b>Games: Bridge-Progressive</b> 60 yrs+ Free/13 wks			

Thu	12:30PM-3:30PM	Apr 6	2946310
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Port Union RC...

Day	Time	Start	Code
<b>Games: Cribbage</b> 60 yrs+ Free/13 wks			
Thu	12:30PM-3:30PM	Apr 6	2946311
<b>Games: Euchre-Progressive</b> 60 yrs+ Free/11 wks			
Mon	12:30PM-3:30PM	Apr 3	2946306
<b>Games: Scrabble</b> 60 yrs+ Free/11 wks			
Mon	1PM-3PM	Apr 3	2946307
<b>Games: Texas Hold'em</b> 60 yrs+ Free/13 wks			
Tu/Th	12NOON-3PM	Apr 4	2946305
<b>Memory Lane Band</b> 60 yrs+ Free/13 wks			
Thu	11AM-12:30PM	Apr 6	2946297
<b>Open Studio: Bazaar Crafts</b> 60 yrs+ Free/13 wks			
Tu/W	9:30AM-12NOON	Apr 4	2946296
<b>Open Studio: Drawing and Painting</b> 60 yrs+ Free/13 wks			
Tue	1PM-3PM	Apr 4	2946301
<b>Open Studio: Model Building</b> 60 yrs+ Free/13 wks			
Thu	9:30AM-12NOON	Apr 6	2946300
<b>Open Studio: Wood Burning/Wood Carving</b> 60 yrs+ Free/13 wks			
Thu	9:30AM-11:30AM	Apr 6	2946298
<b>Osteo Fit</b> 60 yrs+ \$35/8 wks			
Fri	10:45AM-11:45AM	Apr 7	2924764
<b>Outing Companions</b> 60 yrs+ Free/13 wks			
Thu	1PM-3PM	Apr 6	2946312
<b>Pottery</b> 60 yrs+ \$64/9 wks			
Tue	9:30AM-11:30AM	Apr 4	2946334
<b>Quilting</b> 60 yrs+ \$45/9 wks			
Mon	9:30AM-11:30AM	Apr 3	2946294
<b>Stained Glass</b> 60 yrs+ \$45/9 wks			
Mon	1PM-3PM	Apr 3	2946295
<b>Stretch and Strength</b> 60 yrs+ \$43/10 wks			
Wed	10:45AM-11:45AM	Apr 5	2924772
<b>Zumba® GOLD</b> 60 yrs+ \$43/10 wks			
Thu	10:45AM-11:45AM	Apr 6	2924769
<b>Summer Session</b>			
<b>Cardio Low Impact</b> 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
<b>Drop-in: Art Workshop</b> 60 yrs+ Free/9 wks			
Tue	1PM-3PM	Jul 4	2946339
<b>Drop-in: Dance: Line Dance</b> 60 yrs+ Free/9 wks			
Mon	12:30PM-3PM	Jul 10	2946347
<b>Drop-in: Euchre</b> 60 yrs+ Free/9 wks			
Mon	12:30PM-3PM	Jul 10	2946348
<b>Drop-in: Scrapbooking</b> 60 yrs+ Free/9 wks			
Mon	1PM-3PM	Jul 10	2946346
<b>Games: Bid Euchre</b> 60 yrs+ Free/9 wks			
Tue	9:30AM-11:30AM	Jul 4	2946340
<b>Games: Bid Euchre (6 Hand)</b> 60 yrs+ Free/9 wks			
Tue	12:30PM-3PM	Jul 4	2946351
<b>Games: Bingo</b> 60 yrs+ Free/9 wks			
Wed	12:30PM-3:30PM	Jul 5	2946341
<b>Games: Bridge</b> 60 yrs+ Free/9 wks			
Thu	12:30PM-3:30PM	Jul 6	2946342
<b>Games: Cribbage</b> 60 yrs+ Free/9 wks			
Thu	12:30PM-3:30PM	Jul 6	2946343
<b>Games: Snooker</b> 60 yrs+ Free/9 wks			
M-F	9:30AM-3:30PM	Jul 4	2946353
<b>Open Studio: Bazaar Crafts</b> 60 yrs+ Free/9 wks			
Tu/W	9:30AM-12:30PM	Jul 4	2946337
<b>Open Studio: Wood Burning/Wood Carving</b> 60 yrs+ Free/9 wks			
Thu	9:30AM-11:30AM	Jul 6	2946345
<b>Outing Companions</b> 60 yrs+ Free/9 wks			
Thu	1PM-3PM	Jul 6	2946344
<b>Quilting</b> 60 yrs+ Free/9 wks			
Mon	9:30AM-11:30AM	Jul 10	2946350
<b>Stained Glass</b> 60 yrs+ Free/9 wks			
Mon	1PM-3PM	Jul 10	2946349
<b>Stretch and Strength</b> 60 yrs+ \$43/10 wks			
Wed	10:45AM-11:45AM	Jul 5	2924836
<b>Scarborough Village RC</b> 3600 Kingston Rd, 416-396-4051 			
<b>Art Studio</b> 60 yrs+ Free/9 wks			
Wed	9:30AM-11:30AM	Apr 5	Drop-in
<b>Cardio High/Low</b> 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
<b>Cardio High/Low</b> 60 yrs+ Free/10 wks			
Thu	9:15AM-10:15AM	Apr 6	Drop-in
Thu	10:30AM-11:30AM	Apr 6	Drop-in
<b>Cards: Learn to Play Bridge</b> 60 yrs+ Free/9 wks			
Thu	1:30PM-3:30PM	Apr 6	Drop-in
<b>Choir</b> 60 yrs+ Free/13 wks			
Thu	10AM-12NOON	Apr 6	Drop-in
<b>Cooking</b> 60 yrs+ Free/9 wks			
Mon	1PM-3PM	Apr 3	Drop-in
<b>Dance: Ballroom</b> 60 yrs+ Free/13 wks			
Tue	1PM-3PM	Apr 4	Drop-in
<b>Dance: Clogging-Beginner</b> 60 yrs+ Free/9 wks			
Mon	10:40AM-11:40AM	Apr 3	Drop-in
<b>Dance: Clogging-Intermediate</b> 60 yrs+ Free/9 wks			
Mon	11:45AM-12:45PM	Apr 3	Drop-in
<b>Dance: Line Dance</b> 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
<b>Dance: Tap-Beginner</b> 60 yrs+ Free/9 wks			
Fri	11:30AM-12:30PM	Apr 7	Drop-in
<b>Dance: Tap-Intermediate</b> 60 yrs+ Free/9 wks			
Fri	10:30AM-11:30AM	Apr 7	Drop-in
<b>Dance: Tap-Advanced</b> 60 yrs+ Free/9 wks			
Fri	9:30AM-10:30AM	Apr 7	Drop-in
<b>Games: Bid Euchre</b> 60 yrs+ Free/13 wks			
Thu	12:30PM-3PM	Apr 6	Drop-in
<b>Games: Bingo</b> 60 yrs+ Free/11 wks			
Mon	12:30PM-3:30PM	Apr 3	Drop-in
<b>Games: Bridge</b> 60 yrs+ Free/13 wks			
Wed	12NOON-3PM	Apr 5	Drop-in
<b>Games: Cribbage</b> 60 yrs+ Free/12 wks			
Fri	12:30PM-3PM	Apr 7	Drop-in
<b>Games: Darts</b> 60 yrs+ Free/12 wks			
Fri	10AM-12NOON	Apr 7	Drop-in
<b>Games: Euchre</b> 60 yrs+ Free/13 wks			
Tue	12:30PM-3:30PM	Apr 4	Drop-in
<b>Games: Mexican Train Dominoes</b> 60 yrs+ Free/13 wks			
Thu	9:30AM-11:30AM	Apr 6	Drop-in
<b>Games: Scrabble</b> 60 yrs+ Free/12 wks			
Fri	10AM-12NOON	Apr 7	Drop-in

Scarborough Village RC...

Day	Time	Start	Code
<b>Games: Shuffleboard</b>			
		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
<b>Games: Texas Hold'em</b>			
		60 yrs+	Free/12 wks
Fri	1PM-3PM	Apr 7	Drop-in
<b>Games: Table Tennis</b>			
		60 yrs+	Free/13 wks
Tue	12:30PM-3PM	Apr 4	Drop-in
Wed	9:30AM-11:30AM	Apr 5	Drop-in
<b>Gentle Fit</b>			
		60 yrs+	Free/10 wks
Fri	1:30PM-2:30PM	Apr 7	Drop-in
<b>Memoir Writing</b>			
		60 yrs+	Free/9 wks
Mon	1:30PM-3:30PM	Apr 3	Drop-in
<b>Open Studio: Bunka</b>			
		60 yrs+	Free/11 wks
Mon	1PM-3PM	Apr 3	Drop-in
<b>Open Studio: Country Crafts</b>			
		60 yrs+	Free/13 wks
Thu	9AM-11AM	Apr 6	Drop-in
<b>Open Studio: Crochet Knitting</b>			
		60 yrs+	Free/13 wks
Tue	1PM-3PM	Apr 4	Drop-in
<b>Open Studio: Folk Art</b>			
		60 yrs+	Free/13 wks
Thu	1PM-3PM	Apr 6	Drop-in
<b>Open Studio: Mixed Mediums</b>			
		60 yrs+	Free/13 wks
Tue	9AM-11AM	Apr 4	Drop-in
<b>Open Studio: Paper Tole</b>			
		60 yrs+	Free/11 wks
Mon	9AM-11AM	Apr 3	Drop-in
<b>Open Studio: Quilting</b>			
		60 yrs+	Free/11 wks
Mon	9AM-11AM	Apr 3	Drop-in
			Free/13 wks
Tue	1PM-3PM	Apr 4	Drop-in
<b>Osteo Fit</b>			
		60 yrs+	Free/10 wks
Thu	11:45AM-12:45PM	Apr 6	Drop-in
<b>Paper Tole</b>			
		60 yrs+	Free/9 wks
Wed	1:15PM-3:15PM	Apr 5	Drop-in
<b>Stained Glass</b>			
		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
<b>Stretch and Strength</b>			
		60 yrs+	Free/10 wks
Mon	10:30AM-11:30AM	Apr 3	Drop-in
Tue	9:15AM-10:15AM	Apr 4	Drop-in
<b>Tai Chi-Beginner</b>			
		60 yrs+	Free/10 wks
Tue	11:30AM-12:30PM	Apr 4	Drop-in
<b>Tai Chi-Intermediate</b>			
		60 yrs+	Free/10 wks
Tue	9AM-10AM	Apr 4	Drop-in
<b>Tai Chi-Advanced</b>			
		60 yrs+	Free/10 wks
Tue	10:15AM-11:15AM	Apr 4	Drop-in
<b>Walking</b>			
		60 yrs+	Free/12 wks
Fri	2:30PM-3:30PM	Apr 7	Drop-in
<b>Wood Burning</b>			
		60 yrs+	Free/9 wks
Wed	10AM-12NOON	Apr 5	Drop-in
<b>Wood Carving</b>			
		60 yrs+	Free/9 wks
Wed	12:30PM-2:30PM	Apr 5	Drop-in
<b>Yoga</b>			
		60 yrs+	Free/10 wks
Mon	9:30AM-10:30AM	Apr 3	Drop-in
Wed	9:30AM-10:30AM	Apr 5	Drop-in
<b>Yoga: Chair</b>			
		60 yrs+	Free/10 wks
Tue	9:30AM-10:30AM	Apr 4	Drop-in
<b>Zumba® GOLD</b>			
		60 yrs+	Free/9 wks
Wed	12:30PM-1:30PM	Apr 5	Drop-in
<b>Summer Session</b>			
<b>Crafts: Bunka</b>			
		60 yrs+	Free/9 wks
Mon	1PM-3PM	Jul 10	Drop-in
<b>Crafts: Crochet Knitting</b>			
		60 yrs+	Free/13 wks
Tue	1PM-3PM	Jul 4	Drop-in
<b>Dance: Ballroom</b>			
		60 yrs+	Free/13 wks
Tue	12:30PM-3:30PM	Jul 4	Drop-in
<b>Dance: Line Dance</b>			
		60 yrs+	Free/13 wks
Thu	12:30PM-3:30PM	Jul 6	Drop-in
<b>Games: Bingo</b>			
		60 yrs+	Free/9 wks
Mon	1PM-3:30PM	Jul 10	Drop-in
<b>Games: Bridge</b>			
		60 yrs+	Free/9 wks
Wed	12:30PM-3:30PM	Jul 5	Drop-in
<b>Games: Mexican Train Dominoes</b>			
		60 yrs+	Free/9 wks
Thu	9:30AM-11:30AM	Jul 6	Drop-in
<b>Games: Bid Euchre</b>			
		60 yrs+	Free/9 wks
Thu	12:30PM-3:30PM	Jul 6	Drop-in
<b>Games: Darts</b>			
		60 yrs+	Free/9 wks
Thu	10AM-12NOON	Jul 6	Drop-in
<b>Games: Euchre</b>			
		60 yrs+	Free/9 wks
Tue	12:30PM-3:30PM	Jul 4	Drop-in

Scarborough Village RC...


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



Scarborough Village RC...

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

### Stephen Leacock CRC

2500 Birchmount Rd, 416-396-4184 

<b>Golf</b> 60 yrs+ Free/9 wks			
Thu	10AM-12NOON	Apr 20	2935957
<b>Table Tennis</b> 60 yrs+ Free/9 wks			
M/W/ Th/F	8:30AM-3PM	Apr 3	2935956
<b>Clogging</b> 60 yrs+ Free/9 wks			
Wed	2PM-3PM	Apr 5	2935965
<b>Computers: Level 1</b> 60 yrs+ Free/10 wks			
Mon	10AM-11:30AM	Apr 3	2969315
<b>Creative Writing</b> 60 yrs+ Free/9 wks			
Mon	10AM-12NOON	Apr 3	2969316
<b>Drop-in: Book Club</b> 60 yrs+ Free/11 wks			
Tue	10AM-12NOON	Apr 4	2969287
<b>Drop-in: Cards-Bridge</b> 60 yrs+ Free/10 wks			
Thu	12NOON-3PM	Apr 6	2969294
<b>Drop-in: Cards-Hold'em Poker</b> 60 yrs+ Free/12 wks			
Mon	1PM-3PM	Apr 3	2969297
<b>Drop-in: Cards-Hold'em Poker</b> 60 yrs+ Free/10 wks			
Fri	1PM-3PM	Apr 7	2969296
<b>Lawn Bowling</b> 60 yrs+ Free/9 wks			
Tu/F	9:30AM-11:30AM	May 2	2969298
<b>Social Games: Chess, Mahjong, Scrabble</b> 60 yrs+ Free/10 wks			
Tu/Th	11AM-2:30PM	Apr 4	2969295
<b>Tai Chi: Chair</b> 60 yrs+ Free/10 wks			
Thu	9AM-10AM	Apr 6	2924140
<b>Yoga</b> 60 yrs+ Free/10 wks			
Thu	10:15AM-11:15AM	Apr 6	2924144
<b>Yoga: Chair</b> 60 yrs+ Free/10 wks			
Wed	10AM-11AM	Apr 5	2924145
<b>Summer Session</b>			
<b>Yoga</b> 60 yrs+ Free/10 wks			
Thu	10:15AM-11:15AM	Jul 6	2924287
<b>Yoga: Chair</b> 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
<b>Cards: Bridge-Bidding</b> 60 yrs+ Free/9 wks			
Tue	10AM-11:30AM	Apr 4	2969314
<b>Cards: Bridge-Conventions</b> 60 yrs+ Free/9 wks			
Tue	11:30AM-1PM	Apr 4	2969313
<b>Cards: Bridge-Play Of The Hand</b> 60 yrs+ Free/9 wks			
Tue	1PM-2:30PM	Apr 4	2969312
<b>Crafts: Bazaar</b> 60 yrs+ Free/12 wks			
Fri	12:45PM-3PM	Apr 7	2969280
<b>Crafts: Bunka</b> 60 yrs+ Free/9 wks			
Thu	10AM-12NOON	Apr 6	2969274
<b>Crafts: Crochet and Quilting</b> 60 yrs+ Free/12 wks			
Mon	9:30AM-11:30AM	Apr 3	2969281
<b>Crafts: Decoupage</b> 60 yrs+ Free/9 wks			
Tue	10AM-12NOON	Apr 4	2969275
Wed	10AM-12NOON	Apr 5	2969276
<b>Crafts: Wood Carving</b> 60 yrs+ Free/12 wks			
Mon	10AM-12NOON	Apr 3	2969282
<b>Dance: Belly Dance-Beginner</b> 60 yrs+ Free/9 wks			
Mon	10AM-11:30AM	Apr 3	2969310
<b>Dance: Belly Dance-Intermediate</b> 60 yrs+ Free/9 wks			
Wed	10:30AM-12NOON	Apr 5	2969309
<b>Dance: Hula for Health (Hawaiian)</b> 60 yrs+ Free/9 wks			
Fri	10AM-11:30AM	Apr 7	2969311
<b>Dance: Line Dance-Beginner</b> 60 yrs+ Free/9 wks			
Wed	2:15PM-3:45PM	Apr 5	2969306
<b>Dance: Line Dance-Intermediate</b> 60 yrs+ Free/9 wks			
Wed	12:30PM-2PM	Apr 5	2969305
<b>Dance: Line-Latin-Beginner</b> 60 yrs+ Free/9 wks			
Thu	10AM-11AM	Apr 6	2969307
<b>Dance: Line-Latin-Intermediate</b> 60 yrs+ Free/9 wks			
Thu	11AM-12NOON	Apr 6	2969308
<b>Drawing and Sketching</b> 60 yrs+ Free/9 wks			
Wed	1PM-3PM	Apr 5	2969340
<b>Drop-in: Bingo</b> 60 yrs+ Free/12 wks			
Mon	12:45PM-2:45PM	Apr 3	2969288

Stephen Leacock Seniors CC...

Day	Time	Start	Code
<b>Drop-in: Cards-Bid Euchre</b> 60 yrs+ Free/12 wks			
Fri	12:15PM-3PM	Apr 7	2969285
<b>Drop-in: Cards-Bridge (Team)</b> 60 yrs+ Free/12 wks			
Mon	12:30PM-3PM	Apr 3	2969293
<b>Drop-in: Cards-Bridge (Open)</b> 60 yrs+ Free/10 wks			
Thu	12:15PM-3PM	Apr 6	2969290
<b>Drop-in: Cards-Cribbage</b> 60 yrs+ Free/11 wks			
Wed	12:15PM-2:45PM	Apr 5	2969283
<b>Drop-in: Cards-Progressive Bridge</b> 60 yrs+ Free/12 wks			
Fri	12:15PM-3PM	Apr 7	2969286
<b>Drop-in: Cards-Progressive Euchre</b> 60 yrs+ Free/11 wks			
Thu	12:15PM-2:45PM	Apr 6	2969284
<b>Drop-in: Carpet Bowling</b> 60 yrs+ Free/9 wks			
Mon	9:30AM-11:30AM	Apr 3	2969292
<b>Drop-in: Dance: Line Dance-Social</b> 60 yrs+ Free/12 wks			
Tue	12:45PM-3PM	Apr 4	2969279
<b>Drop-in: Snooker</b> 60 yrs+ Free/12 wks			
M-F	9AM-3PM	Apr 3	2969291
<b>Drop-in: Social Cards</b> 60 yrs+ Free/11 wks			
Tue	12:45PM-3PM	Apr 4	2969289
<b>Gentle Fit</b> 60 yrs+ Free/10 wks			
Fri	9AM-10AM	Apr 7	2924115
<b>Osteo Fit</b> 60 yrs+ Free/10 wks			
Wed	11:15AM-12:15PM	Apr 5	2924114
<b>Painting: Acrylic and Oil</b> 60 yrs+ Free/9 wks			
Thu	1PM-3PM	Apr 6	2969342
<b>Painting: Watercolour</b> 60 yrs+ Free/9 wks			
Wed	10AM-12NOON	Apr 12	2969341
<b>Photography: Digital</b> 60 yrs+ Free/9 wks			
Tue	2PM-4PM	Apr 4	2969338
<b>Photography: Landscape Studio</b> 60 yrs+ Free/9 wks			
Tue	4PM-6PM	Apr 4	2969339
<b>Stretch and Strength</b> 60 yrs+ Free/10 wks			
Wed	9AM-10AM	Apr 5	2924121
<b>Stretch and Strength: Chair</b> 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
<b>Tai Chi-Beginner</b> 60 yrs+ Free/10 wks			
Tue	10:15AM-11:15AM	Apr 4	2924124
<b>Tai Chi-Intermediate</b> 60 yrs+ Free/10 wks			
Tue	11:25AM-12:25PM	Apr 4	2924125
<b>Yoga</b> 60 yrs+ Free/10 wks			
Thu	9AM-10AM	Apr 6	2924127
<b>Yoga: Chair</b> 60 yrs+ Free/10 wks			
Tue	9AM-10AM	Apr 4	2924126
<b>Zumba® GOLD</b> 60 yrs+ Free/10 wks			
Thu	1PM-2PM	Apr 6	2924116
<b>Summer Session</b>			
<b>Crafts: Bazaar</b> 60 yrs+ Free/11 wks			
Fri	12:45PM-3PM	Jul 14	2969464
<b>Crafts: Bunka</b> 60 yrs+ Free/9 wks			
Thu	10AM-12NOON	Jul 13	2969462
<b>Crafts: Crochet and Quilting</b> 60 yrs+ Free/10 wks			
Mon	9:30AM-11:30AM	Jul 17	2969465
<b>Dance: Belly Dance</b> 60 yrs+ Free/9 wks			
Wed	10:30AM-12NOON	Jul 12	2969477
<b>Dance: Latin-Beginner</b> 60 yrs+ Free/9 wks			
Thu	10AM-11AM	Jul 13	2969478
<b>Dance: Latin-Intermediate</b> 60 yrs+ Free/9 wks			
Thu	11AM-12NOON	Jul 13	2969479
<b>Dance: Line Dance-Beginner</b> 60 yrs+ Free/9 wks			
Wed	2:15PM-3:45PM	Jul 12	2969476
<b>Dance: Line Dance-Intermediate</b> 60 yrs+ Free/9 wks			
Wed	12:30PM-2PM	Jul 12	2969475
<b>Decoupage</b> 60 yrs+ Free/4 wks			
Wed	10AM-2:30PM	Jul 12	2969461
<b>Drawing and Sketching</b> 60 yrs+ Free/9 wks			
Wed	1PM-3PM	Jul 12	2969460
<b>Drop-in: Bingo</b> 60 yrs+ Free/12 wks			
Mon	12:45PM-2:45PM	Jul 17	2969471
<b>Drop-in: Cards-Bid Euchre</b> 60 yrs+ Free/12 wks			
Fri	12:15PM-3PM	Jul 14	2969469
<b>Drop-in: Cards-Bridge Open</b> 60 yrs+ Free/10 wks			
Thu	12:15PM-3PM	Jul 13	2969467

Stephen Leacock Seniors CC...


Day	Time	Start	Code
<b>Drop-in: Cards-Cribbage</b> 60 yrs+ Free/11 wks			
Wed	12:15PM-2:45PM	Jul 19	2969466
<b>Drop-in: Cards-Progressive Bridge</b> 60 yrs+ Free/12 wks			
Fri	12:15PM-3PM	Jul 14	2969470
<b>Drop-in: Cards-Progressive Euchre</b> 60 yrs+ Free/11 wks			
Thu	12:15PM-2:45PM	Jul 13	2969468
<b>Drop-in: Carpet Bowling</b> 60 yrs+ Free/10 wks			
Mon	9:30AM-11:30AM	Jul 17	2969474
<b>Drop-in: Dance: Line Dance-Social</b> 60 yrs+ Free/11 wks			
Tue	12:45PM-3PM	Jul 18	2969463
<b>Drop-in: Snooker</b> 60 yrs+ Free/12 wks			
M-F	9AM-3PM	Jul 11	2969473
<b>Drop-in: Social Cards</b> 60 yrs+ Free/11 wks			
Tue	12:45PM-3PM	Jul 18	2969472
<b>Gentle Fit</b> 60 yrs+ Free/10 wks			
Fri	9AM-10AM	Jul 7	2924263
<b>Osteo Fit</b> 60 yrs+ Free/10 wks			
Wed	11:15AM-12:15PM	Jul 5	2924262
<b>Painting: Oil and Acrylic</b> 60 yrs+ Free/9 wks			
Thu	1PM-3PM	Jul 13	2969480
<b>Painting: Watercolour</b> 60 yrs+ Free/9 wks			
Thu	10AM-12NOON	Jul 13	2969481
<b>Stretch and Strength</b> 60 yrs+ Free/10 wks			
Wed	9AM-10AM	Jul 5	2924267
<b>Stretch and Strength: Chair</b> 60 yrs+ Free/10 wks			
Wed	10:15AM-11:15AM	Jul 5	2924268
Fri	10:15AM-11:15AM	Jul 7	2924269
<b>Tai Chi-Beginner</b> 60 yrs+ Free/10 wks			
Tue	10:15AM-11:15AM	Jul 4	2924270
<b>Tai Chi-Intermediate</b> 60 yrs+ Free/10 wks			
Tue	11:25AM-12:25PM	Jul 4	2924271
<b>Yoga</b> 60 yrs+ Free/10 wks			
Thu	9AM-10AM	Jul 6	2924273
<b>Yoga: Chair</b> 60 yrs+ Free/10 wks			
Tue	9AM-10AM	Jul 4	2924272
<b>Zumba® GOLD</b> 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
<b>Pickleball</b> 60 yrs+ Free/12 wks			
Tu/Th	8:30AM-10:15AM	Apr 4	2953558
<b>Yoga</b> 60 yrs+ \$37/8 wks			
Mon	10:30AM-11:30AM	Apr 3	2969667

**Warden Hilltop CC**

25 Mendelssohn St, 416-392-7640 


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

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

**Summer Session**

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

**West Rouge CC**

270 Rouge Hills Dr, 416-396-4147 

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