

MAY 2024

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

3
10 -
11 a.m.

Energy Conservation I - Sleep Hygiene

Lectures/Health & Wellness

Elisa Gasparro & Marley Cameron

This workshop is tailored to support members in understanding the sleep process, understand how sleep changes across the lifespan and what it means to have "good sleep hygiene".



8
1 - 3 p.m.

Zentangle

Workshop/Drawing

Bonnie Greenberg

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.



8
2 - 3 p.m.

The Pepper Shakers

Special Events/Entertainment

Pepper Shakers

The Pepper Shakers are a lively 3-piece Toronto Party Band with hits that bring back the memories, including favourites through the decades, as far back as the 1950s (and even before!).



10
10 -
11 a.m.

Energy Conservation II - Routines & Activity Scheduling

Lectures/Health & Wellness

Elisa Gasparro & Marley Cameron

This workshop will cover how to build a routine to maximize energy throughout the day. This workshop will involve strategies to manage pain and medications as well as changes in health status.



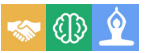
10
3 - 6 p.m.

Finding Fiber: Wet Felting with Microfibers

Visual Arts/Textile

Emily Chudnovsky

Participants will be guided through the process of retrieving materials from old clothing to create wet-felted designs that will be used as your own art piece, wall decor, or even patches for your clothes.



13
1 - 4 p.m.

Relief Stamping Workshop

Visual Arts/Mixed Media

Shannon Moynagh

Get a gentle introduction to relief stamping and collage to your heart's content in a relaxed atmosphere. Print your own scene with hand carved stamps in this workshop.



14
1:30 -
2:30 p.m.

Building Advocacy Skills to Navigate the Healthcare System

Lectures/Health & Wellness

Elisa Gasparro & Marley Cameron

This workshop aims to support members in building skills and confidence to navigate the healthcare system, ask questions about their health or a loved one's health, and advocate for their needs.



15
10 -
11 a.m.

Truth Before Reconciliation

Lectures/Indigenous Studies

Dr. Eileen Antone

Join Dr. Eileen Antone for a brief history of Indigenous people in Canada.



16
10 -
11 a.m.

Toronto Services for Seniors

Lectures/Senior Services

Julia Hemphill


Come learn about the Division of Seniors Services and Long-Term Care, and the services that are available to help older adults and their caregivers across the City of Toronto.



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21 **Cyanotype Workshop**
Visual Art/Textile Amye St. John
 1 - 4 p.m. Cyanotype is a photographic printing process, wherein a digital negative is used to create a blue print from photosensitive materials and light.



22 **PressReader 101: Access to Popular Newspapers & Magazines**
Lectures/Information Literacy Emily Kim
 2 - 3 p.m. Discover how to access free digital newspapers and magazines using PressReader. Get easy access to the world's most popular newspapers and magazines from over 120 countries and in over 60 languages.



24 **Dressing For Your Age: Debunking & Affirming Social Norms**
Lectures/Fashion Dr. Michael Zoffranieri
 1 - 2 p.m. A combined lecture-workshop in which we view ageism in our won style practices, how we view others, and how we affirm or break these social rules.



26 **Fraud Protection for Seniors**
Lectures/Financial Literacy Marisa Deluca
 3 - 4 p.m. Learn what fraud is, how to recognize signs of victimization, what to do if you do become a victim to fraud, and the various types of fraud you might encounter.



27 **Screenprint Workshop**
Visual Art/Textile Amye St. John
 1 - 4 p.m. Learn the art of Silkscreen printing with us! Participants will use screens set up with mactac stencils to create a small edition of silkscreen prints on paper.



29 **Sharing Dance with Older Adults**
Music/Dance Canada's National Ballet School
 9:15 - 10 a.m. The Sharing Dance program integrates storytelling, expression, and imagery into choreographed physical dance movements.



29 **Youth Orchestra**
Events/Concert Canadian Sinfonietta
 1:30 - 2:30 p.m. Come hear the beautiful voices of the Canadian Sinfonietta Youth Orchestra, which was formed as part of the Canadian Sinfonietta Youth Mentorship Program in 2011.



30 **Mending Club**
Events/Mending Club Norwin Anne
 12 - 2 p.m. Revive your clothes in company and learn basic DIY hand mending techniques. This is a great way to extend your wardrobe and participate in sustainable fashion.

