

SEPT 2024

M	T	W	T	F	S	S
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						

Foundational Courses

Nutrition & Cooking

Fine Arts & Crafts

Performing Arts

Lectures & Continuing Education

Mind, Body, & Soul Wellness

Fitness & Aquatics

Events, Games, & Social Clubs

13
2 - 3 p.m.

Planning for Retirement

Find out how you can effectively plan for the kind of retirement you desire.



18
3 - 4 p.m.

Memory & Aging: What's Normal, What's Not, & What You Can Do

In this lecture we will review memory and cognition: What changes and what doesn't as we age, factors affecting memory including dementia, health conditions, and lifestyle choices, and strategies you can use to improve your memory functioning.



19
4:30 - 6:30 p.m.

The Creative Process in Fashion

Explore the impact of inspiration on fashion design, from pop culture, social trends, personal experiences, other design disciplines, and historical references. Let's discuss how global design and color trends, as well as consumer behavior, influence designers' final choices.



20
2:30 - 3:30 p.m.

Energy Conservation (Part I) - Sleep Hygiene

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 a "good sleep". Members will work together to understand sleep hygiene strategies and how to implement them into daily life.



22
11 a.m. - 12:30 p.m.

Feel the Beat: Get into the Rhythm of Wellbeing Through Sound

It's time to invest in YOU! This workshop is geared to help you explore wellness and connection tools through rhythm and drumming activities. It's an immersive sound experience that will foster relaxation and improve focus and concentration, all while having a lot of fun.



26
10 - 11 a.m.

Overview of Services for Seniors in Toronto

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.



26
12 - 1:30 p.m.

Hidden Histories

Ever wonder why we celebrate with cake or how Facebook became so popular? Discover fascinating insights with Dr. Tess Pierce as she explores the overlooked history of everyday objects and ideas. Uncover the hidden power and profound influence these elements have on our worldview.



27
3 - 4 p.m.

Fraud Protection

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.



29
10 - 11 a.m.

Eating Sustainably

Equip yourself with the knowledge and skills to make environmentally friendly food choices. This class delves into principles of sustainable eating, explore the impact of our food choices on the environment, and offer practical strategies for incorporating these into daily life.

