



**Kimel Family Centre
for Brain Health and Wellness**

Baycrest

KIMEL FAMILY CENTRE
for Brain Health and Wellness

**Program Guide
Winter 2025**

THE IMPACT OF RESEARCH

At the Kimel Family Centre for Brain Health & Wellness, we believe that it's never too late to invest in your brain health.

Did you know that 40% of dementia cases could be prevented by following a healthy lifestyle? That's why the Kimel Family Centre is here for you. Learn if programming tailored to your personal risk factors can help maintain your brain health and reduce your risk of dementia.

After receiving a comprehensive dementia risk assessment, you will receive a personalized risk report and programming strategy, and our team will track the effects of these approaches on your cognition and dementia risk factors. Through participation, you will be taking proactive steps towards ensuring you can continue living life to the fullest in good brain health.

MISSION

We deliver personalized, evidence-based wellness and lifestyle programming to reduce dementia risk and sustain healthy brain aging.

VALUES

We are committed to pursuing our mission and achieving our vision by being inclusive, collaborative, ambitious, respectful, and excellent in all that we do.

VISION

We will create a world where every older person lives with purpose, fulfilment and dignity.

BACKGROUND

Baycrest

KIMEL FAMILY CENTRE
for Brain Health and Wellness



Dr. Howard Chertkow

The Kimel Family Centre for Brain Health & Wellness is the first research-based community centre dedicated to reducing dementia risk and promoting healthy brain aging.



Dr. Nicole Anderson

As a Kimel Family Centre member enrolled in the research study, you will receive a comprehensive dementia risk evaluation. Our team of experts, led by Dr. Howard Chertkow, MD, Scientific Director, and Dr. Nicole Anderson, PhD, CPsych, Associate Scientific Director, will develop a personalized programming strategy based on your specific risk factors. Our goal is to provide you with the tools and resources necessary to maintain healthy brain aging throughout your life.

ELIGIBILITY CRITERIA

You can participate in our research at the Kimel Family Centre if you meet the following criteria:

- Aged 50 and over
- Have not been diagnosed with dementia
- Fluent in English (speaking and writing)
- Able to afford membership fee of \$25 a month + tax

PROGRAM DOMAINS



Foundational Courses

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Nutrition & Cooking

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Fine Arts & Crafts

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Mind, Body, & Soul Wellness

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Social Connections



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing



Physical Activity

PROGRAM REGISTRATION

We encourage all members to register online to reserve your spot in our programs.

1 Visit kimelcentre.baycrest.org on your laptop or tablet and go to "Programs."

2 Scroll down the page and click "Register for Programs." The SmartRec store will open in a new tab.

3 Search for programs by:

- Find by **Program Domain**
- Search by **Program Name**
- Filter by **Day of the Week**
- Filter by **Risk Factor**

Day

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Program Registration

Search...

Day

Location

Program and category

More filters

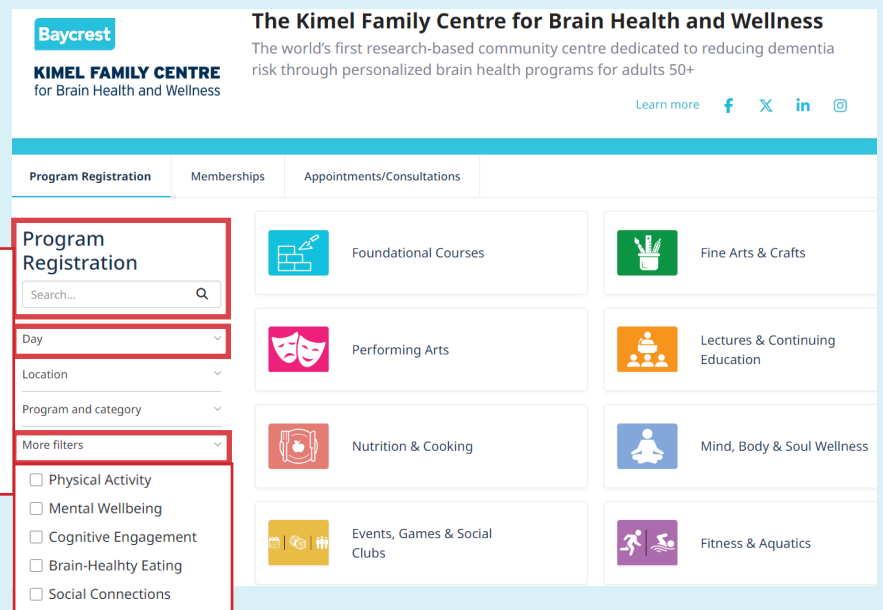
Physical Activity

Mental Wellbeing

Cognitive Engagement

Brain-Healthy Eating

Social Connections



4 Click any one of these buttons to add the program to your cart:

[Register for drop-in](#) →

To register for a specific session in a program

[Register for session](#) →

To register for all sessions in a program

Full classes will have a waitlist open for registration online. Members on the waitlist will be emailed as soon as a spot becomes available and must be claimed within 24 hours, otherwise the spot will open to the public.

5 To register for more programs, select "Continue Shopping." If you have completed shopping, select "Checkout."

KIMEL FAMILY CENTRE FOR BRAIN HEALTH & WELLNESS

Reminders for Members

AMILIA SMARTREC

Check your personal program schedule via the Amilia SmartRec App, available on Apple and Android devices.

1. Login to your Amilia SmartRec account.
2. Select the "Calendar" tab to view your schedule of all programs and consultation appointments you have registered for.



REGISTRATION PERIOD

Programs will open for registration two weeks prior to their start dates.

Please note: for programs running throughout the whole term, each session opens for drop-in registration two weeks prior to the session date. For example, to reserve your spot for a session taking place on January 15, watch for it to be available starting January 1.

ATTENDANCE POLICY

Only members that have registered may attend a program. If you are not on the attendance list, please check-in with the Administrative Team.

We also ask you to provide at least two hours' notice if you are unable to attend or want to cancel your registration for a program.

To cancel or remove a program from your calendar, email or call the Administrative Team or use the following steps via the Amilia SmartRec app:

1. Find and select the desired program in your schedule
2. Select "Cancel this event"
3. Select "Terminate enrollment" at the bottom of the screen in the red box.

All members of the Kimel Family Centre for Brain Health & Wellness are expected to adhere to our Code of Conduct while attending our programs. This can be found in your signed membership agreement form and posted throughout the centre.

If you miss **more than three** classes in a program without notifying the instructor or the Administrative Team, you will be withdrawn from the program.

FIXED

You must start on the first day of the class.

FLEX

You can jump into the program at any week.

DROP-IN

You can register for a specific session.

NOTE

Registration is required for ALL programs.



Social Connections



Cognitive Engagement



Brain-Healthy Eating



Mental Wellbeing



Physical Activity



Foundational Courses

SMART Goal Setting is a mandatory course for all members.

Members are encouraged to attend the facilitator workshop more than once to track and monitor their SMART goals.

SMART Goal Setting Video



Set goals that are Specific, Measurable, Achievable, Relevant and Time-Bound. You'll gain clarity and direction in your actions, building practical ways to make lasting improvements in your life.

This pre-recorded video lecture is available to watch at home and review at any point of your member journey.

NOTE: The YouTube link to the video lecture can be found on your Amilia SmartRec invoice.

SMART Goal Facilitator Workshop



Use what you learned in the SMART goal setting video and connect with facilitators and your peers to stay on track. You will be supported in monitoring your accomplishments, identifying potential changes, and make the appropriate adjustments on your goals.

Date	Day	Time	Session
Winter Term (Jan - Apr)	Fri	10:30 a.m. - 12 p.m.	Bi-weekly

Multiple workshop timeslots may be added throughout the term dependent on participant and facilitator schedules and numbers in attendance.

This program is required for those with a nutrition risk.

Brain Healthy-Eating



In this course, you will learn how good nutrition can improve your brain health. You will also learn about the Brain Health Food Guide and receive tips and resources on meal planning for continued wellness.

NOTE: This two-part lecture is a fixed program - members must be able to attend both dates in the session.

JANUARY

Date	Day	Time	Session
Jan 6 & 8	Mon & Wed	12:30 - 2 p.m.	In-Person
Jan 13 & 15	Mon & Wed	6 - 7:30 p.m.	Virtual
Jan 21 & 23	Tues & Thurs	10:30 a.m. - 12 p.m.	In-Person
Jan 22 & 29	Wed	12:30 - 2 p.m.	In-Person

FEBRUARY

Date	Day	Time	Session
Feb 3 & 5	Mon & Wed	12:30 - 2 p.m.	In-Person
Feb 10 & 12	Mon & Wed	6 - 7:30 p.m.	Virtual
Feb 18 & 20	Tues & Thurs	10:30 a.m. - 12 p.m.	In-Person
Feb 19 & 26	Wed	12:30 - 2 p.m.	In-Person

MARCH

Date	Day	Time	Session
Mar 3 & 5	Mon & Wed	12:30 - 2 p.m.	In-Person
Mar 10 & 12	Mon & Wed	6 - 7:30 p.m.	Virtual
Mar 18 & 20	Tues & Thurs	10:30 a.m. - 12 p.m.	In-Person
Mar 19 & 26	Wed	12:30 - 2 p.m.	In-Person

APRIL

Date	Day	Time	Session
Apr 7 & 9	Mon & Wed	12:30 - 2 p.m.	In-Person
Apr 13 & 20	Sun	1:30 - 3 p.m.	Virtual
Apr 22 & 24	Tues & Thurs	10:30 a.m. - 12 p.m.	In-Person

For all virtual offerings, members will receive the Zoom meeting link one day prior to the session start date.

The same link will be used for all lectures in a session.

FIXED

You must start on the first day of the class.

FLEX

You can jump into the program at any week.

DROP-IN

You can register for a specific session.

NOTE

Registration is required for ALL programs.



Nutrition & Cooking

Nutrition Concerns As We Age



Food and nutrient intake change with age, health conditions or medications. This class will cover how to accommodate appetite and taste changes, what foods to eat more of for continued health and how to consider supplements safely.

NOTE: Members need to attend only one of the below sessions.

In-Person Offerings

Date	Day	Time
Jan 27	Mon	12:30 - 1:15 p.m.
Feb 12	Wed	1:30 - 2:15 p.m.
Mar 24	Mon	12:30 - 1:15 p.m.
Apr 16	Wed	1:30 - 2:15 p.m.

Virtual Offerings

Date	Day	Time
Jan 10	Fri	11 - 11:45 a.m.
Feb 14	Fri	11 - 11:45 a.m.
Mar 14	Fri	11 - 11:45 a.m.
Apr 11	Fri	11 - 11:45 a.m.

Eating Sustainably



A workshop designed to equip participants with the knowledge and skills to make environmentally friendly food choices. This class delves into principles of sustainable eating, explores the impact of our food choices on the environment and offers practical strategies for incorporating these into daily life.

Date	Day	Time	Session
Jan 26, Mar 23	Sun	10 - 11 a.m.	Bi-monthly

Healthy Protein Sources: What's Best For Me?



Protein is an essential nutrient to keep your body functioning well. Eating enough protein can be a challenge for older adults. Whether you eat meat or follow a plant-based diet, you will learn about healthy protein sources for meals and snacks.

NOTE: Members need to attend only one of the below sessions.

In-Person Offerings

Date	Day	Time
Jan 13	Mon	11:30 a.m. - 12:15 p.m.
Feb 10	Mon	11:30 a.m. - 12:15 p.m.
Mar 10	Mon	11:30 a.m. - 12:15 p.m.
Apr 21	Mon	11:30 a.m. - 12:15 p.m.

Virtual Offerings

Date	Day	Time
Jan 17	Fri	10 - 10:45 a.m.
Feb 21	Fri	10 - 10:45 a.m.
Mar 21	Fri	10 - 10:45 a.m.
Apr 25	Fri	10 - 10:45 a.m.

Food Hacks for Health



Apply your understanding of essential nutrients to create balanced and healthy meals. Learn practical ways to ensure each meal supports your overall health goals.

Date	Day	Time	Session
Jan 12, Mar 9	Sun	10 - 11 a.m.	Bi-monthly

Salt & Sugar: How Much is Too Much?



Eating too much salt and sugar from processed foods can have negative impacts on our health. In this class, you will learn about daily intake guidelines, how to identify hidden salt and sugar in foods and explore healthier alternatives for satisfying your palate.

NOTE: Members need to attend only one of the below sessions.

In-Person Offerings

Date	Day	Time
Jan 7	Tues	12:45 - 1:30 p.m.
Feb 4	Tues	12:45 - 1:30 p.m.
Mar 4	Tues	12:45 - 1:30 p.m.
Apr 1	Tues	12:45 - 1:30 p.m.

Virtual Offerings

Date	Day	Time
Jan 30	Thurs	10 - 10:45 a.m.
Feb 27	Thurs	10 - 10:45 a.m.
Mar 27	Thurs	10 - 10:45 a.m.
Apr 24	Thurs	10 - 10:45 a.m.

Interpreting Nutrition Facts Labels



Learn how to interpret the information on food labels and use the ingredient list, nutrition fact panel and nutrition claims to pick healthier foods. As a bonus, you'll be learning how to get more nutritional bang for your dollar.

NOTE: This two-part lecture is a fixed program - members must be able to attend both dates in the session.

Date	Day	Time	Session
Jan 7 & 9	Tues & Thurs	10:30 a.m. - 12 p.m.	Monthly, fixed
Feb 11 & 13	Tues & Thurs	10:30 a.m. - 12 p.m.	Monthly, fixed
Mar 11 & 13	Tues & Thurs	10:30 a.m. - 12 p.m.	Monthly, fixed
Apr 8 & 10	Tues & Thurs	10:30 a.m. - 12 p.m.	Monthly, fixed

Colour Your Diet: Maximize the Benefits of Fruits & Vegetables



Discover the benefits of including lots of fruits and vegetables in your diet for better brain health. Get tips for buying and storing these foods for a longer shelf life, budget-conscious shopping in and off season and easy-to-make recipes.

NOTE: Members need to attend only one of the below sessions.

In-Person Offerings

Date	Day	Time
Jan 15	Wed	12:30 - 1:15 p.m.
Feb 12	Wed	12:30 - 1:15 p.m.
Mar 12	Wed	12:30 - 1:15 p.m.
Apr 16	Wed	12:30 - 1:15 p.m.

Virtual Offerings

Date	Day	Time
Jan 10	Fri	10 - 10:45 a.m.
Feb 6	Thurs	10 - 10:45 a.m.
Mar 7	Fri	10 - 10:45 a.m.
Apr 4	Fri	10 - 10:45 a.m.

Virtual Cooking Class: Bringing Brain-Healthy Food into Your Kitchen



Join our virtual cooking class to try some recipes from the Brain Health Food Guide: we'll enhance our culinary education, while you gain new insights into nutrition. Please note: participants must purchase recipe ingredients ranging from \$10 - \$50 per recipe.

Date	Day	Time	Session
Jan 26, Feb 9 & 23, Mar 9 & 23	Sun	5 - 6 p.m.	Bi-monthly, flex

FIXED

You must start on the first day of the class.

FLEX

You can jump into the program at any week.

DROP-IN

You can register for a specific session.

NOTE

Registration is required for ALL programs.



Fine Arts & Crafts

The Art of the Fold: Origami Workshop



Learn the Japanese art of Origami. This experience is a great way to meet new people and focus your mind as we make various paper animals and objects to decorate your space or give to a friend. Beginners are welcome.

Date	Day	Time	Session
Apr 3 & 17	Sun	10 - 11 a.m.	2 weeks, flex

Abstract & Explorative Painting



Join us for an exploration of colours and textures that get the creative juices flowing, and inspire the artist in all of us.

Date	Day	Time	Session
Jan 15 & 29	Wed	6 - 8 p.m.	2 weeks, flex

Landscapes in Acrylics



Learn the art of landscape painting with acrylic paints. We will explore different brush types and uses, colour mixing, composition, and various painting techniques in a relaxed atmosphere. Open to all skill levels.

Date	Day	Time	Session
Jan 9 to Feb 27	Thurs	10 a.m. - 12 p.m.	8 weeks, flex

Life Drawing



Learn to draw from the figure and still life. Explore drawing techniques and materials, such as graphite, charcoal and pastel. Work from a live model bi-weekly and practice in-between with still life arrangements that focus on composition.

Date	Day	Time	Session
Jan 9 to Feb 27	Thurs	1 - 2 p.m.	8 weeks, flex

Drawing for Everyone



This course is built on the belief that drawing is for everyone. Not just for "the talented", we aim to provide a solid foundation using drawing techniques to further your own practice and enjoyment of visual arts.

Date	Day	Time	Session
Feb 26 to Apr 9	Wed	12 - 1:30 p.m.	6 weeks, fixed
(excl. Mar 12)			

Drawing for Joy



Unlock your creativity and embrace the joy of creativity drawing. Discover pencil potential, or refresh your skills: play with lines, marks and a variety of experimental drawing techniques and approaches. We'll focus on the process of creation rather than the final product in a supportive and playful atmosphere.

Date	Day	Time	Session
Mar 30	Sun	1 - 4 p.m.	One-off

Drawing on Memory



How does touch activate memories? This class draws on the memory of touching an object, and marries that with the active use of touch involved in making a drawing. We tap into memories of treasured events and people to create a drawing evocative of a particular moment in time, using tactility as a memory-activation tool.

Date	Day	Time	Session
Mar 30, Apr 6	Sun	1 - 2 p.m.	2 weeks, fixed

Felting



Learn techniques to create unique pieces of fibre art in two and three dimensions by transforming soft wool fibres into beautiful, durable felt.

Date	Day	Time	Session
Jan 23 to Feb 20	Thurs	4 - 7 p.m.	5 weeks, flex

Cartooning & Illustration



Immerse yourself in the imaginative world of cartooning in this hands-on, in-person course. Through guided exercises, you'll learn the basics from cartoon anatomy to capturing expressions and movements that bring characters to life.

Date	Day	Time	Session
Jan 20 to Mar 31	Sun	11 a.m. - 12 p.m.	6 weeks, flex
(excl. Feb 17)			

Line & Wash



Line and wash (also known as pen and wash) is a drawing technique that combines pencil or ink lines with watercolour. Using watercolour paper, we'll experiment with drawing lines to provide the detail and using watercolour to add layers, tone and atmosphere.

Date	Day	Time	Session
Jan 19 to Mar 23	Sun	1:30 - 3 p.m.	8 weeks, fixed
(excl. Feb 9 & Mar 9)			

Calligraphy



Calligraphy is a gorgeous art practice with origins that can be traced back to ancient Mesopotamia, China and Latin America. Whether you are a beginner or a tried-and-true calligrapher, this class will spark your imagination and improve your skills in the art of "beautiful writing."

Date	Day	Time	Session
Mar 11 to Apr 22	Tues	2 - 3:30 p.m.	5 weeks, fixed

Simple Relief: A Printmaking Introduction



We'll start by tracing a picture onto foam, rolling up your image, and then experiment with paint tone and split-fountain rolls, to create interesting textures in our art.

Date	Day	Time	Session
Apr 1	Tues	4 - 7 p.m.	One-off

Creative Clay



Push the limits of your creative mind and enter a world of clay creativity. We'll use clay and pottery as a medium for your self-expression.

Date	Day	Time	Session
Feb 9 to Mar 16	Sun	11 a.m. - 12 p.m.	6 weeks, flex

Illustration Practices



This course is an introduction to the art and practice of illustration. Step into the role of an illustrator to examine the history of the trade, changes in technology, use of illustration and current practices.

Prerequisite: You are an avid drawer, i.e. you have great enthusiasm for drawing and practice your skills regularly.

Date	Day	Time	Session
Jan 10 to Apr 11	Fri	9 a.m. - 12 p.m.	Weekly, flex

Introduction to Illustration



Learn how illustration is used to tell a story or show an idea visually. We will go through the steps of doing an illustration, ending with a piece of finished art, done in the medium of your choice. This includes pencil, coloured pencil, pen and ink, line and wash or watercolour.

Date	Day	Time	Session
Jan 19 to Mar 23	Fri	9 a.m. - 12 p.m.	Weekly, flex
(excl. Feb 9 & Mar 9)			

Stitch Circle



Ignite your imagination and hone your stitching skills. Instructor Saskia and her enthusiasm for textiles will guide you through a playful exploration, design and creation of your own letter-embellished accessory: scissor case, needle case, glasses case, pin cushion or an item of your choice.

Date	Day	Time	Session
Feb 23 to Mar 16	Sun	11:30 a.m. - 1 p.m.	4 weeks, flex

FIXED

You must start on the first day of the class.

FLEX

You can jump into the program at any week.

DROP-IN

You can register for a specific session.

NOTE

Registration is required for ALL programs.

 Social Connections

 Cognitive Engagement

 Brain-Healthy Eating

 Mental Wellbeing

 Physical Activity



Performing Arts

Finding the Fun in Performance



Learn the foundational elements of theatrical performance including the basics of improv, ensemble performance and the preparation process.

Date	Day	Time	Session
Jan 15 to Feb 19	Wed	9 - 10:30 a.m.	6 weeks, flex

Music & Movement



Learn simple but satisfying choreography to various classical and popular pieces that will deepen your understanding and appreciation of music. This class encourages creative and improvised movement in a fun and relaxed environment.

Date	Day	Time	Session
Jan 13 to Mar 24 (excl. Jan 20 & Feb 17)	Mon	10 - 10:45 a.m.	10 weeks, flex

Have Fun Making Music



Learn simple chords, how to read and create rhythm compositions, play popular songs and participate in drum circle activities using ukuleles, boomwackers and drums - while having a great time exploring music.

Date	Day	Time	Session
Jan 13 to Mar 24 (excl. Jan 20 & Feb 17)	Mon	11 - 11:45 a.m.	10 weeks, flex

The Joy and Art of Drumming



Did you know the joyful, rhythmic experience of drumming also has cognitive, physical and social benefits? Engage in collaborative rhythm-based fun and learn the basics of how to play the Djembe (West African Hand Drum). Build your repertoire of ensemble rhythms and explore improvisational music-making.

Date	Day	Time	Session
Jan 21	Tues	1 - 2 p.m.	One-off

Beginner Guitar



This is a beginner level guitar course; no previous experience needed, perfect for anyone with the goal to be able to play a song at the end.

The instructor tailors hourly lessons to the individual needs and goals of each student. You must sign up for one hourly session each week.

Date	Day	Time	Session
Jan 14 to Apr 23 (excl. Feb 11, 12, 18 & 19)	Tues & Wed	2 - 3 p.m. 3 - 4 p.m. 4 - 5 p.m.	10 weeks, flex

Singing Masterclass



Open to all skill levels, you just need to be willing to sing in front of your peers. Participants will perform a piece and receive guidance on technique, interpretation and emotional expression.

Date	Day	Time	Session
Jan 6 to Apr 18 (excl. Feb 17 & Apr 14)	Mon	3:30 - 5:30 p.m.	Weekly, fixed

Monologue



Take a unique look at a classic actor's challenge: the monologue. Members learn ways of approaching, interpreting, and deconstructing existing monologues in preparation for a performance. The course also looks at how a monologue can be created from scratch to achieve a successfully dramatic moment on stage.

Date	Day	Time	Session
Jan 15 to Feb 19	Wed	10:30 a.m. - 12 p.m.	6 weeks, flex

Introduction to Satire



Pastiche? Parody? Spoof? Let's explore these techniques and satire through character creation and physical games.

Date	Day	Time	Session
Feb 7 & 14	Fri	1 - 3 p.m.	2 weeks, fixed

Acting 101



Begin the study of acting in a fun, accessible setting. Sessions will address how an actor interprets a script, creates a believable character, builds true connections with other actors and how to navigate a scene authentically to create an engaging storytelling experience.

Date	Day	Time	Session
Mar 5 to Apr 9	Wed	9 - 10:30 a.m.	6 weeks, flex

Clowning 101



Did you know that clowning is the basis of all acting? Open up your most authentic self and evoke a sense of fun through games, improvisation and intuitive exercises. Learn to become deeply aware of your environment and develop a truthful response to your impulses.

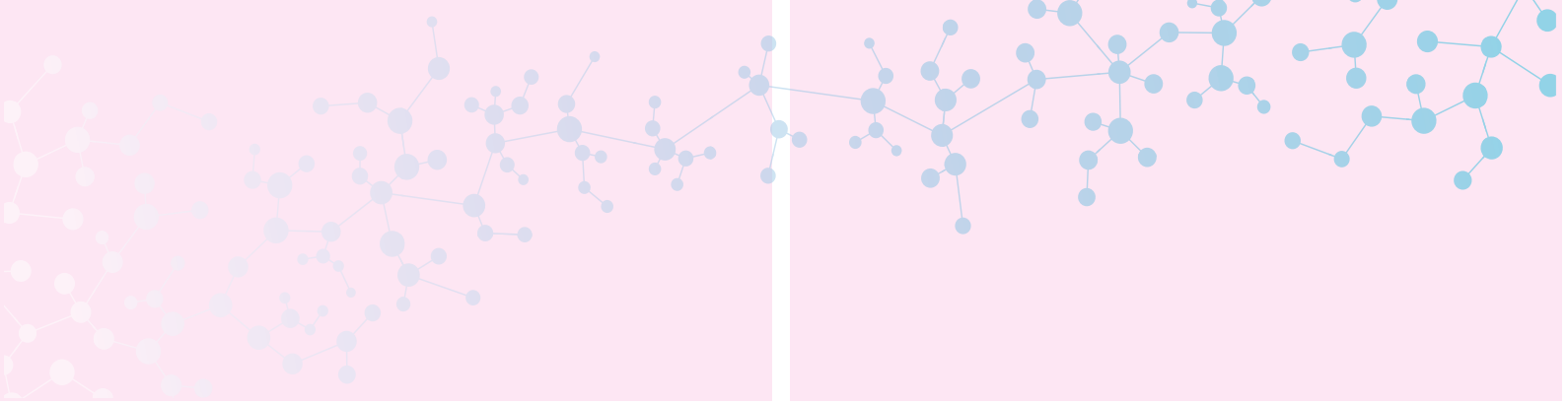
Date	Day	Time	Session
Feb 3 to Mar 17 (excl. Feb 17)	Mon	12 - 1:30 p.m.	6 weeks, fixed

Comedy Writing



This workshop is equal parts comedy writing, public speaking, improvisation and memory testing. Dive into personal experiences and stories to develop premises and jokes. Learn to find your comedic voice through a series of prompts and exercises. You'll strengthen skills, memory and cognition in a fun, encouraging environment.

Date	Day	Time	Session
Mar 6 to Apr 24	Thurs	4 - 6 p.m.	8 weeks, flex



FIXED

You must start on the first day of the class.

FLEX

You can jump into the program at any week.

DROP-IN

You can register for a specific session.

NOTE

Registration is required for ALL programs.



Lectures & Continuing Education

Technology Enablement for Older Adults (TEA)



This 8-week digital literacy course offers learners new, or additional, knowledge and skills along your digital literacy journey. Members are strongly encouraged to bring their own laptop, smartphone or tablet. A limited number of loaner devices can be provided for learners who are unable to bring their own device.

Date	Day	Time	Session
Jan 7 to Feb 25	Tues	3:30 - 4:30 p.m.	8 weeks, fixed
TUTORIAL (you must be registered in the course to attend)			
Jan 8 to Feb 26	Wed	3:30 - 4:30 p.m.	8 weeks, drop-in

Introduction to Research and Practice of Aging Environments



Does exposure to sunlight where you live impact how you age? This course focuses on the relationship between physical environments and health outcomes for older adults. Discover research findings on aging environments including both institutional (long-term care, or nursing homes) and community (Aging in Place) settings.

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Date	Day	Time	Session
Jan 10, Feb 7, Mar 7	Fri	10:15 a.m. - 12 p.m.	Monthly, flex

Inquisitive Minds: Exploring the Intersection of Technology and Society



From the ballpoint pen on your desk, parking meters in South Africa to VR headsets in schools, good questions can help us understand how we got here and where we're going. Explore a learning technique that trains you to ask provocative questions and uncover what pushes, pulls, builds and destroys the benign technologies in our lives.

Date	Day	Time	Session
Feb 27	Thurs	6:30 - 8 p.m.	One-off

Maximize Your Toronto Public Library Card



Unlock the full potential of your Toronto Public Library card with our digital access lecture series. Learn how to explore a wealth of free resources, from eBooks and streaming services to global newspapers and classical music, all at your fingertips.

Meet Libby, the Library Reading App

Date	Day	Time
Jan 17	Fri	10 - 11 a.m.

Getting Started with Kanopy

Date	Day	Time
Feb 7	Fri	10 - 11 a.m.

PressReader 101, Access Popular Newspapers and Magazines

Date	Day	Time
Mar 6	Fri	10 - 11 a.m.

Medici.TV: Video streaming platform for classical music, jazz, and ballet

Date	Day	Time
Apr 10	Fri	10 - 11 a.m.

Indigenous, Postcolonial and Transnational Literatures



Let's discuss the concepts of postcolonial and transnational by exploring the depth, history, importance and creativity that lies in Indigenous and Caribbean literature.

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Date	Day	Time	Session
Mar 20 to Apr 24	Thurs	6:30 - 7:30 p.m.	6 weeks, flex

Introduction to the Spanish Language



Learn and love the Spanish language and culture. We prepare you to have everyday conversations in Spanish focusing on useful vocabulary and essential expressions.

Date	Day	Time	Session
Jan 15 to Mar 5	Wed	2 - 3 p.m.	8 weeks, fixed

French Level 1 Beginner



Whether you're a world traveller, newcomer to Canada, or lover of languages, this class introduces you to French grammar, pronunciation, expressions and vocabulary to speak French in everyday settings.

Date	Day	Time	Session
Jan 13 to Mar 3 (excl. Feb 17)	Mon	10 - 11 a.m.	7 weeks, fixed

Italian Level 1 Beginner



Express yourself (and impress others) in a new language. Our dynamic course introduces you to the standard Italian language, actively and practically. Together, we will improve your ability to understand, speak, read and write basic Italian.

Date	Day	Time	Session
Mar 17 to Apr 28 (excl. Apr 14)	Mon	10 - 11 a.m.	7 weeks, fixed

What did the Ancient Egyptians Really Think About Life in the Beyond?



The Ancient Egyptians were obsessed with death: was that really the case? Let's examine the Egyptians' beliefs about what happens once we leave the world of the living and the extraordinary lengths they went to as they prepared for the afterlife. From the pyramids at Giza that housed Egyptian kings, to the tombs of everyday people, navigate the world of the Egyptian afterlife, its fears, doubts and dangers.

Date	Day	Time	Session
Mar 28 to Apr 11	Fri	2:30 - 3:30 p.m.	3 weeks, fixed

Poetry Writing



Poems as Letters: Epistolary Poetry

Try your hand at an ancient form that's gaining popularity in our modern age. In this two-session workshop, we will read examples of epistles - or poems written as letters, lists, or lyrical notes - and create our own epistolary poems for a real or imagined "you." Who would you write to?

Date	Day	Time	Session
Jan 24 & 31	Fri	12:30 - 2 p.m.	2 weeks, fixed

Flash Fiction

How short can a short story be? Micro-fiction offers character, scene and plot in a condensed form - with a strong element of surprise. Read samples and write your own in this 4-session series.

Date	Day	Time	Session
Feb 7 to 28	Fri	12:30 - 2 p.m.	4 weeks, fixed

Poetic Mosaics

Poetic Mosaics is a creative poetry workshop series: each session explores a different technique for crafting unique, personal, and visually engaging poems such as place-based poetry, found poetry, blackout poetry and shape poetry.

Date	Day	Time	Session
Feb 4 & 18, Mar 4 & 18	Tues	5 - 6 p.m.	4 weeks, flex

Writing Workshop



Unleash your creativity and explore the art of storytelling in this welcoming and inclusive writing workshop series. Designed for writers of all experience levels, these sessions provide the tools, inspiration and supportive space to discover your voice and dive deeper into your stories.

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Exploring Voice, Senses, and Storytelling (Virtual)

Date	Day	Time
Jan 16	Thurs	1 - 4 p.m.

Find Your Flow: A Drop-in Writing Workshop (Virtual)

Date	Day	Time
Feb 13	Thurs	4 - 6 p.m.

Singlehood and Wellbeing



Living without a romantic partner is becoming a more visible and accepted choice. Explore what research tells us about the impacts of being single or partnered.

Date	Day	Time	Session
Jan 22	Wed	6:30 - 7:30 p.m.	One-off

Phenomenology of Love



An insightful three-part series delving into the rich, multifaceted experiences of romantic love. From the electrifying spark of new romance to the enduring depths of mature love and even the bittersweet ache of unrequited affection, this series will explore how love shapes and is shaped by our attention and perception.

Early Love & “Arrested Attention”

Date	Day	Time
Feb 2	Sun	4 - 5 p.m.

Mature Love & “Just and Loving Attention”

Date	Day	Time
Feb 9	Sun	4 - 5 p.m.

Loving Someone Who Doesn’t Love You Back

Date	Day	Time
Feb 16	Sun	4 - 5 p.m.

Navigating Stress: Mindfulness-Based Strategies & Breathwork for Cultivating Resilience



Learn evidence-based mindfulness and breathwork strategies to calm and repair the nervous system to support greater stress-resilience and overall wellbeing.

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Date	Day	Time	Session
Jan 16 to Feb 20	Thurs	1 - 2:15 p.m.	6 weeks, fixed
Mar 6 to Apr 10	Thurs	2 - 3:15 p.m.	6 weeks, fixed

Brain Health Speaker Series



Dive into the fascinating world of brain health in our guest speaker series. Featuring experts in audiology, memory, and nutrition, these sessions provide evidence-based insights and practical strategies to support your cognitive wellbeing at any age.

15 Things You Can Do To Reduce Your Risk of Dementia

Date	Day	Time
Jan 16	Thurs	2 - 3 p.m.

The Environment Made Me Do It: How the World Around You Affects Your Brain, Health and Behaviour

Date	Day	Time
Feb 9	Sun	10:30 - 11:30 a.m.

Memory and Aging: What’s Normal, What’s Not and What You Can Do About It

Date	Day	Time
Feb 11	Tues	1 - 2 p.m.
Apr 22	Tues	7 - 8 p.m.

An Inflection Point for Women’s Brain Health: The Many Menopauses and Their Effects on Cognition and the Brain

Date	Day	Time
Mar 13	Thurs	2 - 3 p.m.

Hearing and Brain Health: Discussing the Connection

Date	Day	Time
Mar 24	Mon	3 - 4 p.m.

Food for a Healthy Brain (Zoom)

Date	Day	Time
Mar 31	Mon	6 - 7 p.m.

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Memory & Aging



Experiencing changes in your memory? The Memory and Aging Program (MAP) by Baycrest addresses normal age-related memory changes. By the end of this evidence-based series, participants will have improved knowledge of: factors affecting memory; memory strategies; “normal” memory changes and lifestyle practices to adopt that support brain health.

Date	Day	Time	Session
Jan 29 to Feb 26	Wed	10 a.m. - 12 p.m.	5 weeks, fixed

Navigating Life Transitions: Physical Health and Social Connections



Join this conversation about navigating life transitions and share tips for adapting to periods of significant change: whether in health or social connections as we age. This lecture will discuss the implications of these changes as well as the opportunities they present.

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Date	Day	Time	Session
Mar 17	Mon	2 - 3 p.m.	One-off

Kinesiology, Health & Physical Activity



Each lecture in this series provides insights and practical strategies to prevent and manage chronic conditions. Bonus: you'll understand and incorporate physical activity in every stage of life.

Conquering Type 2 Diabetes

Date	Day	Time
Jan 15	Wed	5 - 6 p.m.

Rheumatoid Arthritis vs Osteoarthritis

Date	Day	Time
Feb 12	Wed	5 - 6 p.m.

Bone Health & Osteoporosis

Date	Day	Time
Mar 12	Wed	5 - 6 p.m.

Women Are Not Small Men: How the Benefits of Exercise can Differ Between Women and Men and by Menopause Status

Date	Day	Time
Apr 10	Thurs	1 - 2 p.m.

What Does the Mistreatment of Older Adults Mean and How to Respond?



Explore the various ways that older adults in the community can experience mistreatment. This presentation will also describe an innovative program, RISE, designed to support older adults who are facing these kinds of challenges.

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Date	Day	Time	Session
Mar 6	Thurs	2 - 3 p.m.	One-off

Occupational Therapy



Led by an occupational therapist, our series offers practical strategies and insights to enhance wellbeing, support caregiving and promote aging in place. These lectures are designed to empower individuals with the knowledge and tools to improve their quality of life and support those around them.

Routines & Activity Scheduling

Date	Day	Time
Jan 16	Thurs	5 - 6 p.m.

Guidance for Caregivers (Virtual)

Date	Day	Time
Jan 26	Sun	11 a.m. - 12 p.m.
Feb 27	Thurs	6 - 7 p.m.

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Environmental Adaptations at Home and at Work

Date	Day	Time
Mar 19	Wed	6 - 7 p.m.

Building Blocks for Mental Health

Date	Day	Time
Apr 10	Thurs	6 - 7 p.m.

Financial Literacy



Empower yourself with essential financial knowledge through our comprehensive lecture series designed to enhance your financial well-being. Whether you're planning for your future, safeguarding against risks, or navigating life's uncertainties, these sessions provide practical tools and strategies to help you take control of your financial journey.

Ten Healthy Habits of Financial Management

Date	Day	Time
Jan 17	Fri	2 - 3 p.m.

Fraud Protection

Date	Day	Time
Jan 31	Fri	2 - 3 p.m.

Planning for Retirement

Date	Day	Time
Feb 21	Fri	2 - 3 p.m.

Estate Planning

Date	Day	Time
Mar 21	Fri	2 - 3 p.m.

Effective Tax Strategies

Date	Day	Time
Apr 11	Fri	2 - 3 p.m.

The Disability Tax Credit: Accessing Your Benefits

Date	Day	Time
Apr 25	Fri	2 - 3 p.m.

Growing "The City Within a Park": Park Planning and Design in Toronto



How are decisions made about what goes into a park, or where one is built? Learn how City Hall stewards the park system and balances competing priorities within a challenging policy context. For those looking to learn about Toronto's parks and green spaces, this talk is for you.

Date	Day	Time	Session
Jan 30	Thurs	6:30 - 7:30 p.m.	One-off

Geoscience Education



Join us for a dynamic lecture series showcasing innovative approaches to teach and experience geoscience. From cutting-edge visualization tools to hands-on fieldwork, each lecture is designed to make geoscience accessible, engaging and inclusive for all learners.

The Use of 3D Printing to Teach Geosciences

Date	Day	Time
Jan 13	Mon	6:30 - 7:30 p.m.

Urban GeoWalks

Date	Day	Time
Jan 27	Mon	6:30 - 7:30 p.m.

(Geo-)Science Education in Virtual Reality

Date	Day	Time
Feb 10	Mon	6:30 - 7:30 p.m.

Ice and Snow in the Canadian High Arctic



Changes are happening to the snow and ice conditions in the Canadian High Arctic. We'll share how snow and ice are monitored from space and on the ground by the lead researcher from the Cryosphere Research Lab.

Date	Day	Time	Session
Feb 9	Sun	2 - 3 p.m.	One-off

The Power of Food Choices for People and the Planet



Let's explore the critical connections between what we eat, our health, and the environment. We will examine how food systems impact the planet and, in turn, how climate and environmental changes increasingly threaten global food security and nutrition.

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Date	Day	Time	Session
Mar 12 & 26	Wed	6:30 - 7:30 p.m.	2 weeks, flex

More than Just a Room: The Canada HomeShare Program



Supported by HelpAge Canada, Canada HomeShare is an intergenerational housing solution for older adult home owners and students seeking affordable housing. The HomeShare Program promotes aging in place, intergenerational socializing and combats ageist stereotypes and social isolation.

Date	Day	Time	Session
Feb 26	Wed	6 - 7 p.m.	One-off

Social Prescribing: A New Global Movement



Join the Canadian Institute for Social Prescribing to learn about innovative and collaborative approaches to integrating health and community care to connect individuals with community-based supports that support holistic health and wellbeing.

Date	Day	Time	Session
Mar 6	Thurs	3 - 4 p.m.	One-off

Volunteering



Explore the transformative power of volunteering through this engaging three-part lecture series. Whether you're a seasoned volunteer or just starting your journey, these sessions provide valuable insights into maximizing your impact, finding the perfect role and building meaningful connections through teamwork.

The Benefits of Volunteering

Date	Day	Time
Mar 19	Wed	10 a.m. - 12 p.m.

How to Find the Right Volunteer Role

Date	Day	Time
Mar 26	Wed	10 a.m. - 12 p.m.

Ensuring a Successful Volunteer Experience

Date	Day	Time
Apr 2	Wed	10 a.m. - 12 p.m.

The Impact of Public Art



Since 2011, Canadian charity and social enterprise STEPS Public Art has worked with over 1,000 artists to transform our urban spaces and foster inclusive communities through vibrant community-engaged public art projects. Learn about the importance of public art, how it supports local artists, strengthens communities and amplifies diverse voices.

Date	Day	Time	Session
Feb 6	Thurs	5:30 - 6:30 p.m.	One-off

Religious Studies



Our two-part lecture series invites you to dive into key questions about religion, identity and cultural perspectives from historical and conceptual views. Ideal for anyone who enjoys engaging and exploring faith.

Jesus as a Figure within Ancient Judaism

Date	Day	Time
Jan 19	Sun	2 - 3:30 p.m.

What Do We Mean by the Word "Religion"?

Date	Day	Time
Feb 9	Sun	12 - 1:30 p.m.

Musicology



A fascinating two-part series, where history, culture, and artistry converge. Combining guided listening, musical demonstrations and critical exploration, you'll deepen your appreciation for the symphony and stage.

Welcome to the Symphony: a Historical Exploration of the Genre's Past and Present

Date	Day	Time
Feb 2	Sun	1:30 - 2:30 p.m.

Music for Theatre: The World of Opera, Ballet and Musicals

Date	Day	Time
Feb 23	Sun	1:30 - 2:30 p.m.

Animals and Music: A Match Made in Heaven

Date	Day	Time
Mar 18	Tues	12 - 2 p.m.

FIXED

You must start on the first day of the class.

FLEX

You can jump into the program at any week.

DROP-IN

You can register for a specific session.

NOTE

Registration is required for ALL programs.



Social Connections



Cognitive Engagement



Brain-Healthy Eating



Mental Wellbeing



Physical Activity



Mind, Body & Soul Wellness

Talk it Out, Work it Out



This groundbreaking program by The University of Toronto, brings together physical activity and mental health to improve overall wellbeing. We'll "Work it Out" with exercise led by Kinesiology students to get your heart rates up. Then "Talk it Out" together in small groups led by specially trained Masters of Social Work students.

Date	Day	Time	Session
Mar 20 to Apr 24	Thurs	2 - 4 p.m.	6 weeks, flex

Alexander Technique: Move Well, Feel Better



The Alexander Technique will improve your balance, strength, and flexibility, which, in turn, may prevent falls, and teach you to move with ease and confidence. Learn how to manage habits, change, pain, tension and stress.

Date	Day	Time	Session
Jan 13 to Mar 24 (excl. Feb 17)	Mon	11 a.m. - 12 p.m.	Weekly, flex
Jan 15 to Mar 26	Wed	11 a.m. - 12 p.m.	Weekly, flex

Wellness 101



Be part of a program that prioritizes your holistic health and equips you with practical tools for daily life. An immersive experience in counselling and psychotherapy, these unique sessions are designed to inspire personal growth, boost emotional wellbeing and foster a sense of community. Engage in a variety of therapeutic activities including: mindfulness exercises, creative expression, group discussions, peer support and stress management techniques.

Date	Day	Time	Session
Jan 6 to Feb 10	Mon	2 - 3 p.m.	6 weeks, flex

Tai Chi/Qi Gong Wellness



Our Tai Chi/Qi Gong programs are tailored to the different needs of the group. Practise a meditative state of mind and purposeful breathing. Through a series of slow, gentle movements, participants experience the maximum benefits of movement, while limiting wear and tear on the body. Seated modifications are available in this class.

Date	Day	Time	Session
Jan 10 to Apr 25 (excl. Apr 18)	Fri	10 - 10:45 a.m.	Weekly, drop-in
Jan 10 to Apr 25 (excl. Apr 18)	Fri	11 - 11:45 a.m.	Weekly, drop-in

Mindful Yoga



Add the healing, toning and balancing qualities of yoga to your life and a sense of mental stillness to your day. Elevate wellbeing and greater body awareness in both sitting and standing poses. Stretch and strengthen muscles to relieve tension. Promote good posture and restore balance. Each class ends with soothing guided relaxation.

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Date	Day	Time	Session
Jan 6 to Mar 31 (excl. Feb 17)	Mon	5:30 - 6:30 p.m.	Weekly, flex (virtual)
Jan 9 to Mar 27 (excl. Jan 23)	Thurs	11 a.m. - 12 p.m.	Weekly, drop-in (in-person)

Nia Dance



Nia blends the joy of dance, discipline of martial arts, mindfulness of somatics, and universal spiritual principles to create transformational experiences. Nia workouts combine martial arts, dance, pilates and yoga to support physical, mental, emotional and spiritual health.

Date	Day	Time	Session
Jan 8 to Apr 23	Wed	9:30 - 10:30 a.m.	Weekly, flex

Restorative Yoga



Restorative yoga encourages physical, mental and emotional relaxation. Practised at a slow pace, we focus on long holds, stillness and deep breathing. Appropriate for all levels.

Date	Day	Time	Session
Jan 8 to Apr 23	Wed	10:30 - 11:30 a.m.	Weekly, flex

Loving Self-Care & Gentle Movement



Take some time to sculpt and soften your muscles (and ease your mind). Explore ways to, using your own hands, create a repertoire of easy, gentle movements. Gain awareness of and unwind tension, tightness and patterns of restriction, in a way that is friendly, curious, supportive, kind and gentle.

Date	Day	Time	Session
Feb 7 to Mar 28	Fri	1:30 - 2:30 p.m.	8 weeks, flex

Therapeutic Yoga



Focus your movements as we work on flexibility, joint mobility, tension and pain relief in a seated yoga class. A heightened connection to natural movement can lead to increased health and vitality. Suitable for all levels.

Date	Day	Time	Session
Jan 7 to Apr 22	Tues	10 - 11 a.m.	Weekly, drop-in
Seated			
Jan 7 to Apr 22	Tues	11 a.m. - 12 p.m.	Weekly, drop-in
Standing			

Feel the Beat: Getting into the Rhythm of Wellbeing Through Drumming and Sound



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.

Date	Day	Time	Session
Feb 2 & 16, Mar 23 Apr 6	Sun	11 a.m. - 12:30 p.m.	4 weeks, drop-in



FIXED

You must start on the first day of the class.

FLEX

You can jump into the program at any week.

DROP-IN

You can register for a specific session.

NOTE

Registration is required for ALL programs.



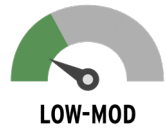
Fitness & Aquatics

ACTIVITY RATING

Each program in this program domain is tagged with a rating, indicating what starting level of fitness is recommended for the program.



Suitable for beginners, modified for low endurance, gait/mobility difficulties or injuries.



Suitable for those new to fitness with minimal use of gait aids or some functional limitations, but can be modified for regressions and progressions.



Suitable for those with prior some exercise experience and no gait aid or physical limitations.



Suitable for those with prior exercise experience looking to further progress their fitness abilities.



Suitable for those with a high level of fitness looking to further challenge themselves.

All fitness and aquatics classes are offered on a drop-in or flex registration.

Functional Fitness



Join us for a full body workout where we focus on proper muscle activation to get the body moving as one cohesive unit and improve strength and balance. This is an intermediate level, standing exercise class (modifications can be made throughout as best as possible).

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Date	Day	Time	Session
Jan 7 to Apr 15	Tues	9:15 - 10 a.m.	Weekly, drop-in

Strength for Active Aging



Participants will use body weight and/or hand weights to get a full body workout. All levels of fitness are welcome. Seated variations provided for those who may need to sit for entire class or partially.

This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Date	Day	Time	Session
Jan 9 to Apr 17	Thurs	9:15 - 10 a.m.	Weekly, drop-in

Blissed To Go: Deep Health at Any Age



In this functional strength training program, improving overall function is determined by your ability, not age. Increase strength. Improve balance and posture. Build confidence and independence build confidence and independence while learning to move well, for life. Suitable for all levels, stages and ages.

Date	Day	Time	Session
Jan 7 to Feb 11	Tues	1:30 - 2:30 p.m.	6 weeks, flex
Jan 9 to Feb 13	Thurs	1:30 - 2:30 p.m.	6 weeks, flex

Active Balance & Gait Training



Engage both body and brain as you boost stability and confidence. This lively program focuses on both static and dynamic balance, as well as walking and gait mechanics. Led by a neuroscientist, learn about our different balance systems using balloons and playing balance-based brain games. Prevent falls with gentle, easy-to-follow techniques for your active lifestyle.

Date	Day	Time	Session
Jan 7 to Apr 15	Tues	3:30 - 4:30 p.m.	Weekly, drop-in

Brain Fitness: Dementia Defense Program



This Brain Fitness course is designed to enhance cognitive function and reduce the risk of dementia through exercises proven to increase overall physical health, brain health and cognitive resilience. Engage in a series of tailored exercises that stimulate creation of new brain cells, enhance memory and focus, as well as overall mental agility.

Date	Day	Time	Session
Jan 7 to Apr 15	Tues	4:30 - 5:30 p.m.	Weekly, drop-in
Jan 9 to Apr 17	Thurs	12:30 - 1:30 p.m.	Weekly, drop-in

OsteoFit



OsteoFit is designed to improve strength, balance, coordination, as well as functional ability, independence and quality of life. Especially safe for those with osteoporosis and osteopenia, the class is divided into a cardio choreography routine involving weight-bearing and a strength and balance training section for building muscle.

Date	Day	Time	Session
Jan 15 to Apr 23	Wed	2 - 2:45 p.m.	Weekly, drop-in
Jan 15 to Apr 23	Wed	2:45 - 3:30 p.m.	Weekly, drop-in

Stretch & Tone



Move through a series of stretches and movements focused on lengthening the muscles. Practise strength exercises to help increase mobility. Each of these movements will be done from a lying, sitting, or kneeling position on the floor.

Date	Day	Time	Session
Jan 6 to Apr 21 (excl. Feb 17 & Apr 14)	Mon	2 - 3 p.m.	Weekly, drop-in

Circuit Training: Basics



Learn to train with proper form and technique using our gym equipment. Members will rotate through multiple stations. Ideal for beginners just getting into fitness.

Date	Day	Time	Session
Jan 7 to Apr 22	Tues	3 - 4 p.m.	Weekly, drop-in

Barre Fitness



Barre class is a full-body workout inspired by elements of ballet, yoga and Pilates focusing on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can. Members use a chair as their "barre" and perform a number of strength and balance exercises.

Date	Day	Time	Session
Jan 16 to Apr 24	Thurs	10 - 11 a.m.	Weekly, drop-in

Fitness for Longevity



A low-impact class featuring fun exercises designed to help manage chronic conditions such as diabetes and high blood pressure. Participants will build strength, improve balance, and gain energy to stay active while having fun.

Date	Day	Time	Session
Jan 9 to Apr 17	Thurs	1:30 - 2:30 p.m.	Weekly, drop-in

Fitness Fundamentals



Join us for a muscular conditioning class that leave you standing taller and feeling lighter. Together, we work on core activation, posture, and balance, as well as learn important techniques to improve lifting and carrying for activities of daily living.

Date	Day	Time	Session
Jan 14 to Apr 22	Tues	6 - 6:45 p.m.	Weekly, drop-in
Jan 15 to Apr 23	Wed	3:30 - 4:30 p.m.	Weekly, drop-in
Jan 9 to Apr 24	Thurs	6 - 6:45 p.m.	Weekly, drop-in

Circuit Training: Moderate



For more advanced beginners, familiar with proper form, technique and our gym equipment: this class focuses on building strength across the muscle groups and gets your heart rate pumping.

Date	Day	Time	Session
Jan 8 to Apr 23	Wed	2 - 3 p.m.	Weekly, drop-in

Essentrics



Essentrics is a low-impact form of therapeutic movement that draws on movements of Tai Chi for balance, the strengthening theories of ballet for lean, flexible muscles and the principles of physiotherapy to support a pain-free body. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy.

Date	Day	Time	Session
Jan 14 to Apr 22	Tues	11:30 a.m. - 12:15 p.m.	Weekly, drop-in
Jan 14 to Apr 22	Tues	6:30 - 7:30 p.m.	Weekly, drop-in
Jan 12 to Apr 6	Sun	5 - 6 p.m.	Weekly, drop-in

Zumba Gold



Zumba is a cardio workout in disguise: combining latin-inspired dance moves with the music of merengue, salsa, cumbia, reggaeton and other music genres from around the world. This class will get your heart rate pumping to the beat.

Date	Day	Time	Session
Jan 6 to Mar 31 (excl. Feb 17)	Mon	10 - 11 a.m.	Weekly, drop-in

Line Dance



Cha Cha Slide, Cupid Shuffle, Cotton Eyed Joe are just some of the basic dance step combinations we can learn - set to a variety of music genres like latin and country. Scoot into this fun group workout.

Date	Day	Time	Session
Jan 15 to Apr 23	Wed	6:30 - 7:30 p.m.	Weekly, drop-in

CIRCL Mobility



Focusing on mobility and flexibility, this program is designed to help you move your body the way it's intended. We'll aim to release stress, restore (or expand) range of motion and renew your ability to move better, longer.

Date	Day	Time	Session
Jan 12 to Apr 6	Sun	3 - 3:45 p.m.	Weekly, drop-in

Yogalates



A combination of yoga and pilates, Yogalates is a form of fall prevention practice. Centring on the core muscles, this class helps to strengthen the lower back and assist with better posture and balance. We'll also increase flexibility and mobility to improve body awareness and confidence. As an added bonus, participants will learn breathing techniques to center and clear the mind.

Date	Day	Time	Session
Jan 10 to Apr 25	Fri	10:30 - 11:30 a.m.	Weekly, drop-in

Pilates with Props



Take a fun and athletic approach to pilates., using props to increase intensity, variety and muscle fatigue. True to Pilates form, there is a heavy emphasis on core, strength, alignment and posture.

Date	Day	Time	Session
Jan 6 to Apr 7 (excl. Feb 17)	Mon	5:30 - 6:30 p.m.	Weekly, drop-in
Jan 9 to Apr 10	Thurs	11 a.m. - 12 p.m.	Weekly, drop-in

Core Conditioning



Improve your posture and build core muscle groups, all while increasing your flexibility. This class will use a variety of equipment and exercises to strengthen your abdomen and back muscles.

Date	Day	Time	Session
Jan 13 to Apr 21	Tues	5:15 - 6 p.m.	Weekly, drop-in
Jan 15 to Apr 23	Wed	4:30 - 5:30 p.m.	Weekly, drop-in
Jan 12 to Apr 6	Sun	2 - 2:45 p.m.	Weekly, drop-in

HIIT & Strength



This class is divided into three impactful parts: 20-minutes cardio using a step, 20-minutes muscle conditioning using weights and bands, and 20-minutes core and stretching.

Date	Day	Time	Session
Jan 6 to Apr 21 (excl. Feb 17 & Apr 14)	Mon	1 - 2 p.m.	Weekly, drop-in
Jan 8 to Apr 23	Wed	1 - 2 p.m.	Weekly, drop-in

Bootcamp Blitz



Bootcamp Blitz combines the best of cardiovascular and strength training. Challenge your mind and body as you alternate between high and low intensity exercises through time intervals of free weights, cardio training, core strengthening and balance work.

Date	Day	Time	Session
Jan 13 to Apr 21	Mon	4:15 - 5 p.m.	Weekly, drop-in
Jan 9 to Apr 24	Thurs	5:15 - 6 p.m.	Weekly, drop-in

Circuit Training: Impact



Work different muscle groups in this full body workout, alternating with minimal rest to build strength. This class will keep your heart pumping and rev up your metabolism.

Date	Day	Time	Session
Jan 14 to Apr 22	Tues	3 - 4 p.m.	Weekly, drop-in

Zumba Toning



Zumba Toning combines international rhythms with strength training techniques. Classes involve light weight resistance training designed to increase muscle strength and improve mobility, posture, coordination and cognition.

Date	Day	Time	Session
Jan 10 to Apr 25 (excl. Apr 18)	Fri	11:30 a.m. - 12:15 p.m.	Weekly, drop-in

Private Swim Lessons



Whether you're looking to take your very first strokes or become more confident in the water, these one-on-one to small group lessons offer the support and tailored instruction you need to dive right in.

Date	Day	Time	Session
Jan 16 to Apr 24	Thurs	4 - 4:30 p.m. 4:30 - 5 p.m. 5 - 5:30 p.m.	Weekly, drop-in

Moving Through Water



Take advantage of the Kimel Family Centre's shallow, warm water pool to work on gait, core strength, stride length, proper walking technique, different walking patterns, posture and balance.

Date	Day	Time	Session
Jan 8 to Apr 23	Wed	9:30 - 10:15 a.m.	Weekly, flex
Jan 10 to Apr 25 (excl. Apr 18)	Fri	2 - 2:45 p.m.	Weekly, flex
Jan 12 to Apr 6	Sun	1 - 1:45 p.m.	Weekly, flex

Gentle Aquatic Fitness



Explore range of motion, joint action, muscle strengthening, and gentle cardiovascular workouts. Designed for non-swimmers and those very new to water exercise.

Date	Day	Time	Session
Jan 16 to Apr 24	Thurs	8:30 - 9:15 a.m.	Weekly, flex

Mind & Body Aquatic Fitness



This class combines the principles and techniques of Yoga, Pilates, and Tai Chi while in the protective environment of our warm water pool. Leave feeling rejuvenated and with a greater sense of wellbeing.

Date	Day	Time	Session
Jan 7 to Apr 15	Tues	12:30 - 1:15 p.m.	Weekly, flex

Aqua Zumba



Aqua Zumba combines traditional elements of an aqua fitness class with upbeat Latin-infused music and dance moves typical of Zumba. Both fun and challenging, this is low-impact, body toning workout that feels like a pool party.

Date	Day	Time	Session
Jan 13 to Apr 21 (excl. Feb 17 & Apr 14)	Mon	2:30 - 3:15 p.m.	Weekly, flex

General Aquatic Fitness I



Dive in to this program complete with active range of motion, flexibility, cardiovascular and muscle conditioning, all while enjoying the properties of water. Work through the water with ease as you strengthen balance, posture and coordination.

Date	Day	Time	Session
Jan 7 to Apr 22	Tues	1:15 - 2 p.m.	Weekly, flex
Jan 8 to Apr 23	Wed	10:15 - 11 a.m.	Weekly, flex
Jan 9 to Apr 24	Thurs	9:15 - 10 a.m.	Weekly, flex
Jan 10 to Apr 25 (excl. Apr 18)	Fri	1:15 - 2 p.m.	Weekly, flex
Jan 12 to Apr 6	Sun	12:15 - 1 p.m.	Weekly, flex

General Aquatic Fitness II



Take your aquatic workout, and intensity, to the next level. Designed to strengthen body and mind, this class pushes endurance and coordination. You'll work on enhancing balance, posture and strength in the water.

Date	Day	Time	Session
Jan 13 to Apr 21 (excl. Feb 17 & Apr 14)	Mon	3:15 - 4 p.m.	Weekly, flex
Jan 7 to Apr 22	Tues	2 - 2:45 p.m.	Weekly, flex
Jan 8 to Apr 23	Wed	11 - 11:45 a.m.	Weekly, flex
Jan 9 to Apr 24	Thurs	10 - 10:45 a.m.	Weekly, flex
Jan 10 to Apr 25 (excl. Apr 18)	Fri	12:30 - 1:15 p.m.	Weekly, flex
Jan 12 to Apr 6	Sun	11:30 a.m. - 12:15 p.m.	Weekly, flex

FIXED

You must start on the first day of the class.

FLEX

You can jump into the program at any week.

DROP-IN

You can register for a specific session.

NOTE

Registration is required for ALL programs.

 Social Connections

 Cognitive Engagement

 Brain-Healthy Eating

 Mental Wellbeing

 Physical Activity

Events, Games, & Social Clubs

Board Game Club

Do you enjoy board games? Do you like learning new games? Join us to learn and discover new board games. Try a new game with your peers, or find fellow enthusiasts of your favourites. Fun guaranteed.

Date	Day	Time	Session
Jan 8, Feb 5, Mar 5, Apr 2	Wed	5 - 8 p.m.	Monthly, drop-in
Jan 12, Feb 16, Mar 16, Apr 6	Sun	1 - 4 p.m.	Monthly, drop-in

Recipe Club

Do you love talking about your favorite recipes, as much as you enjoy making them? Share and get inspiration to cook something new, or try a cultural classic. Discover recipe ideas, share tips for adapting a recipe and learn what to do when you don't have an ingredient for a recipe that's already on-the-go.

Date	Day	Time	Session
Jan 30, Feb 13, Mar 13, Apr 3	Thurs	3 - 5 p.m.	Monthly, drop-in

Memoir Writing Club

Interested in writing your personal narrative? Our "how to write a memoir" club offers writing techniques, prompts and a safe space to share your memoirs with one another. We also recommend and discuss memoirs that have impacted our writing and/or our own lives.

Date	Day	Time	Session
Feb 4 to 25	Tues	3 - 4:30 p.m.	4 weeks, drop-in

A Trip to the Movies: On Histories, Theories and Ways of Seeing

In this introduction to cinema, film theories and histories, we'll study a new film each week and find new levels of meaning in film. Explore historical context, and learn to apply film theories to understand the emotional and dramatic impacts of this medium. Selections include classic Hollywood Cinema, the French New Wave and contemporary world cinema.

Date	Day	Time	Session
Jan 19, Feb 2 & 16, Mar 2, 16 & 30	Sun	12 - 1:30 p.m.	6 weeks, flex

Mit Kimel Book Club

Want to talk to other readers about the latest fiction book you've read? We are choosing books from The Barbara Frum Library "Book Club Sets to Go" with rotating book discussion leaders.

Date	Day	Time	Session
Jan 19, Feb 16, Mar 16	Sun	2:30 - 4 p.m.	Monthly, drop-in

Learn to Play American Mahjong

Curious about Mahjong? Learn how to play American Mahjong, a variant on the ancient game of strategy, skill and summation.

Date	Day	Time	Session
Jan 15 to Apr 23	Wed	1 - 2 p.m.	Weekly, flex

Card Games for Everyone



Cribbage

Did you know this classic card game is over 300 years old? Learn how to make runs, pairs, 15s and other scores, and be the first to make it to the end of the cribbage board.

Date	Day	Time	Session
Jan 12	Sun	5 - 8 p.m.	One-off

Euchre

Have you ever wondered why “being euchred” means getting tricked? Play the popular, team-based card game and master how to win tricks, play the right bower in your hand or be euchred.

Date	Day	Time	Session
Feb 16	Sun	5 - 8 p.m.	One-off

Fighting the Landlord

Dubbed “easy to learn, hard to master”, players use math, strategy and careful execution to outpace the landlord (one player). Team up to shed your deck (get rid of cards) the quickest and win points for your fellow teammates. Lose to the landlord and be forced to pay with points.

Date	Day	Time	Session
Mar 16	Sun	5 - 8 p.m.	One-off

Ricochet Poker

Do you like poker but don't like lying to your friends (or losing money)? In Ricochet poker, all hands are open: see each other's cards and spend points to build the best hand. It's fun, fast, easy to learn - and winner still takes the pot.

Date	Day	Time	Session
Apr 6	Sun	5 - 8 p.m.	One-off

Blades in the Dark: A Tabletop Roleplaying Game



Play as a crew of daring scoundrels seeking fortunes on the haunted streets of an industrial-fantasy city. There are heists, chases, dangerous bargains and mysteries. Above all, there are riches to be had – if you're bold enough to seize them.

Date	Day	Time	Session
Jan 8 & 22, Feb 5 & 19, Mar 5 & 19, Apr 2 & 16	Wed	5:30 - 7:30 p.m.	8 weeks, flex

Music of the Medieval Ages



Muffin Hat Music takes you on a musical journey through the Medieval Ages. Watch, listen and learn as The Duo performs two sets of music from the 12th to 14th centuries on incredibly rare and authentic instruments. Between pieces, discuss fun facts about how music was made, as well as myths and misconceptions about the time period.

Date	Day	Time	Session
Jan 24	Fri	6:30 - 7:30 p.m.	One-off

Bach Children's Chorus



The Bach Children's Chorus is a national award-winning choir focused on choral musicianship for children, youth, and young adults. This is your chance to hear a talented group of young choristers (two 15-minute performances).

Date	Day	Time	Session
Mar 23	Sun	2 - 2:40 p.m.	One-off

OPEN FACILITIES

Members are free to use the pool and gym during the specified times below. The Kimel Family Centre pool is an unsupervised Class B pool, i.e., there is no lifeguard on duty, but can be used at your discretion.

For your safety, there is camera surveillance of the pool and deck, monitored by the Administrative Team.

FACILITY BOOKING:

Members looking to use the gym, pool or parallel bars with a personal trainer or other allied health professional are required to book a timeslot to use a facility with the Administrative Team at least 24 hours prior.

Please remember to sign in and out with the Administrative Team (upon entering and exiting any of these facilities).

POOL HOURS

MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 a.m. - 2:30 p.m.	8:30 a.m. - 12 p.m.	12:30 - 7:30 p.m.	8:30 a.m. - 3 p.m.	8:30 a.m. - 12 p.m.	CLOSED	8:30 - 10 a.m.
4 - 7:30 p.m.	4 - 7:30 p.m.		5:30 - 7:30 p.m.			2 - 7:30 p.m.

GYM HOURS

MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 a.m. 3:30 p.m.	8:30 a.m. - 1:30 p.m.	8:30 a.m. - 1 p.m.	8:30 - 11 a.m.	8:30 a.m. - 4 p.m.	CLOSED	8:30 a.m. - 1:30 p.m.
5 - 7:30 p.m.	4 - 5:30 p.m.	5:30 - 7:30 p.m.	2:30 - 5:30 p.m.			3 - 7:30 p.m.

HELPFUL INFORMATION



Methods of Payment:

We accept all types of card payments, but are not currently accepting cash.



Lockers:

Lockers are available for day use and must be emptied prior to your exit from the pool. Pick up your locker key from the Administrative Team.



Water:

You are encouraged to bring portable water bottles. There are two water refill stations in the centre.



Parking & TTC:

The Kimel Family Centre is accessible by car or TTC. Please note: parking is limited. See our website or speak with the Administrative Team for more information.



Wi-Fi:

Please enjoy free wi-fi while at the Kimel Family Centre. Visit the reception desk for login information.



Lost and Found:

Although we provide responsible safekeeping of lost and found items, goods not claimed after 10 days will be donated to charity. The Kimel Family Centre takes no responsibility for lost or stolen goods.

CONTACT US



55 Ameer Avenue,
North York, ON M6A 2Z1



416-785-2500 ext. 3666



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<https://kimelcentre.baycrest.org>

HOURS OF OPERATION

Monday	8 a.m. to 8 p.m.
Tuesday	8 a.m. to 8 p.m.
Wednesday	8 a.m. to 8 p.m.
Thursday	8 a.m. to 8 p.m.
Friday	8 a.m. to 4 p.m.
Saturday	CLOSED
Sunday	8 a.m. to 8 p.m.

Winter programming is from January 6 to April 25.

The Kimel Family Centre is closed on all statutory and Jewish holidays.

- Family Day (February 17)
- Passover (April 13, 14)
- Good Friday (April 18)
- Easter Sunday (April 20)

Please note: Baycrest respects the practices and spirit of the Jewish holy days, festive days, and the Sabbath, and as such we modify our programming to respect these special days. On these days, our programming will reflect the themes of social connection, spirituality, and self-care.



Baycrest is certified kosher by the Kashrut Council of Canada (COR). Non-kosher food is not permitted in the Kimel Family Centre. You can purchase snacks via the mobile snack cart throughout the day.