



## Kimel Family Centre for Brain Health and Wellness

**Baycrest**

**KIMEL FAMILY CENTRE**  
for Brain Health and Wellness

**Program Guide  
Spring/Summer 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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Events, Games, & Social Clubs

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Lectures & Continuing Education

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Fine Arts & Crafts

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Performing Arts

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Mind, Body, & Soul Wellness

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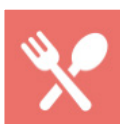


Fitness & Aquatics

20



Social  
Connections



Brain-Healthy  
Eating



Cognitive  
Engagement



Mental  
Wellbeing



Physical  
Activity

# PROGRAM REGISTRATION

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

**1** Visit [kimelcentre.baycrest.org](http://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**

**ABOUT OUR PROGRAMS**

At the Kimel Family Centre, we've developed lifestyle and wellness programs to help you address your specific risk factors. Once you have your personalized programming strategy, you can register for programs.

[VIEW 2024 PROGRAM GUIDE](#)

[REGISTER FOR PROGRAMS](#)

**Baycrest**  
**KIMEL FAMILY CENTRE**  
for Brain Health and Wellness

The world's first research-based community centre dedicated to reducing dementia risk through personalized brain health programs for adults 50+

[Learn more](#) [f](#) [x](#) [in](#) [@](#)

**Program Registration** Memberships Appointments/Consultations

**Program Registration**

Search...

Day

- ☐ Sunday
- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday

Location

Program and category

More filters

- ☐ Physical Activity
- ☐ Mental Wellbeing
- ☐ Cognitive Engagement
- ☐ Brain-Healthy Eating
- ☐ Social Connections

Foundational Courses

Performing Arts

Nutrition & Cooking

Events, Games & Social Clubs

Fine Arts & Crafts

Lectures & Continuing Education

Mind, Body & Soul Wellness

Fitness & Aquatics

**4** To add programs into your shopping cart, select of any of the following options:

List View

Abstract & Explorative Painting

[View activity details](#)

Every 2 weeks, Wednesdays, 6:00 PM - 8:00 PM

From January 15, 2025 until January 29, 2025

Start date: Wednesday, January 15, 2025 (2 occurrences)

Available spots: 13

[Add to wishlist](#)

[Register for drop-in](#)

[Register for session](#)

[Register for session](#)

To sign up for all sessions in a program

[Register for drop-in](#)

To sign up for a specific session in a program

## Calendar View

A calendar will appear for drop-in program registration. Find the specific date and click the + Register button for that session.

**Bootcamp Blitz**

4:15 pm - 5:00 pm

Denise Acton

Stan's Gym, G024 | 55 Ar 9

Physical Mental Social

[Register](#)

**5** To register for more programs, select "Continue Shopping" and repeat steps 3 and 4. If you have completed shopping, select "Checkout."

## 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 Kimel Family Centre 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.

### Monthly schedules for Foundational and Nutrition & Cooking Courses will be emailed and available in print from the Administrative Team.

For any 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.

### Food Literacy Courses (for members with a nutrition risk)

If your assessment reveals that nutrition is a risk factor, you will need to attend at least one session for each program below.

### 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.

### Interpreting Nutrition Fact 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.

### 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.

### 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.

### 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.

## 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**



# Nutrition & Cooking

## 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.

## Spices and Their Stories: How Global Flavours Shape Our World



What's behind our growing interest in bold, diverse flavours? Shaping street food to fine dining, spices are transcending geographical boundaries to influence current and local food trends.

## 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.

## Food Hacks for Health



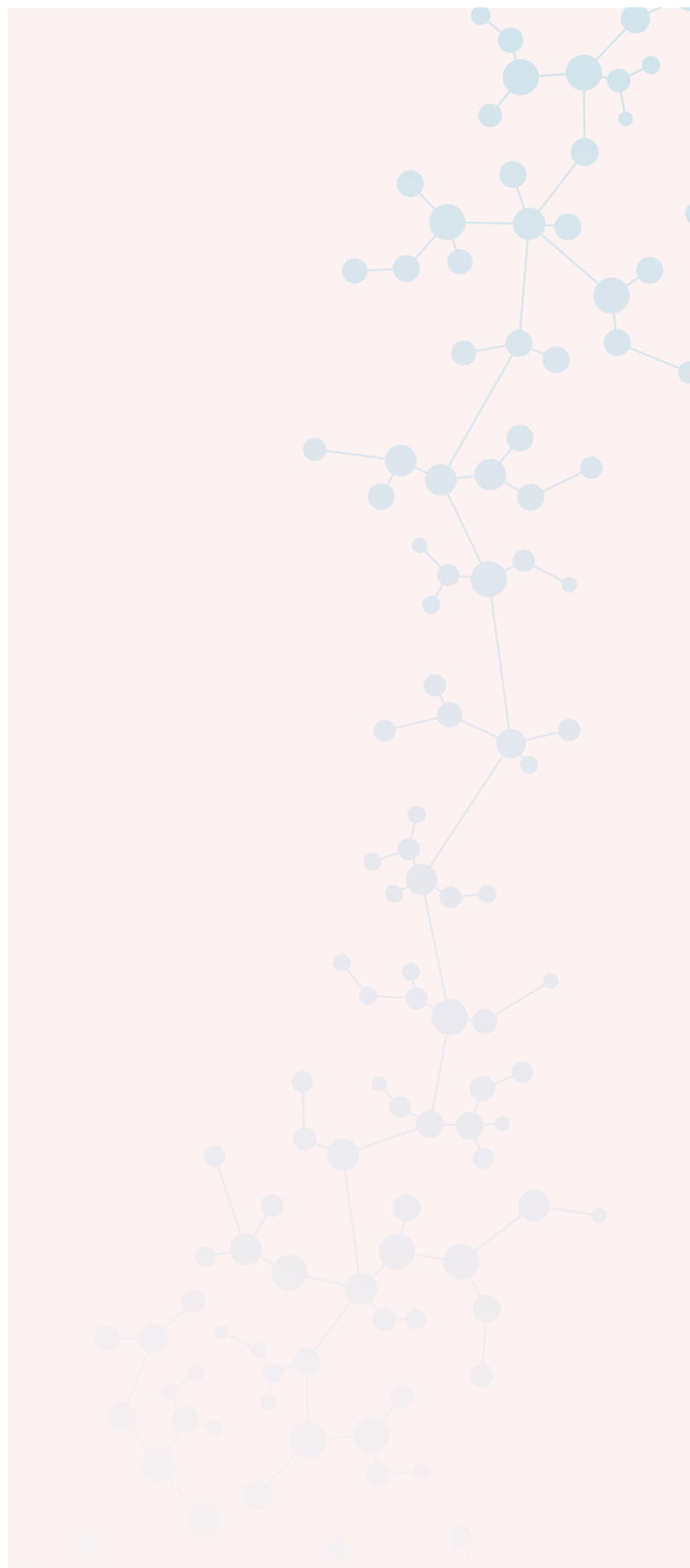
Apply your understanding of essential nutrients to create balanced and healthy meals. Learn practical ways to ensure each meal supports your overall health goals.

## Eating Sustainably



Delve into principles of sustainable eating. Explore the impact of our food choices on the environment, and get practical strategies to make environmentally-friendly food choices in daily life.

**Monthly schedules for Foundational and Nutrition & Cooking Courses will be emailed and available in print from the Administrative Team.**



## 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

### Mit Kimel Book Club



Want to talk to other readers about the latest fiction book you've read? Join us at Kimel Centre or via Zoom and add a new title to your reading list every month.

Date	Day	Time	Session
May 13, Jun 10, Jul 8, Aug 12	Tues	1 - 2 p.m.	Monthly, drop-in

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

### The Writer's Workshop



Do you have a rough draft of a story, memoir or essay that you'd like help to complete? This workshop will sharpen the tools you need to become a writer. Through weekly meetings, we will share our writing, engage in feedback cycles and reflect on our learning.

Date	Day	Time	Session
May 8 to Jun 12	Thurs	2 - 3:30 p.m.	6 weeks, fixed

### Learn to Play Canasta



Played with two decks of cards, between four people, Canasta combines elements of Bridge and Rummy. Find a partner, make "melds" and have some fun.

Date	Day	Time	Session
May 5 to Jun 9 (excl. Jun 2)	Mon	1 - 3 p.m.	4 weeks, fixed

### Board Game Club



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

Date	Day	Time	Session
May 7, Jun 11, Jul 9, Aug 6	Wed	5 - 8 p.m.	Monthly, drop-in
May 18, Jun 22, Jul 20, Aug 17	Sun	1 - 4 p.m.	Monthly, drop-in

### Cribbage Club



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
May 18, Jun 22, Jul 20, Aug 17	Sun	5 - 8 p.m.	Monthly, drop-in

### Euchre Club



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
May 30, Jun 20, Jul 4, Aug 29	Fri	1 - 4 p.m.	Monthly, drop-in

## Tabletop Roleplaying Game for Beginners



Immerse yourself in make-believe and adventure. You will role-play a character and use a combination of dice-rolling and improv to tell a story with your fellow players. Perfect for people who've never played before or who are returning after a long break, this session introduces you to the basics of tabletop roleplaying.

Date	Day	Time	Session
May 26	Mon	4:30 - 7:30 p.m.	One-time workshop

## Dungeons and Dragons for Beginners



Curious about Dungeons and Dragons but haven't had the chance to try? You don't have to be a Dungeon Master to join this fantastical adventure: discover dragonslayers, spin lore and commit heroic feats for the first, and likely not the last, time.

Date	Day	Time	Session
Jul 6	Sun	1 - 5 p.m.	One-time workshop

## 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
May 7 to Jun 11	Wed	1 - 2 p.m.	Weekly, flex

## Advanced Mahjong



Are you skilled at playing Mahjong? Join other experienced players for a fun time filled with laughter and thrills.

Date	Day	Time	Session
May 7 to Jun 11	Wed	1 - 2 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



# Lectures & Continuing Education

## Language Learning



### The Science of Learning

What makes learning effective? Explore the cognitive and social processes behind acquiring new knowledge. We'll also discuss neuroplasticity and memory formation in the science of learning.

Date	Day	Time	Session
May 15	Thurs	6:30 - 7:30 p.m.	Virtual

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

### Living Language

Could speaking more than one language make me smarter? We'll draw on the neuroscience to examine: how the brain processes language, and how multilingualism enhances cognitive flexibility and improves executive function.

Date	Day	Time	Session
May 22	Thurs	6:30 - 7:30 p.m.	Virtual

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

### Language Across the Lifespan

Language learning and processing evolve throughout life, from childhood to later years. We'll explore critical periods for language acquisition and how adults can effectively learn new languages even in later years.

Date	Day	Time	Session
Jun 5	Thurs	6:30 - 7:30 p.m.	Virtual

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

## Liberté, Égalité, Fraternité in Native North America: The Indigenous Origins of the French Enlightenment



We tend to think of our Canadian values of freedom, democracy and liberty as deriving from ancient Greece. Let's explore how the European Enlightenment owes more to the Wendat and Haudenosaunee than it does to Plato and Aristotle.

Date	Day	Time	Session
May 15	Thurs	11 a.m. - 12 p.m.	One-off

## Spanish (Level I)



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
May 8 to Jun 26	Thurs	6 - 7 p.m.	7 weeks, fixed
(excl. Jun 12)			

## Spanish (Level II)



Designed for those who have taken Spanish Level I or who have a foundation in the language, our intermediate class focuses on expanding vocabulary, improving conversational abilities and enhancing active listening.

Date	Day	Time	Session
May 7 to Jun 25	Wed	2:30 - 3:30 p.m.	7 weeks, fixed
(excl. May 21)			



## Financial Literacy



### Planning for Retirement

Learn how to effectively plan for the kind of retirement you desire.

Date	Day	Time	Session
May 6	Tues	6:30 - 7:30 p.m.	In-Person
May 9	Fri	2 - 3 p.m.	In-Person
May 11	Sun	4 - 5 p.m.	Virtual (Zoom)

### Managing Finances in Retirement

Learn how to better manage your finances and make your money stretch for you in your retirement.

Date	Day	Time	Session
May 13	Tues	6:30 - 7:30 p.m.	In-Person
May 16	Fri	2 - 3 p.m.	In-Person
May 18	Sun	4 - 5 p.m.	Virtual (Zoom)

### Estate Planning

Learn how to create a plan to distribute assets, during life or upon death.

Date	Day	Time	Session
Jun 9	Mon	6:30 - 7:30 p.m.	In-Person
Jun 13	Fri	2 - 3 p.m.	In-Person
Jun 15	Sun	4 - 5 p.m.	Virtual (Zoom)

### Effective Tax Strategies

Learn about Canada's tax system and ways to minimize your income tax.

Date	Day	Time	Session
Jun 23	Mon	6:30 - 7:30 p.m.	In-Person
Jun 29	Sun	4 - 5 p.m.	Virtual (Zoom)

### The Disability Tax Credit: Accessing Your Benefits

Learn about the Disability Tax Credit and Registered Disability Savings Plan and how to access them.

Date	Day	Time	Session
Jul 27	Sun	4 - 5 p.m.	Virtual (Zoom)

### Fraud Protection

Understand fraud and how to protect yourself from becoming a victim.

Date	Day	Time	Session
Aug 3	Sun	4 - 5 p.m.	Virtual (Zoom)

## Ten Healthy Habits of Financial Management

Learn how to become a better money manager.

Date	Day	Time	Session
Aug 5	Tues	6:30 - 7:30 p.m.	In-Person
Aug 8	Fri	2 - 3 p.m.	In-Person
Aug 10	Sun	4 - 5 p.m.	Virtual (Zoom)

## Tech Tutors



We invite members who have technology-related questions or want to improve their digital literacy with a Tech Tutor, a fellow member with expertise in technology. Take advantage of this opportunity to build confidence with technology – support is just a step away.

### Registration Details

- (1) Complete an intake form available at the reception desk.
- (2) Once your form is received, a Tech Tutor will contact you to arrange a convenient time for assistance.

Sessions can be in-person or virtual and one-time or ongoing, depending on your needs and the Tech Tutor's availability.

## Tech Q & A



Smartphone tips, tech tools, hardware versus software questions: ask us and have your tech queries answered. Let's decode the tech world together.

Date	Day	Time	Session
May 23, Jun 20, Jul 18, Aug 15	Fri	10:30 a.m. - 12 p.m.	Monthly, drop-in
This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.			

## Using Your Smartphone as a Memory Device



Discover how your smartphone (or tablet) can be a memory-enhancing ally in our two-hour workshop. We will explore smartphone features like reminders, calendars, notes, camera, photos and more, tailoring them to your unique needs.

Date	Day	Time	Session
May 27, Jun 24, Jul 22, Aug 19	Tues	2:45 - 4:15 p.m.	Monthly, drop-in
This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.			

## Urban Planning



### An “Accidental” Wilderness: Toronto’s Ongoing Port Lands Revitalization

Explore the history and ongoing revitalization of the Port Lands. This session highlights innovative approaches to flood risk management, industrial reclamation and balancing recreational programming with ecosystem management.

Date	Day	Time	Session
May 14	Wed	6:30 - 7:30 p.m.	One-off

### City of Toronto Climate Action Carousel

Take a virtual tour of policies, projects and other city initiatives to fight the causes of climate change and ensure our communities adapt to extreme weather (we’re already experiencing it). If you’re interested in sustainability, resiliency, nature and municipal government, this talk is for you.

Date	Day	Time	Session
May 28	Wed	6:30 - 7:30 p.m.	One-off

### Urban Planning 101

Part theory, part practical study, let’s explore how urban planning has shaped our city’s past, while guiding Toronto’s 21st century growth - amidst climate change, economic uncertainty and demographic shifts.

Date	Day	Time	Session
Jun 4	Wed	6:30 - 7:30 p.m.	One-off

### Your Brain on Stress: How Does Stress Get Under the Skin to Impact the Brain?



Join us to discuss the science behind our body’s stress physiology. Themes include: what’s going on “under the hood” when we are stressed, why stress isn’t always a bad thing (and when it is) and evidence-based ways to help increase our resilience to stress.

Date	Day	Time	Session
May 22	Thurs	4 - 5 p.m.	One-off
Jul 10	Thurs	3 - 4 p.m.	One-off

## Aging in Place



Understand the aging in place model, its benefits and strategies for planning to live safely and independently at home and in the community as you age.

Date	Day	Time	Session
May 23	Fri	6 - 7 p.m.	One-off

## Anthropology



### Bodies in Motion: A History of Physical Activity

From knuckle-walking to today’s striding gait, join us to discuss the evolution of human movement.

Date	Day	Time	Session
Jun 4	Wed	4 - 5 p.m.	One-off

### Fact or Fiction: Paleodiets & Paleoexercise

Are you following recent interest in Paleolithic era diets (all meat), and exercise (barefoot running)? Let’s dissect the modern health benefits of living as we did three million years ago.

Date	Day	Time	Session
Aug 1 & 8	Fri	4 - 5 p.m.	2 weeks, flex

## Living Well with Arthritis



Understand arthritis as a condition, the role of physical activity, pain management strategies, healthy eating for arthritis and assistive devices.

Date	Day	Time	Session
Jun 18	Wed	2 - 3 p.m.	Virtual

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

## Bone Health 101



Learn what osteoporosis is, the risk of fracturing a bone, how to maintain healthy bones and key tips for falls prevention. We’ll also discuss the impact of nutrition and physical activity have on your bone health.

Date	Day	Time	Session
Jul 15	Tues	1:30 - 2:30 p.m.	In-Person
Jul 21	Mon	1:30 - 2:30 p.m.	Virtual

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

## Musicology



### Music, Society & Identity

Explore the many connections between the music of everyday life and our multi-faceted conceptions of personal, social, religious and national identity. Our musical discussions will take us to different countries and traditions as we look at how music functions as a vital part of societies around the world.

Date	Day	Time	Session
May 25	Sun	1:30 - 2:30 p.m.	One-off

### Popular Music Through the Decades

From the Beatles to Ella Fitzgerald and Johnny Cash to Britney Spears, popular music has a fascinating way of encapsulating the time and culture in which it was produced. We will investigate the careers and musical output of the biggest stars in popular music from the 20th century.

Date	Day	Time	Session
June 22	Sun	1:30 - 2:30 p.m.	One-off

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

What makes a hit stage production? Discover the relationship between music, drama and movement in some of your favourite works for the stage, including selected numbers from 20th-century operas, ballets, and musicals.

Date	Day	Time	Session
Jul 27	Sun	1:30 - 2:30 p.m.	One-off

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

Immerse yourself in musicology: the study of music history. We'll examine the symphony as a unique musical genre through musical demonstrations and guided listening exercises. Discover the compositional features of symphonic works and critically investigate the social, political and cultural climate in which sample pieces were written.

Date	Day	Time	Session
Aug 24	Sun	1:30 - 2:30 p.m.	One-off

## Internet Voting in Canadian Elections



Did you know Canada is an early adopter of online voting (municipally)? Register to attend, and vote for whether you think the internet can help reverse declining voter participation rates.

Date	Day	Time	Session
Jul 17	Thurs	6:30 - 7:30 p.m.	One-off

## Scary Things & How to Love Them: A Seminar Series on the Modern Horror Film



"Evil", "trashy": when did horror films earn this reputation? With texts from film studies, history, philosophy and beyond, we'll examine how this fascinating and divisive genre navigates (or disrupts) the boundaries between family and society, good and evil, fear and beauty as well as death and life.

Date	Day	Time	Session
Jun 8 to Jul 13	Sun	2 - 3:30 p.m.	6 weeks, flex

## Attachment Theory



Social psychology research suggests there are distinct patterns of behaviour in close relationships known as attachment styles. We'll outline the different attachment styles, how they impact the way people bond or relate and maybe even identify our own.

Date	Day	Time	Session
Jun 18	Wed	4 - 5 p.m.	One-off

## The Philosophy of Grief



Join us for a three-part series exploring grief and grieving. From the pain of grieving a loss to the personal growth that can result from cathartic grief experiences, this discussion-based series will delve into how grief shapes and reshapes us. Learn about historical treatments and positive aspects of this powerful human experience.

Date	Day	Time	Session
Jun 19 to Jul 3	Thurs	12:30 - 2 p.m.	3 weeks, flex

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

## Romancing the Stone



Explore the ROM's Earth Treasure gallery through the lens of birthstones - the gems associated with birthdays in each month of the year. See them in their natural form and learn about the processes of cutting and polishing transforms each into stunning jewellery.

Date	Day	Time	Session
Jul 17	Thurs	10:30 - 11:30 a.m.	One-off



## Modern Jewish Studies



### What's in a Name? Jewish Naming in Modern Times

Explore “Jewish” first and family names as a source of identity and meaning – and what history can teach us about the benefits and risks of names that help you stand out.

Date	Day	Time	Session
Jul 8	Tues	4 - 5 p.m.	Virtual

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

### Hebrew: a Language “Revived”?

Hebrew is in many ways unique: an ancient holy language miraculously brought back to life after 2000 years by a small group of dreamers. Was Hebrew ever really “dead”? What do Yiddish, Ladino, and other languages have to do with its “rebirth”? And what influence does modern Hebrew have on the languages of diasporic Jews today?

Date	Day	Time	Session
Jul 15	Tues	4 - 5 p.m.	Virtual

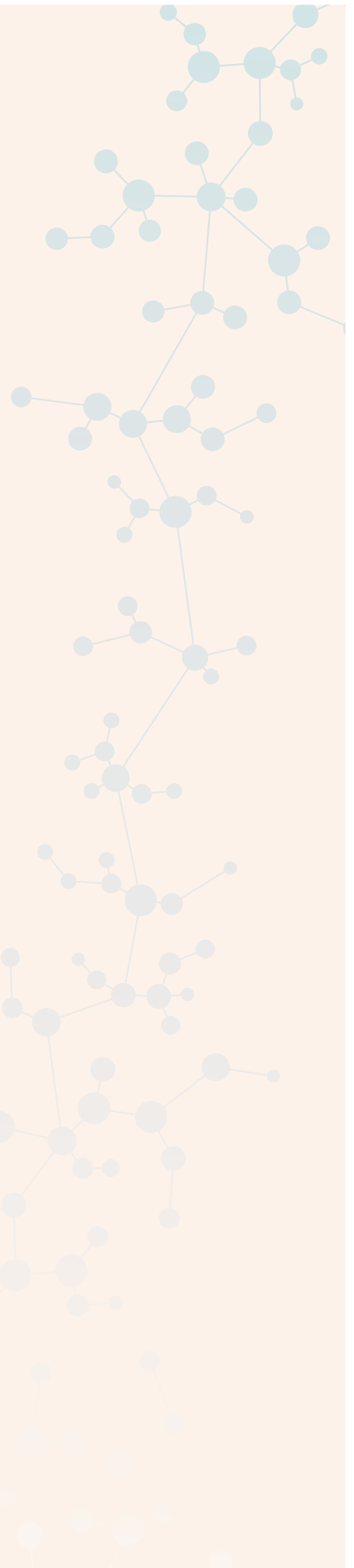
This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

### Old and New Theories about the Origins of Yiddish

The origins of Yiddish are anything but straightforward. Gradual and fascinating, let's explore the language and its speakers over the last several generations.

Date	Day	Time	Session
Jul 22	Tues	4 - 5 p.m.	Virtual

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



Social Connections



Cognitive Engagement



Brain-Healthy Eating



Mental Wellbeing



Physical Activity



# Fine Arts & Crafts

## Open Art Studio



Two Mondays a month, the Creative Arts Studio is open to all members to work on your art projects together. Bring your ideas and creativity to our open-ended sessions.

Date	Day	Time	Session
May 11 & 25, Jun 8 & 22, Jul 6 & 20, Aug 3 & 17	Sun	9 - 11 a.m.	Bi-monthly, drop-in

## The Art of the Photographic Portrait



Explore the creative process of creating a photographic portrait. We'll talk about identity, race, gender, culture and agency when thinking about how we use photography to define ourselves visually in the world.

Date	Day	Time	Session
May 6 to 27	Tues	10 a.m. - 12 p.m.	4 weeks, flex

## Creating Cyanotypes with Black and White Photographs



Learn to create your own black and white images and how best to prepare these for the cyanotype process. As we create, we will also learn the science and history behind famous cyanotype images.

Date	Day	Time	Session
May 6 to 27	Tues	12:30 - 2:30 p.m.	4 weeks, fixed

## Mixed Media Collage



Mix collage, painting, drawing and print media while exploring different themes each week, such as abstraction, portraiture, landscape and still life.

Date	Day	Time	Session
May 7 to Jun 11	Wed	1 - 3 p.m.	6 weeks, flex

## Landscapes in Acrylics I



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
May 8 to Jun 19	Thurs	1 - 3 p.m.	7 weeks, fixed

## Landscapes in Acrylics II



Explore techniques used by landscape painters, working from their own photos to create masterpieces in acrylics. This is a perfect class for more experienced painters to make art amongst peers.

Date	Day	Time	Session
May 8 to Jun 19	Thurs	4:30 - 6:30 p.m.	7 weeks, fixed

## Beginner Knitting



This workshop equips you with the building blocks for your own projects: knit and purl stitches, cast on and off and weave in your ends.

Date	Day	Time	Session
May 9 & 16	Fri	1:30 - 3:30 p.m.	2 weeks, flex

## 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
May 16 to Jun 13	Fri	11 a.m. - 12 p.m.	5 weeks, flex

## Knitting Circle



Whether you've been knitting for years, or aced our beginner class, this class offers a great chance to spend time with your craft and with other members.

Date	Day	Time	Session
May 23 to Jun 6	Fri	1:30 - 3:30 p.m.	3 weeks, flex

## Narrative Art: Storytelling & Drawing



Explore the powerful connection between visual art and storytelling. Through exercises, demonstrations and feedback, we'll explore the art of visual storytelling by combining emotion, plot and character through traditional and contemporary drawing methods.

Date	Day	Time	Session
Jun 8 & 29	Sun	1 - 2 p.m.	Bi-monthly, fixed

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

## Beginner Watercolour



Explore the magic of watercolour. We'll learn basic watercolour techniques, including washes, brush strokes and mixing colour.

Date	Day	Time	Session
Jun 9 to Jul 14	Mon	9 - 11 a.m.	6 weeks, flex

## Silkscreen with Embroidery Hoops



Learn the art of silkscreen printing. Using embroidery hoops as screens, we'll create a small edition of silkscreen prints on paper.

Date	Day	Time	Session
Jun 13 to 27	Fri	1 - 4 p.m.	3 weeks, fixed

## Art for Non-Artists: Acrylic Paint Pouring



Flip cup, puddle pours and ring pours, acrylic paint pouring is a popular technique for creating interesting patterns and designs.

Date	Day	Time	Session
Jun 18 & 25	Wed	10:30 a.m. - 12:30 p.m.	2 weeks, fixed

## Colour Theory



Complementary and analogous colours, colour harmony: choosing and combining colours can be mystifying. Using the colour wheel, we'll show you how to apply colour theory to your favourite art or craft projects.

Date	Day	Time	Session
Jul 4	Fri	1:30 - 3:30 p.m.	One-off

## Drawing Games: Randomness & Chance



Come to this drawing class with a sense of curiosity and play. Try your hand at a variety of drawing exercises and games to expand your imagination so that a blank page never intimidates you again.

Date	Day	Time	Session
Jul 8 to 22	Tues	4:30 - 6:30 p.m.	3 weeks, fixed

## Intermediate Watercolour



Mastered working light to dark? "Build up" your watercolour painting techniques with texture, opacity and other artist tips.

Date	Day	Time	Session
Jul 22 to Aug 26	Tues	1 - 3 p.m.	6 weeks, fixed

## Abstract & Explorative Painting



This class provides both time and opportunity to build on a painting you create in week one. Each week after is a chance to try a new approach, such as layering, blending, stencils imprinting and masking.

Date	Day	Time	Session
Jul 23 to Aug 20	Wed	4 - 5:30 p.m.	5 weeks, flex

## Introduction to Charcoal Drawing



Join us to explore the expressive qualities of charcoal. Through hands-on exercises, you will gain experience in mark-making techniques, build form and capture light and shadow by understanding and applying values.

Date	Day	Time	Session
Jul 24 to Aug 28	Thurs	3 - 4:30 p.m.	6 weeks, fixed

## Art for Non-Artists: Doodling to Relax



Did you know that drawing random scribbles can improve focus and creativity, while lowering stress? Keep active hands busy and have loads of fun.

Date	Day	Time	Session
Aug 11 to 25	Mon	10 a.m. - 12 p.m.	3 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

## Singing Masterclass



Open to all skill levels, members will perform a piece and receive guidance on technique, interpretation and emotional expression.

Date	Day	Time	Session
May 5 to Jul 28 (excl. May 19 & Jun 2)	Mon	3:30 - 5:30 p.m.	11 weeks, fixed

## Storytelling 101: Tell Your Stories



Learn the elements of an engaging tale and how to tell it without notes. Using pictures, prompts and objects, we'll explore and shape our memories into a powerful story.

Date	Day	Time	Session
May 6 to Jun 17 (excl. Jun 3)	Tues	2 - 4 p.m.	6 weeks, fixed

## Salsa Casino Rueda



Also known as Rueda de Casino, this Cuban dance tradition originated in Havana and is danced all over the world. Join our "casino wheel" in this social dance.

Intensity	Day	Time	Session
	Tues	5:15 - 6:15 p.m.	Weekly, flex
(excl. Jun 3, Jul 1 & 8)			

## Karaoke with Confidence



What goes into choosing a great karaoke song for you? Learn how vocal ranges work and when improvising works in your favour. Get ready to sing in front of your peers.

Date	Day	Time	Session
Jun 30, Jul 14 & 28, Aug 11	Mon	6 - 7 p.m.	4 weeks, fixed

## Telling Tales Out of Shul



Hear ancient tales from the Tanach (Old Testament) being told by heart. Explore the very human side of biblical heroes. Learn about midrash - rabbinical stories that fill in gaps in the larger story.

Date	Day	Time	Session
Aug 1 to 29	Fri	10 - 11 a.m.	5 weeks, flex
This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.			

## Dance & Groove



How does repetition help us commit movements to muscle memory? Let's find out. Each week, we'll learn new dance moves and techniques and practice them in a weekly dance routine. You'll have so much fun you won't notice your muscle memory is working.

Intensity	Day	Time	Session
	Thurs	11:15 a.m. - 12:30 p.m.	May 15 to Jul 3 8 weeks, flex
(excl. Jun 12)			

## 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
Jul 11 to Aug 15	Fri	1:30 - 3:30 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.

Intensity	Day	Time	Session
	Wed	11 a.m. - 12 p.m.	May 8 to Jun 18 7 weeks, flex
	Mon	11 a.m. - 12 p.m.	Jul 7 to Aug 25 7 weeks, 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.

Intensity	Day	Time	Session
	Tues	1 - 2 p.m.	May 6 to Jun 24 7 weeks, flex

## Tai Chi/Qi Gong Wellness



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.

Intensity	Day	Time	Session
	Fri	9:30 - 10:15 a.m.	Weekly, drop-in
	Fri	10:30 - 11:15 a.m.	Weekly, drop-in

## Wellness 101



Through guided discussions, creative exercises and reflective practices, you will engage in an interactive and meaningful experience designed to foster resilience, mindfulness and deeper connections. Key topics include the mind-body-soul connection, meaning-making, self-awareness and compassion. Please note: This is not strictly a movement-based series, though some light physical activity may be incorporated.

Date	Day	Time	Session
May 21 to Jun 18	Wed	10 - 11 a.m.	5 weeks, flex

## 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
May 18, Jun 8 & 29	Sun	11 a.m. - 12:30 p.m.	3 weeks, drop-in

## 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.

Intensity	Day	Time	Session
	Wed	9:15 - 10:15 a.m.	Weekly, flex
(excl. Jul 30)			
	Fri	11:30 a.m. - 12:30 p.m.	Weekly, flex
(excl. Jul 25 & Aug 1)			

## Feel the Music, Move Your Soul



A unique fusion of music, movement, and mindfulness, this class is designed to help participants connect deeply with their emotions and body. Unlike structured movement-based classes, this experience is about feeling the music and allowing free expression in a way that is natural and healing. Fully inclusive—participants may join sitting or standing, making it accessible for all physical levels.

Intensity	Day	Time	Session
	Wed	10:15 - 11:15 a.m.	Weekly, flex
(excl. Jul 30)			

## 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.

Intensity	Day	Time	Session
	Wed	11:15 a.m. - 12:15 p.m.	Weekly, flex
(excl. Aug 30)			

## 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.

Intensity	Day	Time	Session
	Tues	10 - 11 a.m.	Weekly, drop-in
(excl. Jun 3)			
	Tues	11 a.m. - 12 p.m.	Weekly, drop-in
(excl. Jun 3)			

## 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.

Intensity	Day	Time	Session
	Mon	5:30 - 6:30 p.m.	Weekly, flex (virtual)
(excl. May 19, Jun 2, Aug 4)			

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

	Wed	5:30 - 6:30 p.m.	Weekly, flex (in-person)
(excl. May 14, Jun 11, Jul 9 & Aug 13)			

## Gentle Yoga



Stretch your body while you stretch your mind. This class focuses on engaging our breathing and bringing peace and connection with the mind and body to help calm anxiety and stress.

Intensity	Day	Time	Session
	Thurs	3:30 - 4:30 p.m.	Weekly, flex
	Sun	10:30 - 11:30 a.m.	Weekly, flex
(excl. May 25 & Jun 1)			



## 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



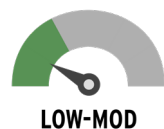
# Fitness & Aquatics

## 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.

Programs offered on this page are virtual offerings.

Members will receive the Zoom meeting link one day prior to the start of the session and the same link will be used for all sessions.

## Balance & Stretch



With exercises that focus on strength, stability and coordination, we'll reduce the risk of falls, enhance overall mobility and confidence in daily activities.

Intensity	Day	Time	Session
	Mon	9:15 - 10 a.m.	Weekly, flex (drop-in)
(excl. May 19, Jun 2 & Aug 4)			

## Strength for Active Aging



Get a full body workout from your home, using body weight and/or hand weights. All levels of fitness are welcome. Seated variations provided for those who may need to sit for entire class or partially.

Intensity	Day	Time	Session
	Thurs	9:15 - 10 a.m.	Weekly, flex (drop-in)

## Balls & Bands



Using a small inflated ball (not weighted), we'll do fun exercises in a low impact manner to increase mobility and strength. Using the resistance bands, we'll build muscles to increase strength.

Intensity	Day	Time	Session
	Fri	9:15 - 10 a.m.	Weekly, flex (drop-in)

## Functional Fitness



A full body workout where we'll 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).

Intensity	Day	Time	Session
	Tues	9:15 - 10 a.m.	Weekly, flex (drop-in)
(excl. Jun 3 & Jul 1)			

## 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, balance and posture. Build confidence and independence while learning to move well for life. Suitable for all levels, stages and ages.

Date	Day	Time	Session
 (excl. Jun 3)	Tues & Thurs	2:15 - 3:15 p.m.	May 6 to Jun 12 6 weeks, flex
	Tues & Thurs	2:15 - 3:15 p.m.	Jul 8 to Aug 14 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. 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.

Intensity	Day	Time	Session
 (excl. Jul 3)	Thurs	12:30 - 1:30 p.m.	Weekly, flex (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.

Intensity	Day	Time	Session
 (excl. Jun 3, Jul 1 & 8)	Tues	3:15 - 4:15 p.m.	Weekly, flex (drop-in)
 (excl. Jul 3)	Thurs	1:30 - 2:30 p.m.	Weekly, flex (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.

Intensity	Day	Time	Session
	Wed	2 - 2:45 p.m.	Weekly, flex (drop-in)
	Wed	3 - 3:45 p.m.	Weekly, flex (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.

Intensity	Day	Time	Session
 (excl. Jun 3 & Jul 1)	Tues	3 - 4 p.m.	Weekly, flex (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.

Intensity	Day	Time	Session
 (excl. May 19, Jun 2 & Aug 4)	Mon	9:15 - 10 a.m.	Weekly, flex (drop-in)
	Thurs	9:30 - 10:30 a.m.	Weekly, flex (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.

Intensity	Day	Time	Session
 (excl. Jun 3, Jul 1 & 8)	Tues	4:15 - 5:15 p.m.	Weekly, flex (drop-in)

## Mat Pilates



Designed to strengthen your core and lengthen and balance the body, these classes will get your heart rate up. Break a sweat and feel the burn.

Intensity	Day	Time	Session
	Thurs	5:30 - 6:15 p.m.	Weekly, flex (drop-in)
(excl. Aug 7)			

## 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.

Intensity	Day	Time	Session
	Mon	2 - 3 p.m.	Weekly, flex (drop-in)
(excl. May 19, Jun 2 & Aug 4)			
	Wed	2 - 3 p.m.	Weekly, flex (drop-in)

## Yogalates



A combination of yoga and pilates, Yogalates is a form of fall prevention practice. Centering 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.

Intensity	Day	Time	Session
	Fri	10:30 - 11:30 a.m.	Weekly, flex (drop-in)
(excl. Jun 3, Jul 1 & 8)			

## 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.

Intensity	Day	Time	Session
	Sun	4 - 5 p.m.	Weekly, flex (drop-in)
(excl. Jun 1 & Jul 6)			

## 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.

Intensity	Day	Time	Session
	Mon	10 - 11 a.m.	Weekly, flex (drop-in)
(excl. May 19, Jun 2, 9, 16, Jul 28 & Aug 4)			

## 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.

Intensity	Day	Time	Session
	Wed	6:30 - 7:30 p.m.	Weekly, flex (drop-in)

## Fine Movement & Stretch



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.

Intensity	Day	Time	Session
	Tues	6:15 - 7 p.m.	Weekly, flex (drop-in)
(excl. Jun 3, Jul 1 & Aug 5)			
	Sun	3 - 3:45 p.m.	Weekly, flex (drop-in)

## Yoga/Pilates Fusion



This class brings together two disciplines in one program. Expect to work on flexibility, strength, balance and core development.

Intensity	Day	Time	Session
	Mon	6:15 - 7:15 p.m.	Weekly, flex (drop-in)
(excl. May 19, Jun 2 & Aug 4)			



## 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.

Intensity	Day	Time	Session
	Mon	5 - 6 p.m.	Weekly, flex (drop-in)

(excl. May 19, Jun 2 & Aug 4)

## 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.

Intensity	Day	Time	Session
	Tues	5:30 - 6:15 p.m.	Weekly, flex (drop-in)

(excl. Jun 3, Jul 1 & Aug 5)

	Wed	3:45 - 4:45 p.m.	Weekly, flex (drop-in)
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(excl. Jun 4)

## 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.

Intensity	Day	Time	Session
	Wed	4:45 - 5:45 p.m.	Weekly, flex (drop-in)

(excl. Jun 4)

	Sun	2 - 2:45 p.m.	Weekly, flex (drop-in)
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(excl. Jun 1)

## 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.

Intensity	Day	Time	Session
	Thurs	2 - 3 p.m.	Weekly, flex (drop-in)

(excl. May 22, Jun 12, Jul 3, 24, Aug 5 & 28)

## 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.

Intensity	Day	Time	Session
	Mon	1 - 2 p.m.	Weekly, flex (drop-in)

(excl. May 19, Jun 2 & Aug 4)

	Wed	1 - 2 p.m.	Weekly, flex (drop-in)
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	Thurs	1 - 2 p.m.	Weekly, flex (drop-in)
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(excl. May 22, Jun 12, Jul 3, 24, Aug 7 & 28)

## 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.

Intensity	Day	Time	Session
	Mon	3:45 - 4:30 p.m.	Weekly, flex (drop-in)

(excl. May 19, Jun 2 & Aug 4)

	Thurs	6:15 - 7 p.m.	Weekly, flex (drop-in)
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(excl. Aug 7)

## 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.

Intensity	Day	Time	Session
	Tues	2 - 3 p.m.	Weekly, flex (drop-in)

(excl. Jun 3 & Jul 1)

## 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.

Intensity	Day	Time	Session
	Fri	12:45 - 1:30 p.m.	Weekly, flex (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.

Intensity	Day	Time	Session
	Wed	9:30 - 10:15 a.m.	Weekly, flex (drop-in)
	Fri	1:45 - 2:30 p.m.	Weekly, flex (drop-in)
	Sun	1 - 1:45 p.m.	Weekly, flex (drop-in)

## 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.

Intensity	Day	Time	Session
	Mon	5:30 - 6:15 p.m.	Weekly, flex (drop-in)
(excl. May 19, Jun 2 & Aug 4)			
	Thurs	8:30 - 9:15 a.m.	Weekly, flex (drop-in)
	Thurs	4:30 - 5:15 p.m.	Weekly, flex (drop-in)
(excl. Aug 7)			

## 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.

Intensity	Day	Time	Session
	Tues	3 - 4 p.m.	Weekly, flex (drop-in)
(excl. Jun 2 & Jul 1)			

## Aqua Nia



Aqua Nia combines traditional elements of aquatic fitness with Nia. Get all the benefits of, the joy of dance, the discipline of martial arts, pilates and yoga while moving through the water.

Intensity	Day	Time	Session
	Fri	9:30 - 10:15 a.m.	Weekly, flex (drop-in)
(excl. Jul 25 & Aug 1)			

## 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.

Intensity	Day	Time	Session
	Tues	1:15 - 2 p.m.	Weekly, flex
(excl. Jun 3 & Jul 1)			
	Wed	10:15 - 11 a.m.	Weekly, flex
	Thurs	9:15 - 10 a.m.	Weekly, flex
	Fri	2:30 - 3:15 p.m.	Weekly, flex
	Sun	12:15 - 1 p.m.	Weekly, flex
(excl. Jun 1)			

## 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.

Intensity	Day	Time	Session
	Tues	2 - 2:45 p.m.	Weekly, flex
(excl. Jun 3 & Jul 1)			
	Wed	11 - 11:45 a.m.	Weekly, flex
	Thurs	10 - 10:45 a.m.	Weekly, flex
	Sun	11:30 a.m. - 12:15 p.m.	Weekly, flex
(excl. Jun 1)			

## 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 low-impact, body toning workout feels like a pool party.

Intensity	Day	Time	Session
	Fri	11:30 a.m. - 12:15 p.m.	Weekly, flex (drop-in)
(excl. Aug 8)			

# 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. - 4 p.m.	8:30 a.m. - 12 p.m.	12:30 - 7:30 p.m.	11 a.m. - 4 p.m.	10:30 a.m. - 1:30 p.m.	CLOSED	8:30 - 11 a.m.
6 - 7:30 p.m.	3 - 5 p.m.		5:30 - 7:30 p.m.			2 - 7:30 p.m.
	6 - 7:30 p.m.					

## GYM HOURS

MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 a.m. - 7:30 p.m.	8:30 a.m. - 1:30 p.m.	8:30 a.m. - 3:30 p.m.	8:30 a.m. - 1:30 p.m.	8:30 a.m. - 5 p.m.	CLOSED	8:30 a.m. - 7:30 p.m.
	4:30 - 6 p.m.		3:30 - 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.



## Wi-Fi:

Please enjoy free Guest Wi-fi while at the Kimel Family 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.



## 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.

## 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.

If you miss three sessions in a program without notifying the instructor or the Administrative Team at least 48 hours ahead of time, you will be withdrawn from the program.

## Cancellation Policy:

Please inform the Administrative Team at least 48 hours ahead of time, if you will not be attending a session in a program.

Advanced notice given within 48 to 24 hours ahead of time will be accepted the first time, but will be treated as a no-show the next.

Any last minute cancellations made less than 24 hours of the program start will be counted as a no-show.

## CONTACT US



55 Ameer Avenue,  
North York, ON M6A 2Z1



416-785-2500 ext. 3666



[kimelcentre@research.baycrest.org](mailto:kimelcentre@research.baycrest.org)



<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 8 p.m.
Saturday	CLOSED
Sunday	8 a.m. to 8 p.m.

Spring/Summer programming is from May 5 to August 29.

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

- Victoria Day (May 19)
- Shavuot (June 1, 2 & 3)
- Canada Day (July 1)
- Civic Holiday (August 4)

**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 Kashruth 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.