



Program Guide Fall 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 45% 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, evidencebased 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

A world where every older person lives with purpose, fulfilment and dignity.

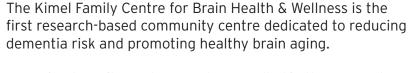
BACKGROUND

Baycrest

KIMEL FAMILY CENTRE for Brain Health and Wellness



Dr. Howard Chertkow



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

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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.

Registration Period:

Each term is divided into two-month registration periods.

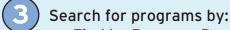
WINTER	Registration for January & February takes place in mid-December.	Registration for March & April takes place in mid-February.
SPRING/SUMMER	Registration for May & June takes place in mid-April.	Registration for July & August takes place in mid-June.
FALL	Registration for September & October takes place in mid-August.	Registration for November & December takes place in mid-October.

- Visit **kimelcentre.baycrest.org** on your laptop or tablet and go to "**Programs.**"
- Scroll down the page and click "Register for Programs."
 The SmartRec store will open in a new tab.
- ABOUT OUR PROGRAMS

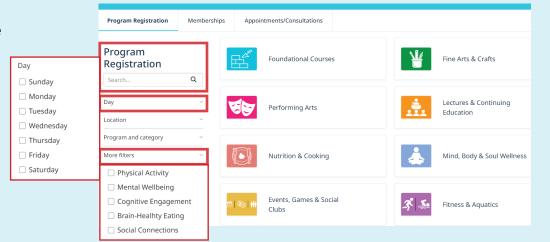
 At the Kimel Family Centre, we've developed lifestyle and wellness programs to help you address your specific risk factors. Once you have your personalized programming strategy, you can register for programs.

 VIEW 2024 PROGRAM GUIDE

 REGISTER FOR PROGRAMS



- Find by Program Domain
- Search by Program Name
- Filter by Day
- Filter by Risk Factor



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





Calendar View

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



To register for more programs, select "Continue Shopping" and repeat steps 3 and 4.

If you have completed shopping, select "Checkout."

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

The Foundational Courses are mandatory for all Kimel Family Centre members.

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.

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.

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.

See page 5 and 6 for the monthly program schedule for Foundational Courses.

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.

Fall 2025 Foundational Course Schedule

SEPTEMBER					
SUN	MON	TUES	WED	THURS	FRI
7	8	9	10	11	12
	Healthy Protein 11 a.m 12 p.m.	SMART Goal Workshop	Brain-Healthy Eating		Healthy Protein
	Brain-Healthy Eating 5:30 - 7:30 p.m.	(Virtual) 6 - 7:30 p.m.	5:30 - 7:30 p.m.		(Virtual) 11 a.m 12 p.m.
14	15	16	17	18	19
Colour Your Diet	Davie Healthy Falian	Salt & Sugar 12:45 - 1:30 p.m.	Brain-Healthy Eating 2:30 - 4:30 p.m.	SMART Goal Workshop 12 - 1:30 p.m.	
(Virtual) 7 - 7:45 p.m.	Brain-Healthy Eating 2:30 - 4:30 p.m.	Brain-Healthy Eating (Virtual) 5:30 - 7:30 p.m.	SMART Goal Workshop (Virtual) 6 - 7:30 p.m.	Brain-Healthy Eating (Virtual) 5:30 - 7:30 p.m.	
21	22	23	24	25	26
SMART Goal Workshop				SMART Goal Workshop 12 - 1:30 p.m.	
10 - 11:30 a.m.				Salt & Sugar (Virtual) 7 - 7:45 p.m.	
28	29	30	1	2	3
Colour Your Diet 10:30 - 11:15 a.m.		SMART Goal Workshop (Virtual) 6 - 7:30 p.m.			Interpreting Labels: Part 1 (Virtual) 12:30 - 2 p.m.

OCTOBER					
SUN	MON	TUES	WED	THURS	FRI
5	6	7	8	9	10
					Interpreting Labels: Part 2 (Virtual) 12:30 - 2 p.m.
12	13	14	15	16	17
				Brain-Healthy Eating (Virtual) 2:30 - 4:30 p.m.	
19	20	21	22	23	24
SMART Goal Workshop 10 - 11:30 a.m.	Brain-Healthy Eating	Salt & Sugar	Interpreting Labels: Part 1 10:30 - 11:30 a.m.		
Colour Your Diet (Virtual) 7 - 7:45 p.m.	5:30 - 7:30 p.m.	12:45 - 1:30 p.m.	Brain-Healthy Eating 5:30 - 7:30 p.m.		
26	27	28	29	30	31
			Interpreting Labels: Part 2 10:30 - 11:30 a.m.		
Colour Your Diet 12:30 - 1:15 p.m.	Brain-Healthy Eating 2:30 - 4:30 p.m.		Brain-Healthy Eating 2:30 - 4:30 p.m.		Healthy Protein (Virtual) 11 a.m 12 p.m.
			SMART Goal Workshop (Virtual) 6 - 7:30 p.m.		п а.п. 12 р.п.

Fall 2025 Foundational Course Schedule

NOVEMBER					
SUN	MON	TUES	WED	THURS	FRI
2	3	4	5	6	7
		Brain-Healthy Eating (Virtual) 5:30 - 7:30 p.m. SMART Goal Workshop (Virtual) 6 - 7:30 p.m.		Brain-Healthy Eating (Virtual) 5:30 - 7:30 p.m.	Healthy Protein 9 - 10 a.m.
9	10	11	12	13	14
SMART Goal Workshop 10 - 11:30 a.m.	Prain-Healthy Fating	SMART Goal Workshop	Prain-Healthy Fating		
Colour Your Diet (Virtual) 7 - 7:45 p.m.	Brain-Healthy Eating 5:30 - 7:30 p.m.	(Virtual) 6 - 7:30 p.m.	Brain-Healthy Eating 5:30 - 7:30 p.m.		
16	17	18	19	20	21
	SMART Goal Workshop 11 a.m 12:30 p.m.		Interpreting Labels: Part 1 10:30 - 11:30 a.m.		
23	24	25	26	27	28
Colour Your Diet 10:30 - 11:15 a.m.	SMART Goal Workshop 11 a.m 12:30 p.m.	SMART Goal Workshop (Virtual)	Interpreting Labels: Part 2 10:30 - 11:30 a.m.	Salt & Sugar (Virtual)	
	Brain-Healthy Eating 2:30 - 4:30 p.m.	6 - 7:30 p.m.	Brain-Healthy Eating 2:30 - 4:30 p.m.	7 - 7:45 p.m.	

DECEMBER					
SUN	MON	TUES	WED	THURS	FRI
	1	2	3	4	5
	Healthy Protein 9 - 10 a.m.		SMART Goal Workshop (Virtual) 6 - 7:30 p.m.		
7	8	9	10	11	12
SMART Goal Workshop 10 - 11:30 a.m.	Brain-Healthy Eating	Salt & Sugar	Brain-Healthy Eating	Salt & Sugar (Virtual)	Healthy Protein
Colour Your Diet (Virtual) 7 - 7:45 p.m.	5:30 - 7:30 p.m.	12:45 - 1:30 p.m.	5:30 - 7:30 p.m.	7 - 7:45 p.m.	(Virtual) 11 a.m 12 p.m.
14	15	16	17	18	19
Colour Your Diet 12:30 - 1:15 p.m.			SMART Goal Workshop (Virtual) 6 - 7:30 p.m.	Brain-Healthy Eating (Virtual) 2:30 - 4:30 p.m.	Interpreting Labels: Part 2 (Virtual) 10:30 - 11:30 a.m.
21	22	23	24	25	26

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

Nutrition Concerns As We Age



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

Date	Day	Time	Session
Sept 11	Thurs	12:30 - 1:15 p.m.	In-Person
Sept 21	Sun	6 - 6:45 p.m.	Virtual
0ct 9	Thurs	12:30 - 1:15 p.m.	In-Person
Oct 26	Sun	6 - 6:45 p.m.	Virtual
Nov 20	Thurs	12:30 - 1:15 p.m.	In-Person
Nov 30	Sun	6 - 6:45 p.m.	Virtual
Dec 4	Thurs	12:30 - 1:15 p.m.	In-Person
Dec 14	Sun	6 - 6:45 p.m.	Virtual

Organizing Your Kitchen & Pantry to Eat Smart





Tired of a cluttered and chaotic kitchen? Empower yourself to transform your kitchen and pantry into organized and efficient spaces that motivate you to make healthy food choices and lifestyle changes.

Date	Day	Time	Session
Oct 20	Mon	2 - 3 p.m.	In-Person
Dec 8	Mon	2 - 3 p.m.	In-Person

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
Nov 16	Sun	10 - 11 a.m.	Virtual
Nov 23	Sun	10 - 11 a.m.	In-Person

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.

Date	Day	Time	Session
0ct 5	Sun	10 - 11 a.m.	Virtual
Oct 19	Sun	10 - 11 a.m.	In-Person

Meal Planning: Vegan and Vegetarian

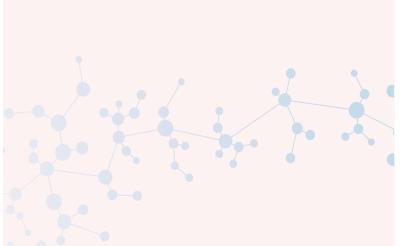


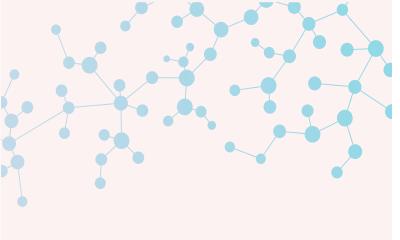




Equip yourself with the skills and knowledge to confidently plan and prepare vegan and/or vegetarian meals that meet your dietary needs, fit your lifestyle and align with your budget.

Date	Day	Time	Session
Nov 17	Mon	11 a.m 12 p.m.	In-Person
Dec 8	Mon	11 a.m 12 p.m.	In-Person





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 will enhance our culinary education, while you gain new insights into nutrition. Recipes and grocery list will be provided a week before the class. Please note: participants must purchase recipe ingredients ranging from \$10 - \$50 per recipe.

Date	Day	Time	Session
Sept 28, Oct 5 & 19	Sun	5 - 6 p.m.	3 weeks, flex
Nov 2, 16, 30 Dec 7 & 14	Sun	5 - 6 p.m.	5 weeks, flex

Virtual Cooking Class: Around the World Cuisine







Join our virtual cooking class to explore and make recipes that
specifically highlight the ingredients that help define a cuisine. Each
session will dive into a different country to discuss iconic dishes and the
cultural significance of the ingredients used. Recipes and grocery list
will be provided a week before the class. Please note: participants must
purchase recipe ingredients ranging from \$10 - \$50 per recipe.

Date	Day	Time	Session
0ct 20	Mon	5 - 6 p.m.	One-off
Nov 6	Thurs	5 - 6 p.m.	One-off

Virtual Baking Class

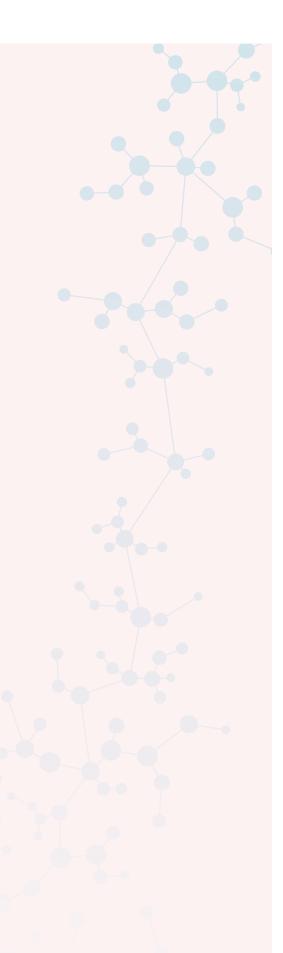






This virtual baking class is perfect for beginners or seasoned bakers. Using a variety of no-bake and easy-to-follow recipes made on the stove or baked in the oven, you will learn to make tasty creations to satisfy your sweet tooth. If you have food intolerances or allergies, substitutions will be recommended for all recipes. Recipes and grocery list will be provided a week before the class. Please note: participants must purchase recipe ingredients ranging from \$10 - \$50 per recipe.

Date	Day	Time	Session
Sept 11	Thurs	1 - 2 p.m.	Virtual
Oct 9	Thurs	1 - 2 p.m.	Virtual
Nov 13	Thurs	1 - 2 p.m.	Virtual
Dec 11	Thurs	1 - 2 p.m.	Virtual



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



Join us at the Kimel Family Centre or via Zoom and add a new title to your reading list every month.

Date	Day	Time	Session
Sept 9, Nov 11	Tues	1 - 2 p.m.	Monthly, drop-in

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

Introduction to Bridge







Discover the differences between kitchen, duplicate and online bridge. Whether you're brand new or haven't played since school, this course is for you. We'll start with the basics and help you build skills and confidence every step of the way.

Date	Day	Time	Session
Sept 9 to 30	Tues	10:30 a.m 12:30 p.m.	3 weeks, fixed
(excl. Sept 23)			

General Trivia







Join us for an afternoon of friendly trivia and test your knowledge of random facts.

Date	Day	Time	Session
Sept 12	Fri	1 - 2 p.m.	One-off



Board Game Club





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

Date	Day	Time	Session
Sept 14 & 28, Oct 19 & 26	Sun	5 - 8 p.m.	4 weeks, flex
Nov 16 & 30, Dec 14	Sun	5 - 8 p.m.	3 weeks, flex

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
Sept 14, Oct 5	Sun	1 - 4 p.m.	2 weeks, flex
Nov 2	Sun	1 - 4 p.m.	One-off

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
Sept 28, Oct 19	Sun	1 - 4 p.m.	2 weeks, flex
Nov 16, Dec 7	Sun	1 - 4 p.m.	2 weeks, flex

Trivia: Autumn & Spooky Season







Join us this Halloween afternoon for a fall trivia session about autumn and all things spooky.

Date	Day	Time	Session
Oct 31	Fri	1 - 2 p.m.	One-off

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
Nov 5 to Dec 17	Wed	1 - 2 p.m.	7 weeks, fixed

Repair Cafe







Toss it away? No way. Join us for a unique workshop in which volunteer "fixers" show you how to repair so you can give items a new life. Bring your jewelry, clothing or household items (such as frames, toasters, lamps, etc).

Date	Day	Time	Session
Nov 5 Dec 10	Wed	1 - 3 p.m.	Monthly, drop-in

Chess Club







Whether you're a seasoned player or just learning the game, we invite you to enjoy friendly matches, sharpen your strategy and connect with others.

Date	Day	Time	Session
Nov 7 to Dec 19	Fri	2 - 4 p.m.	7 weeks, fixed

Trivia: Historical Facts







Join us for an exciting afternoon of trivia covering general historical facts from the past 60 decades.

Date	Day	Time	Session
Nov 28	Fri	1 - 2 p.m.	One-off

Trivia: Holidays & Year in Review







Join us for an afternoon of holiday trivia and a review of this year, 2025.

Date	Day	Time	Session
Dec 19	Fri	1 - 2 p.m.	One-off



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.

Managing Finances in Retirement

NOTE

Registration is required for ALL programs.



Social Connections



Cognitive Engagement



Brain-Healthy Eating



Mental Wellbeing



Physical Activity



Lectures & Continuing Education

Think Like a Scientist



Explore the scientific method of discovery: not only on scientific topics such as artificial intelligence, climate change and space exploration, but also on personal health and wellbeing.

Date	Day	Time	Session
Sept 11 & 25	Thurs	3 - 5 p.m.	2 weeks, fixed

Welcome to the Toronto Public Library: An Introduction to Our Services



Whether you've visited last month or last decade, this presentation will be your introduction to the Toronto Public Library and all the new and free programs and services you have yet to discover.

Date	Day	Time	Session
Sept 12	Fri	3 - 4 p.m.	One-off

Philosophy of Love



Investigate romantic love's under-appreciated relationship to attention and examine the experience of unrequited love.

Date	Day	Time	Session
Sept 12 to 26	Fri	2 - 3:30 p.m.	3 weeks, flex

Canadian Governments in Comparative Perspective



Let's untangle the roles and responsibilities at the local, provincial and federal levels of our government system. Using international comparisons, we'll examine how this structure influences politics.

Date	Day	Time	Session
Sept 11 to Oct 23	Thurs	9 - 10 a.m.	6 weeks, fixed
(excl. Oct 2)			

Financial Literacy



Learn how to take control of your finances and make your money go further in retirement.

Date	Day	Time	Session
Sept 12	Fri	2 -3 p.m.	In-Person
Sept 21	Sun	4 - 5 p.m.	Virtual
Nov 14	Fri	2 - 3 p.m.	In-Person
Nov 30	Sun	4 - 5 p.m.	Virtual

Fraud Protection

Learn how to spot scams and protect yourself from fraud.

Date	Day	Time	Session
Sept 28	Sun	4 - 5 p.m.	Virtual
Oct 31	Fri	2 - 3 p.m.	In-Person
Nov 23	Sun	4 - 5 p.m.	Virtual
Dec 5	Fri	2 - 3 p.m.	In-Person

Estate Planning

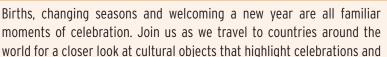
Learn how to create a plan to distribute assets, during life or upon death.

Date	Day	Time	Session
Oct 26	Sun	4 - 5 p.m.	Virtual
Dec 2	Tues	4 - 5 p.m.	In-Person
Dec 14	Sun	4 - 5 p.m.	Virtual

Celebrations

fascinating places.





Date	Day	Time	Session
Sept 16	Tues	10:30 - 11:30 a.m.	One-off

Your Brain on Stress: How Does Stress Affect the Brain?



Join us for an insightful look at the science of stress and how it influences brain health. We'll explore what's happening "under the hood" during stressful moments, why not all stress is harmful (and when it can be) and practical, evidence-based strategies to boost your resilience.

Date	Day	Time	Session	
Sept 18	Thurs	2 - 3:30 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.				

Nov 26 Wed 2 - 3:30 p.m. In-Person

Musicology





Music of the Romantic Era

This course explores classical music from the 1800s. Organized chronologically, we introduce you to symphonies, operas, string quartets and solo instrumental works by composers such as Beethoven, Schubert, Brahms and Dvorak.

Date	Day	Time	Session
Sept 21 to Oct 12	Sun	10 - 11:30 a.m.	4 weeks, fixed

Music and the Moving Image

Starting with music in film studies as a foundation, this course explores how music and sound communicate narrative, theme and emotion in movies, television, video games and even social media.

Date	Day	Time	Session
Nov 23 to Dec 14	Sun	10 - 11:30 a.m.	4 weeks, fixed

Information Literacy



Learn how to find and evaluate print and digital information sources. Participants will examine information literacy principles and apply them to news outlets, health data and other common research topics. The course will also introduce the basics of artificial intelligence and how to identify and evaluate information generated by Al tools.

Date	Day	Time	Session
Sept 26 to Oct 31	Fri	12 - 1 p.m.	6 weeks, fixed
Nov 7 to Dec 12	Fri	3 - 4 p.m.	6 weeks, fixed

15 Things You Can Do to Reduce Your Risk of Dementia



Researchers now believe that 45% of dementia cases can be prevented with lifestyle changes. It is never too early or too late to make changes to help improve brain health. Learn the top 15 things you can start doing today to improve your tomorrow.

Date	Day	Time	Session
Sept 25	Thurs	12 - 1 p.m.	In-Person
Oct 9	Thurs	11 a.m 12 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.

The Relationship Between Language and **Cognitive Decline**





Research on dementia highlights the importance of early detection and diagnosis, as interventions or cures are most effective when implemented before significant brain damage occurs. Learn how recognizing cognitive changes in aging helps identify when to raise the alarm and when to avoid unnecessary worry.

Date	Day	Time	Session
Nov 4	Tues	11 a.m 12 p.m.	One-off

Rough Drafts





Celebrate the writing process by creating a rough draft that explores a topic, thought or idea you have always wanted to write about. The aim of this class is to jumpstart your writing and help you structure a piece you can be proud of. We will focus on getting the content down, not perfecting the form.

Date	Day	Time	Session
Oct 9 to 30	Thurs	2 - 3:30 p.m.	4 weeks, fixed

Meet Libby: The Libary Reading App





Join us to discover Libby, an app where you can borrow e-books, digital audiobooks and magazines from the Toronto Public Library, all from the comfort of your home and completely free.

Date	Day	Time	Session
Oct 10	Fri	3 - 4 p.m.	One-off

Navigating Life Transitions: Physical Health and Social Connections



We'll discuss managing life transitions and share tips for adapting to times of significant change: whether in physical health or social connections as we age, we'll explore the effects of these changes as well as the opportunities they offer.

Date	Day	Time	Session
Oct 17	Fri	2 - 3:30 p.m.	One-off

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

Defy Dementia





Ever wondered what it's like to develop and produce a science podcast? Get a behind-the-scenes look at the Webby-nominated Defy Dementia podcast. Learn the podcast's origin story, how monthly episodes are produced and the approach of sharing "news you can use" to reduce your risk of developing dementia based on the latest science.

Date	Day	Time	Session
Oct 21	Tues	11 a.m 12 p.m.	One-off

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



Let's discuss memory and cognition: what changes and doesn't as we age? Factors affecting memory include dementia, health conditions and lifestyle choices. Learn strategies you can use to improve your memory functioning.

Date	Day	Time	Session
Oct 24	Fri	2 - 3:30 p.m.	One-off
Nov 7	Fri	2 - 3:30 p.m.	One-off

Storytelling and Cinema



Discover how visual patterns are crafted by filmmakers to tell various types of stories throughout film history. Topics include classical Hollywood editing, forking paths narratives, the role of song and dance, restricted and unrestricted viewer knowledge and the concept of genre.

Date	Day	Time	Session
Nov 2 to Dec 7	Sun	12 - 1:30 p.m.	6 weeks, fixed

Learning and Healthy Aging: Is There a Connection?



Explore how lifelong learning supports wellbeing, purpose and inclusion in later life. Through lecture and interactive discussions, we will engage with global policy, personal reflection and practical strategies to understand the vital role of learning in sustainable aging.

Date	Day	Time	Session
Nov 4 to Dec 2	Tues	6 - 7 p.m.	5 weeks, fixed

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

Wired Differently: Understanding ADHD in **Older Adults**





We'll explore how Attention-Deficit/Hyperactivity Disorder (ADHD) can present uniquely later in life; ways it can affect memory, cognition and daily functioning as we age and how it can manifest differently in women and men. We will also address strategies for navigating challenges, improving quality of life, dispelling myths and understanding the latest research.

Date	Day	Time	Session
Nov 5 to 26	Wed	6:30 - 8 p.m.	4 weeks, fixed

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

Music Activities and the Brain





Research shows that engaging in music, whether listening, singing or playing an instrument, can help keep your brain sharp as you age. Learn how music impacts memory function and brain structure and how you can engage with music to experience these benefits.

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

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

Governing a Crisis: Homelessness in Canada





The number of people experiencing homelessness has recently doubled in Toronto. We will look at which level of government and sector of society is responsible for creating and responding to the homelessness crisis.

Date	Day	Time	Session
Nov 6 to 20	Thurs	9 - 10 a.m.	3 weeks, fixed

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

Getting Started with Kanopy



Discover how to access classic films, world cinema, documentaries and popular movies available for on-demand streaming with your Toronto Public Library card.

Date	Day	Time	Session
Nov 7	Fri	3 - 4 p.m.	One-off

Urban Planning





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
Nov 12	Wed	6:30 - 7:30 p.m.	One-off

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

An "Accidental" Wilderness: Toronto's 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
Nov 27	Thurs	6:30 - 7:30 p.m.	One-off

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

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
Dec 10	Wed	6:30 - 7:30 p.m.	One-off

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

Queens, Goddesses & Women of Influence



Highlighting art, sculpture and special treasures at the Royal Ontario Museum (ROM), we take a look at women of influence and the mystery, power and curiosity they pique. From well-known figures like Marie de'Medici and Cleopatra to goddesses and lesser-known but equally interesting women, explore the captivating stories of remarkable females

Date	Day	Time	Session
Nov 18	Tues	10:30 - 11:30 a.m.	One-off

Memory & Aging Series

throughout history.





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 that support brain health.

Date	Day	Time	Session
Nov 18 to Dec 16	Tues	10 a.m 12 p.m.	5 weeks, fixed

Social Prescribing: Exploring a Community-Led Approach to Improve Health





Learn how social prescribing connects healthcare with community resources to tackle the non-medical factors impacting health. This person-focused approach decreases isolation, boosts overall wellbeing and enhances systems through cross-sector collaboration.

Date	Day	Time	Session
Nov 24	Mon	1 - 2 p.m.	One-off

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

Why Remember? A Tour Through the Philosophy of Memory





Let's explore two important questions in memory philosophy: What is the role of a memory system? What is the structure or format of our memories? We'll start with a key passage from Augustine's Confessions and progress through more recent theories.

Date	Day	Time	Session
Dec 15	Mon	11 a.m 12:30 p.m.	One-off

Digital Literacy



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
Sept 12 & 26, Oct 10 & 24	Fri	10:30 a.m 12 p.m.	4 weeks, flex
Nov 14 & 28, Dec 12	Fri	10:30 a.m 12 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.

Using Your Smartphone as a Memory Aid

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

Date	Day	Time	Session
Sept 16, Oct 21	Tues	2 - 3:30 p.m.	2 weeks, flex
Nov 4 & 18, Dec 2 & 16	Tues	2 - 3:30 p.m.	4 weeks, flex

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

Protecting Your Personal Devices

Learn how to protect your personal information and feel more confident online. We'll show you how to adjust privacy and security settings on your smartphone, tablet or computer, avoid scams, limit tracking and create strong, memorable passwords.

Date	Day	Time	Session
Nov 5	Wed	3:30 - 4:30 p.m.	One-off

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

Mastering Tablets, Smartphones and Useful Apps

We'll explore everyday skills, such as updating apps safely, transferring files, customizing settings for comfort and privacy and utilizing helpful tools like voice commands. Learn simple ways to troubleshoot common issues on your own and hear about some helpful applications you can download for free.

Date	Day	Time	Session
Nov 12	Wed	3:30 - 4:30 p.m.	One-off

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

Cloud Storage: How it Works & Avoiding Pitfalls

Learn what cloud storage is, how it works and how it can make your digital life easier. You'll receive a guided tour of Apple iCloud, Google Drive, and Microsoft OneDrive, including instructions on how to back up your files, organize your content and securely share photos or documents with others. We'll also discuss how to stay secure and avoid common pitfalls.

Date	Day	Time	Session
Nov 19	Wed	3:30 - 4:30 p.m.	One-off
This is an in-person and virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.			

Organizing Digital Photos and Videos on Mobile Devices and Computers

If your phone, tablet or computer is full of memories but you're unsure how to sort, find or back them up, this workshop is for you. We'll guide you through photo apps to create a system that's simple to manage and easy to keep organized. You'll learn how to arrange albums, delete duplicates, back up to the cloud and share your favourite pictures securely.

Date	Day	Time	Session
Nov 19	Wed	3:30 - 4:30 p.m.	One-off
This is an in-person and virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.			

No Cost, Big Impact: Free Apps and Websites

Packed with Value

We'll introduce a carefully curated list of free apps and websites that deliver significant benefits, helping you save time, stay organized, learn new things and enjoy your digital life more.

Date	Day	Time	Session	
Dec 10	Wed	3:30 - 4:30 p.m.	One-off	
This is an in-person and virtual Zoom class. You will receive the Zoom				

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

Al Basics for Average Users: Chat GPT, Copilot and Gemini

Whether you're new to AI or simply want to understand what the buzz is about, this workshop will help you feel more confident, stay current and be ready to make AI work for you. You'll see real-life examples of how AI saves time, boosts creativity and even makes life a little easier (and more enjoyable).

Date	Day	Time	Session
Dec 17	Wed	3:30 - 4:30 p.m.	One-off
This is an in-n	arson and virt	ual Zoom class. You will re	caive the Zoom

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

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

Line and 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 will experiment with drawing lines to add detail and applying watercolour to build layers, tone and atmosphere.

Date	Day	Time	Session
Sept 9 to Oct 28	Tues	9 - 10:30 a.m.	5 weeks, fixed
(excl. Sept 23,	Oct 7 & 14)		
Nov 4 to Dec 9	Tues	9 - 10:30 a.m.	6 weeks, fixed

Cross Pollination: Expressive Arts Lab



Explore expressive arts through various mediums including generative writing, collage, painting and more to foster cross-pollination and spark inspiration. Each session begins with guidance on a specific approach or process. The second half offers open studio time, providing space to play and experiment as we soften the boundaries between art forms and discover our own unique expression.

Date	Day	Time	Session
Sept 9 to Oct 21	Tues	1 - 4 p.m.	4 weeks, fixed
(excl. Sept 23, Oc	t 7 & 14)		
Nov 30, Dec 7 & 14	Sun	2:30 - 5:30 p.m.	3 weeks, fixed

Acrylic Painting



Learn the basics of acrylic painting, including the materials and technical skills like brushwork and colour mixing, as well as composition.

Date	Day	Time	Session
Sept 10 to Oct 29	Wed	1 - 3 p.m.	5 weeks, fixed
(excl. Sept 24, Oct	8 & 15)		
Nov 6 to Dec 18	Wed	1 - 3 p.m.	7 weeks, fixed

Handknit Dishcloths







In this class, we'll create unique dishcloths and explore patterns suitable for knitters of all skill levels: from learning how to follow a pattern and shape a simple block, to practising lace, short rows and more advanced techniques.

Date	Day	Time	Session
Sept 10 to Oct 29	Wed	11 a.m 12:30 p.m.	5 weeks, fixed
(excl. Sept 24, 00	t 8 & 15)		

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 practice and enjoyment of visual arts. The structured curriculum guides you step-by-step, gradually building skills and confidence while exploring a variety of subject matter and drawing media.

Date	Day	Time	Session
Sept 18 to Oct 30	Thurs	10 - 11:30 a.m.	6 weeks, fixed
(excl. Oct 2)			

Vision Boards







Manifest your dream life by creating a vision board. We will select images and words from magazines and paste them onto a board so that you can see your board and better align your mind with the outcomes you most want to attract into your life.

Date	Day	Time	Session
Sept 12 & 19	Fri	10 - 11:30 a.m.	2 weeks, fixed
Nov 7 & 14	Fri	10 - 11:30 a.m.	2 weeks, fixed

Illustration: Portraiture



Explore the art of portraiture using a variety of media and mixed-media techniques, as well as observational drawing and painting practices.

Date	Day	Time	Session
Sept 19 & 26	Fri	1 - 4 p.m.	2 weeks, fixed
Nov 21 & 28	Fri	1 - 4 p.m.	2 weeks, fixed

Illustration: Objects & Stories







Join this drawing class to express yourself. Discover effective methods
to visually communicate a message, mood or place without language or
generational barriers.

Date	Day	Time	Session
Sept 21 & 28	Sun	1 - 3 p.m.	2 weeks, fixed
Nov 23 & 30	Sun	1 - 3 p.m.	2 weeks, fixed

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
Sept 26 to Oct 10	Fri	11 a.m 12:30 p.m.	3 weeks, flex

Beaded Eyeglass Holder







Do you often misplace your glasses? Create your own eyeglass holder and learn beading and colour patterning.

Date	Day	Time	Session
0ct 3	Fri	1 - 2:30 p.m.	One-off
Nov 14	Fri	1 - 2:30 p.m.	One-off

Cyanotypes on Fabric



Explore a mid-19th century photographic technique that allows you to create breathtaking contact prints in gorgeous shades of blue. You will have a chance to enhance your monochromatic image with paints, beads or embroidery.

Date	Day	Time	Session
Oct 9 to 30	Thurs	5 - 7 p.m.	4 weeks, fixed

Pebble/Rock Art







Express yourself with pebble art, which uses images or sculptures made out of tiny, smooth stones and/or pebbles.

Date	Day	Time	Session
Oct 20 to Nov 3	Mon	1 - 2:30 p.m.	3 weeks, flex

Art for Non-Artists: Alcohol Ink on Planters







Alcohol ink is famous for its vibrant colours and unpredictable movements. It floats on a surface, blending together and sometimes separating, producing marbled and ethereal patterns. We will wrap a planter in plastic wrap to produce some interesting effects on the container.

Date	Day	Time	Session
Oct 22 & 29	Wed	10 a.m 12 p.m.	2 weeks, fixed

Clay Bead Jewellery







Learn to use a bead roller and other texture tools with airdry clay or polymer clay to craft your own jewellery or create gifts for loved ones.

Date	Day	Time	Session
Nov 2 & 9	Sun	10:30 a.m 12 p.m.	2 weeks, fixed

The Unconventional Sketchbook







Maximize your sketchbook practice by developing images, observing, and experimenting with materials and ideas. You will be encouraged to explore unconventional drawing techniques, printmaking and collage on paper. You will also learn about the role of a sketchbook as a tool for reflection and expression.

Date	Day	Time	Session
Nov 3 to Dec 15	Mon	1 - 3:30 p.m.	7 weeks, fixed

Uncial Calligraphy



Come experiment with Uncial, a rounded uppercase alphabet derived from Roman Capitals. It's versatile, easy to learn and fun to use.

Date	Day	Time	Session
Nov 4 to Dec 9	Tues	9 - 10:30 a.m.	6 weeks, fixed

Celtic Knotwork



Learn a beautiful decorative art featuring interlocking lines and complex patterns.

Date	Day	Time	Session
Nov 5 to Dec 10	Wed	11 a.m 12:30 p.m.	6 weeks, fixed

Creative Collage Techniques



Experience a variety of unconventional collage techniques, such as integrating textiles and found objects, enhancing printed images with markers and paint, exploring creative cutting methods, using composition for storytelling and collaging beyond the two dimensions.

Date	Day	Time	Session
Nov 5 to Dec 3	Wed	5 - 7 p.m.	5 weeks, fixed

Stitch Circle Project Workshop







Ignite your imagination and hone your stitching skills while crafting practical and delightful bespoke accessories through a playful exploration in stitching.

Date	Day	Time	Session
Nov 9	Sun	1 - 4 p.m.	One-off

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
Nov 10 to 24	Mon	10 a.m 12 p.m.	3 weeks, flex

Mindful & Intuitive Drawing Practices





Explore techniques that foster spontaneous mark-making and develop a non-judgmental approach to your creative process. Through guided exercises in mixed media drawing, we will learn how to quiet the inner critic and create a visual vocabulary that arises from your intuition.

Date	Day	Time	Session
Nov 11 to Dec 9	Tues	2 - 3:30 p.m.	5 weeks, fixed

Fibre Arts Circle







Bring your fibre arts projects to this weekly craft circle, or pick up a new project using the supplies provided. Help is available for knitting and crochet questions.

Date	Day	Time	Session
Nov 12 to Dec 17	Wed	1 - 2:30 p.m.	6 weeks, flex

Drawing for Joy







Discover the potential of drawing with pencils as you explore lines, marks and various experimental drawing techniques and approaches.

Date	Day	Time	Session
Nov 16	Sun	10 a.m 12 p.m.	One-off

Stitch Circle for Beginners







Be guided through a playful exploration of stitch to design and create your very own embellished accessory: a scissor case, needle case, glasses case, pin cushion or another functional item of your choosing.

Date	Day	Time	Session
Nov 23 to Dec 7	Sun	10 a.m 12 p.m.	3 weeks, fixed

Art for Non-Artists: Acrylic Painting on Vases







Transform a plain glass surface into a design of swirling colours. We'll show you how to mix and pour acrylic paint onto glass vases to create a one-of-a-kind piece of art.

Date	Day	Time	Session
Dec 1 & 15	Mon	11 a.m 1 p.m.	2 weeks, 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

Fun with Music: Move & Perform Together





Move and perform music from classical to pop. We will cover dance, drumming, bells, scarves, ukulele and body percussion. Designed to be engaging and fun, you will develop a deeper sense of rhythm, pitch and ensemble.

Date	Day	Time	Session
Sept 8 to Oct 27	Mon	1 - 2 p.m.	7 weeks, flex
(excl. Oct 13)			

Songwriting Course







Songwriting is easy when you use your own experience as a guide. Crafting a song from scratch as a group, you'll learn song form, rhyming patterns, musical arrangement and instrumentation. Basic music theory, genre, emotional expression and phrasing will also be covered.

Date	Day	Time	Session
Sept 8 to Oct 27	Mon	3:30 - 5:30 p.m.	5 weeks, fixed
(avcl Sant 22 Ac	t 6 S 13)		

Playwriting Basics



Awaken your inner Shakespeare. We'll introduce you to the basic elements of a dramatic stage play. Explore character, dialogue and conflict through a mix of in-class writing exercises, lectures and readings of famous plays.

Date	Day	Time	Session
Sept 8 to Oct 27	Mon	10 - 11:30 a.m.	5 weeks, fixed
(excl. Sept 22, 0c	t 6 & 13)		

Acting 101







Explore the fundamentals of acting, including voice, body and text work. This class offers a fun introduction in a safe, welcoming environment.

Date	Day	Time	Session
Sept 10 to Oct 29	Wed	9 - 10:30 a.m.	5 weeks, fixed
(excl. Sept 24.	Oct 8 & 14)		

Stand Up Comedy for Cognitive Health







Strengthen your overall cognitive health with a comedy workshop. We will develop premises and jokes using personal experiences and stories. Find your comedic voice through a series of prompts and exercises.

Date	Day	Time	Session
Sept 17, Oct 22 & 29	Wed	4 - 5:30 p.m.	3 weeks, fixed

Monologue

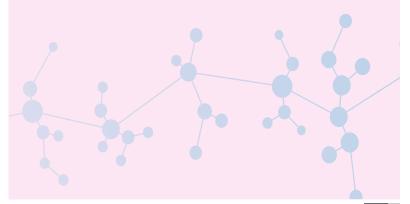






Learn step-by-step how to develop an emotionally rooted, well-structured monologue performance. Work on individual monologues in-class and get one-on-one feedback with our instructor. Members will build confidence through shared learning in a collaborative group setting.

Date	Day	Time	Session
Sept 11 to Oct 23	Thurs	10 - 11 a.m.	6 weeks, fixed
(excl. Oct 2)			



Music Appreciation



Immerse yourself in humanity's rich past of making art through sound. Classes will include active listening and discussions about evolutions in melody, harmony, form and rhythm spanning centuries from the around the world.

Date	Day	Time	Session
Sept 10, Oct 22	Wed	3:30 - 4:30 p.m.	2 weeks, flex
Nov 19, Dec 17	Wed	3:30 - 4:30 p.m.	2 weeks, flex

Beginner Keyboard



Learn music foundations through our keyboard fundamentals. Explore many different styles from classical, jazz and popular in an easy-going setting tailored to your needs.

Date	Day	Time	Session		
Sept 14 to Oct 26	Sun	1:30 - 3 p.m.	5 weeks, fixed		
(excl. Sept 28 & Oct 5)					
Nov 2 to Dec 7	Sun	1:30 - 3 p.m.	6 weeks, fixed		

Intermediate Keyboard







A bridge between foundational keyboard, and complex pieces for the advanced pianist, this class is tailored to students with previous musical training whether on piano or another instrument.

Date	Day	Time	Session
Sept 14 to Oct 26	Sun	3 - 4:30 p.m.	5 weeks, fixed
(excl. Sept 28 & 0	ct 5)		
Nov 2 to Dec 7	Sun	3 - 4:30 p.m.	6 weeks, fixed

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
Nov 3 to Dec 15	Mon	3:30 - 5:30 p.m.	7 weeks, fixed

Performance on the 7th session (Dec 15)

Tell Your Stories







Learn the elements of sharing an engaging tale and how to tell it without notes. We will use pictures, prompts and objects to explore our memories and work to shape those memories into a powerful story.

Date	Day	Time	Session
Nov 4 to Dec 9	Tues	1 - 3 p.m.	6 weeks, fixed

Scene Development







Pair up with a scene partner and we'll guide you through the process of crafting a scene. Practice blocking, listening, active engagement and developing characters.

Date	Day	Time	Session
Nov 4 to Dec 9	Tues	11 a.m 12 p.m.	6 weeks, fixed

Improv to Boost Your Brain







Through a variety of fun, no-pressure games and exercises, you'll tap into your creativity, enhance your memory and build confidence in your quick thinking.

Date	Day	Time	Session
Nov 6 to Dec 11	Thurs	4 - 5:30 p.m.	6 weeks, fixed

Acting 102







A follow-up to Acting 101, we will dig deeper into the craft of acting, with an emphasis on objectives, tactics and basic scene work.

Date	Day	Time	Session
Nov 10 to Dec 15	Mon	10:30 a.m 12 p.m.	6 weeks, 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

Sound Baths: Level 1 (Seated)



Take a seat to be "bathed" in sound waves. This meditative experience includes the healing sound of quartz crystal singing bowls, chimes, tuning forks and the human voice of an experienced opera singer.

Date	Day	Time	Session
Sept 8 to 29	Mon	1 - 2 p.m.	4 weeks, fixed

Mindfulness Meditation: The Essentials







This beginner-friendly series introduces the core principles of mindfulness and meditation with an emphasis on brain health, breathwork, relaxation, stress reduction and the practical benefits of daily practice. Each week explores a different meditation style or theme, allowing participants to discover what resonates with them most.

Date	Day	Time	Session
Sept 11 to Oct 23	Thurs	10 - 11 a.m.	6 weeks, fixed
(excl. Oct 2)			

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

Neurographica







Neurographica is a simple, powerful art technique that combines drawing and mindfulness. It's accessible to everyone, even those with no artistic background. This program encourages focus and emotional clarity through creative expression, while promoting new neural connections to support memory and cognition. It provides a peaceful space for selfexpression and healing, making it especially beneficial for individuals experiencing brain fog, injury recovery or memory challenges.

Date	Day	Time	Session
Sept 11 to Oct 30	Thurs	1 - 2 p.m.	7 weeks, flex
(excl. Oct 2)			
Nov 6 to Dec 18	Thurs	1 - 2 p.m.	7 weeks, flex

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





Learn evidence-based mindfulness and breathwork strategies to calm and repair the nervous system and support greater stress-resilience and overall wellbeing. Each session offers opportunities for learning, guided practice, sharing and discussion. Join us to empower yourself with tools for a calmer and more balanced life.

Date	Day	Time	Session
Sept 18 to Oct 30	Thurs	2 - 3:15 p.m.	6 weeks, fixed
(excl. Oct 2)			

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

Radiant Rhythms: Drumming & Rhythm for Health, Wellbeing and Spirit







We live in rhythm as we walk, talk and breathe. Join us for an interactive wellness experience where we connect to our heart beat, move our bodies to the beat, drum and play together. Celebrate the power of rhythm to help us feel relaxed, invigorated and energized.

Date	Day	Time	Session
Sept 14, Oct 5	Sun	11 a.m 12:30 p.m.	2 weeks, fixed
Nov 2, Dec 7	Sun	11 a.m 12:30 p.m.	2 weeks, fixed

Restorative Breathing





Focusing on breath awareness and mindfulness, this calming class is perfect for relaxation and resetting the nervous system. It enhances lung capacity, mental clarity and provides emotional support for those recovering from stress or illness.

Date	Day	Time	Session
Sept 11 to Oct 30	Thurs	2:30 - 3:30 p.m.	7 weeks, flex
(excl. Oct 2)			
Nov 6 to Dec 18	Thurs	2:30 - 3:30 p.m.	7 weeks, flex

Journaling for Joy



From building habit trackers to crafting upcycled collages and expressive mood pages, this course offers a joyful mix of structure and spontaneity. Alongside these creative projects, you will be guided through meaningful reflection and gratitude journaling practices to foster self-awareness.

Date	Day	Time	Session
Sept 28 to Oct 26	Sun	2 - 4:30 p.m.	5 weeks, fixed

Managing Stress for Caregivers: Cultivating a Path to Resilience







Join a community of fellow caregivers and discover how small, intentional shifts can bring greater balance, resilience and peace to your everyday life. You will learn evidence-based mindfulness and breathwork practices that help calm and restore the nervous system, supporting greater resilience and overall wellbeing.

Date	Day	Time	Session
Nov 6 to Dec 11	Thurs	2 - 3:15 p.m.	6 weeks, fixed

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

Mindfulness Meditation: Deepening the Practice From Within







This follow-up course to Mindfulness Meditation: The Essentials invites participants to explore two to three key areas that had the greatest impact and resonance from the first series. It aims to build confidence and consistency while examining the deeper brain benefits of sustained mindfulness, including neuroplasticity and its effects on physical health, emotional resilience and attention training.

Date	Day	Time	Session
Nov 7 to Dec 12	Fri	2 - 3 p.m.	6 weeks, fixed

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

Sound Baths: Level 2 (Yoga Mats)







Take a seat to be "bathed" in sound waves. Keep an open mind to the healing sound of quartz crystal singing bowls, chimes, tuning forks and the human voice of an experienced opera singer.

Date	Day	Time	Session
Nov 24 to Dec 8	Mon	1 - 2 p.m.	3 weeks, 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.

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
	Thurs	11:30 a.m 12:30 p.m.	Weekly, drop-in
(excl. Oct 2)			

Move With Bliss: 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.

Intensity	Day	Time	Session	
	Tues & Thurs	1:30 - 2:30 p.m.	Sept 10 to Oct 28 6 weeks, flex	
(excl. Sept 23, Oct 2, 7 & 14)				

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		
	Tues	3:15 - 4:15 p.m.	Weekly, drop-in		
(excl. Sept 23, Oct 7 & 14)					
	Thurs	1 - 2 p.m.	Weekly, drop-in		
(excl. Oct 2)					

Balance & Stretch



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

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

(excl. Sept 22, Oct 6 & 13)

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

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 modifications are available for this class.

Intensity	Day	Time	Session
	Wed	1 - 1:45 p.m.	Weekly, drop-in

(excl. Sept 24, Oct 8 & 15)

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



Thurs 9:15 - 10 a.m. Weekly, drop-in

(excl. Oct 2)

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

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, drop-in

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

Gym 101







Join our fitness instructors to learn how to safely and effectively use gym equipment while familiarizing yourself with various exercise options.

Intensity		Time	Session
	Wed	2:30 - 3 p.m. 3 - 3:30 p.m. 3:30 - 4 p.m.	Weekly, drop-in

(excl. Sept 24, Oct 8 & 15)

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
	Tues	3 - 4 p.m.	Weekly, drop-in
(excl. Sept 23, 0	Oct 7 & 14)		
	Thurs	2 - 3 p.m.	Weekly, drop-in

(excl. Oct 2, 23, Nov 13 & Dec 4)

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		
	Mon	11 a.m 12 p.m.	Weekly, flex		
(excl. Sept 22 & Oct 13)					
	Wed	11 a.m 12 p.m.	Oct 22 to Dec 17 9 weeks, flex		

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
5	Thurs	12:30 - 2:30 p.m.	Oct 30 to Dec 4 6 weeks, flex

Dance & Groove



How does repetition help us commit movements to muscle memory? 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
0	Mon	11:15 a.m 12:30 p.m.	Weekly, drop-in
(excl. 0ct 13)			
5	Thurs	11:30 a.m 12:45 p.m.	Weekly, drop-in
(excl. Oct 2)			

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.

Intensity	Day	Time	Session
5	Wed	10:15 - 11:15 a.m.	Weekly, drop-in

Restorative Yoga

(excl. Sept 24, Oct 8 & 15)



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, drop-in		
(excl. Sept 24, Oct 8 & 15)					
	Fri	12:30 - 1:30 p.m.	Weekly, drop-in		

Tai Chi/Qi Gong Wellness







Tailored to the various 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.

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

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.

Intensity	Day	Time	Session
5	Tues	10 - 11 a.m.	Weekly, drop-in
8	Tues	11 a.m 12 p.m.	Weekly, drop-in
8	Tues	3 - 4 p.m.	Weekly, drop-in

Mindful Yoga

(excl. Sept 23, Oct 7 & 14)



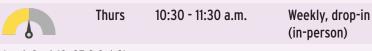




Add the healing, toning and balancing qualities of yoga to your life and a sense of mental stillness to your day. Elevate wellbeing and greater body awareness in both sitting and standing poses. Stretch and strengthen muscles to relieve tension. Promote good posture and restore balance. Each class ends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

Intensity	Day	Time	Session
	Mon	5:30 - 6:30 p.m.	Weekly, drop-in (virtual)
(excl Sent 15, 22	Oct 6 & 13)	

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



(excl. Sept 18, 25 & Oct 2)

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, drop-in
(excl. 0ct 13)			

Latin Dancing for Brain Health



Discover how moving to the rhythms of Latin music, like salsa and merengue, can boost your brain power. Combining easy-to-learn Latin dance steps with brain-stimulating activities, you'll enhance focus, balance and mental agility.

Intensity	Day	Time	Session
	Tues	5:15 - 6:15 p.m.	Weekly, flex

(excl. Sept 23, Oct 7 & 14)

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
8	Wed	6:30 - 7:30 p.m.	Weekly, drop-in

(excl. Sept 24, Oct 1, 8 & 15)

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	
8	Wed	9:15 - 10:15 a.m.	Weekly, drop-in	
(excl. Sept 24, Oct 8 & 15)				
	Fri	11:30 a.m 12:30 p.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.

Intensity	Day	Time	Session	
8	Mon	5 - 6 p.m.	Weekly, drop-in	
(excl. Sept 22, Oct 6 & 13)				

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
8	Thurs	6:15 - 7 p.m.	Weekly, drop-in
(excl. Oct 2)			

Yin Yoga







A gentle, meditative yoga practice that uses long, supported holds to target deep connective tissues and promote flexibility, joint health and relaxation.

Intensity	Day	Time	Session	
8	Mon	6:15 - 7:15 p.m.	Weekly, drop-in	
(excl. Sept 22, Oct 6 & 13)				

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		
	Mon	9 - 10 a.m.	Weekly, drop-in		
(excl. Sept 22, Oct 6 & 13)					
	Thurs	9:30 - 10:30 a.m.	Weekly, drop-in		
(excl. Sept 18 & 25, Oct 2)					

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.

Intensity	Day	Time	Session
	Fri	10:30 - 11:30 a.m.	Weekly, 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 and longer.

Intensity	Day	Time	Session		
	Tues	6:30 - 7:15 p.m.	Weekly, drop-in		
(excl. Sept 23, Oct 7, 14 & 21)					
8	Sun	2:15 - 3 p.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.

Intensity	Day	Time	Session
	Tues	4:15 - 5:15 p.m.	Weekly, drop-in

(excl. Sept 23, Oct 7 & 14)

Core Basics



This class focuses on gentle, controlled movements to strengthen the abdominal and back muscles. Members will improve posture and stability using bodyweight and light equipment.

Intensity	Day	Time	Session
	Wed	5 - 6 p.m.	Weekly, drop-in

(excl. Sept 24, Oct 1, 8 & 15)

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, drop-in
	Wed	3 - 3:45 p.m.	Weekly, drop-in

(excl. Sept 24, Oct 8 & 15)

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	
8	Mon	3 - 4 p.m.	Weekly, drop-in	
(excl. Sept 22, 00	t 6 & 13)			
8	Wed	3 - 4 p.m.	Weekly, drop-in	
(excl. Sept 24, Oct 8 & 15)				

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.

Intensity	Day	Time	Session
8	Thurs	4 - 5 p.m.	Weekly, drop-in
(excl. Oct 2)			
	Sun	4 - 5 p.m.	Weekly, drop-in

Fitness Fundamentals



Join us for a muscular conditioning class that leaves 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
	Wed	4 - 5 p.m.	Weekly, drop-in

(excl. Sept 24, Oct 1, 8 & 15)

Strength Foundations



Learn safe and effective training techniques and build the foundational strength needed to support everyday movement and maintain independence. This class emphasizes proper form while using gym equipment, joint-friendly movements and gradual progressions to help you feel strong, more stable and more confident in daily life.

Intensity	Day	Time	Session
8	Tues	5:30 - 6:30 p.m.	Sept 9 to Oct 28 5 weeks, fixed
(excl. Sept 23, 0c	et 7, 14 & 21)		
	Tues	5:30 - 6:30 p.m.	Nov 4 to Dec 16 7 weeks, fixed
8	Fri	11 a.m 12 p.m.	Sept 12 to Oct 31 8 weeks, fixed
8	Fri	11 a.m 12 p.m.	Nov 7 to Dec 19 7 weeks, fixed
	Sun	12:30 - 1:30 p.m.	Sept 14 to Oct 26 7 weeks, fixed
8	Sun	12:30 - 1:30 p.m.	Nov 2 to Dec 14 7 weeks, fixed

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. Sept 23, Oct 7 & 14)

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

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	
	Mon	1 - 2 p.m.	Weekly, drop-in	
(excl. 0ct 6 & 13)				
8	Wed	1 - 2 p.m.	Weekly, drop-in	
(excl. Sent 24, Oct 8 & 15)				

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
8	Fri	1 - 1:45 p.m.	Weekly, drop-in
8	Sun	1:30 - 2:15 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.

Intensity	Day	Time	Session		
8	Mon	4 - 4:45 p.m.	Weekly, drop-in		
(excl. Sept 22, Oct 6 & 13)					
8	Thurs	5:15 - 6 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.

Intensity	Day	Time	Session	
8	Mon	2 - 3 p.m.	Weekly, drop-in	
(excl. 0ct 13)				
8	Wed	2 - 3 p.m.	Weekly, drop-in	
(excl. Sept 24, Oct 8 & 15)				

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, drop-in		
(excl. Sept 23, Oct 7 & 14)					
	Thurs	1 - 2 p.m.	Weekly, drop-in		

Zumba Toning

(excl. Oct 2, 23, Nov 13 & Dec 4)









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	12:15 - 1 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.

Intensity	Day	Time	Session
	Wed	9:30 - 10:15 a.m.	Weekly, drop-in
(excl. Sept 24 &	Oct 8)		
	Fri	2 - 2:45 p.m.	Weekly, drop-in
	Sun	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
	Tues	3 - 3:30 p.m. 3:30 - 4 p.m. 4 - 4:30 p.m. 4:30 - 5 p.m.	Weekly, drop-in
(excl. Sent 23. (oct 7, 14 & 21)	

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
	Thurs	8:30 - 9:15 a.m.	Weekly, drop-in
(excl. Oct 2)			

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	12:30 - 1:15 p.m.	Weekly, drop-in

(excl. Sept 23, Oct 7 & 14)

Aqua Yoga



Aqua Yoga combines gentle movements with warm water support, enhancing mobility and reducing tension without joint strain. Benefits include improved circulation, balance, flexibility, stress relief and support for rehabilitation and brain health.

Intensity	Day	Time	Session
8	Tues	9 - 9:45 a.m.	Weekly, drop-in

(excl. Sept 23, Oct 7 & 14)

Aqua Nia







Aqua Nia combines traditional elements of aquatic fitness with Nia. Get all the benefits: the joy of dance and 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, drop-in

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 body toning workout feels like a pool party.

Intensity	Day	Time	Session
	Mon	2:15 - 3 p.m.	Weekly, drop-in

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, drop-in
(excl. Sept 23, 0	ct 7 & 14)		
	Wed	10:15 - 11 a.m.	Weekly, drop-in
(excl. Sept 24, 0	ct 8 & 15)		
	Thurs	9:15 - 10 a.m.	Weekly, drop-in
(excl. Oct 2)			
	Thurs	4:15 - 5 p.m.	Weekly, drop-in
(excl. Oct 2)			
	Fri	2:45 - 3:30 p.m.	Weekly, drop-in
	Sun	10:45 - 11:30 a.m.	Weekly, drop-in

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
8	Mon	3 - 3:45 p.m.	Weekly, drop-in
(excl. Oct 6 & 13)			
8	Tues	2 - 2:45 p.m.	Weekly, drop-in
(excl. Sept 23, 0	ct 7 & 14)		
8	Wed	11 - 11:45 a.m.	Weekly, drop-in
(excl. Sept 24, 00	ct 8 & 15)		
8	Thurs	10 - 10:45 a.m.	Weekly, drop-in
(excl. Oct 2)			
8	Sun	10 - 10:45 a.m.	Weekly, drop-in

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.

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	11 a.m 4 p.m.	10:30 a.m 1:30 p.m.	CLOSED	8:30 - 9:30 a.m.
6 - 7:30 p.m.	5 - 7:30 p.m.	p.m.	5 - 7:30 p.m.	i.ov p.iii.		12 - 7:30 p.m.

GYM HOURS						
MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 a.m	8:30 a.m 1:30 p.m.	8:30 a.m	8:30 a.m 1:30 p.m.	8:30 - 10:30 a.m.		8:30 a.m 12 p.m.
7:30 p.m.	4:30 - 6 p.m.	3:30 p.m.	3:30 - 7:30 p.m.	12:30 - 3:30 p.m.	CLOSED	2 - 7:30 p.m.

FACILITY BOOKING:

Members looking to use the gym, pool or parallel bars under the supervision of 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.

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 can attend a program. If your name is not on the attendance list, you must check-in with the Administrative Team

Cancellation Policy:

You must inform the Administrative Team if you will be missing a class in a program.

Up to 2 days' notice	No penalties.
Within 48 to 12 hours	We kindly ask that these cancellations remain occasional, so there is adequate time to offer spots to other members on the waitlist.
Less than 12 hours	Automatically counted as 'no-show'.

If you have three (3) no-shows, you will be withdrawn from that program and ineligible for the following week in that program.

CONTACT US



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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 4 p.m.

Saturday CLOSED

Sunday 8 a.m. to 8 p.m.

Fall programming is from September 8 to December 19.

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

- Rosh Hashanah (September 22, 23 & 24)
- Yom Kippur (October 1 & 2)
- **Sukkot** (October 6, 7 & 8)
- Thanksgiving (October 13)
- Shemini Atzeret (October 14)
- Simchat Torah (October 15)

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 from the Administrative Team throughout the day.