



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

**Baycrest**

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

**Program Guide  
Winter 2026**

# 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, 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

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

	<b>Foundational Courses</b>	<b>4</b>
	<b>Nutrition &amp; Cooking</b>	<b>5</b>
	<b>Events, Games &amp; Social Clubs</b>	<b>7</b>
	<b>Lectures &amp; Continuing Education</b>	<b>9</b>
	<b>Fine Arts &amp; Crafts</b>	<b>15</b>
	<b>Performing Arts</b>	<b>19</b>
	<b>Mind, Body, &amp; Soul Wellness</b>	<b>21</b>
	<b>Fitness &amp; Aquatics</b>	<b>23</b>



**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.

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

**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**
- Filter by **Risk Factor**

The screenshot shows the SmartRec website interface. On the left, a 'Day' filter dropdown is open, listing days from Sunday to Saturday. Below it, a 'More filters' dropdown is open, listing risk factors: Physical Activity, Mental Wellbeing, Cognitive Engagement, Brain-Healthy Eating, and Social Connections. The main content area displays a grid of program categories with icons: Foundational Courses, Performing Arts, Nutrition & Cooking, Events, Games & Social Clubs, Fine Arts & Crafts, Lectures & Continuing Education, Mind, Body & Soul Wellness, and Fitness & Aquatics. A 'Program Registration' sidebar is also visible with a search bar and dropdown menus for Day, Location, and Program and category.

The screenshot shows the 'ABOUT OUR PROGRAMS' section. It features a background image of a person and text stating: '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.' Below the text are two buttons: 'VIEW 2024 PROGRAM GUIDE' and 'REGISTER FOR PROGRAMS'.

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

### List View

The screenshot shows the List View for 'Abstract & Explorative Painting'. It includes an image of a hand painting, a description of the activity, and two registration options: 'Register for drop-in' (To sign up for a specific session in a program) and 'Register for session' (To sign up for all sessions in a program). The activity details include: '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)', and 'Available spots: 13'.

### Calendar View

The screenshot shows the Calendar View for 'Bootcamp Blitz'. It displays a calendar entry for '4:15 pm - 5:00 pm' at 'Denise Acton, Stan's Gym, G024 | 55 Ar 9'. Below the entry are three colored buttons: 'Physical', 'Mental', and 'Social'. A red box highlights the 'Register' button.

**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.



# 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.

**Separate printouts of the monthly program schedule for Foundational Courses can be found with 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.

## FIXED

You must start on the first day of the class.

## FLEX

You can jump into the program at any week.

## DROP-IN

You can register for a specific session.

## NOTE

Registration is required for ALL programs.



# Nutrition & Cooking

## Nutrition Concerns As We Age



Food and nutrient intake change with age, health conditions or medications. This class 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
Jan 16	Fri	12 - 12:45 p.m.	In-Person
Jan 25	Sun	6 - 6:45 p.m.	Virtual
Feb 13	Fri	12 - 12:45 p.m.	In-Person
Mar 22	Sun	6 - 6:45 p.m.	Virtual
Apr 19	Sun	6 - 6:45 p.m.	Virtual

## 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
Jan 11	Sun	10 - 11 a.m.	In-Person
Jan 22	Thurs	7 - 8 p.m.	Virtual
Mar 8	Sun	10 - 11 a.m.	In-Person
Apr 19	Sun	11 a.m. - 12 p.m.	Virtual

## Healthy Snacking for Longevity



Learn how to choose snacks that boost energy, support brain and heart health. We'll explore simple, tasty snack ideas that promote healthy aging, no complicated diets or hard-to-find ingredients required.

Date	Day	Time	Session
Jan 8	Thurs	4 - 5 p.m.	Virtual
Feb 26	Thurs	4 - 5 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
Feb 9	Mon	9:30 - 10:30 a.m.	In-Person
Feb 23	Mon	9:30 - 10:30 a.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
Jan 18	Sun	10 - 11 a.m.	In-Person
Feb 26	Thurs	7 - 8 p.m.	Virtual
Apr 12	Sun	10 - 11 a.m.	In-Person
Apr 16	Thurs	7 - 8 p.m.	Virtual

## 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
Jan 12	Mon	9 - 10 a.m.	In-Person
Feb 2	Mon	9 - 10 a.m.	In-Person
Mar 23	Mon	9 - 10 a.m.	In-Person
Apr 20	Mon	9 - 10 a.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
Jan 11 & 25, Feb 8 & 22	Sun	5 - 6 p.m.	4 weeks, flex
Mar 8 & 22, Apr 12 & 19	Sun	5 - 6 p.m.	4 weeks, flex

## Virtual Cooking Class: Around the World Cuisine



Explore and make recipes that specifically highlight the ingredients that help define a cuisine. Each virtual cooking session dives 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
Jan 20	Tues	5:30 - 6:30 p.m.	One-off
Feb 17	Tues	5:30 - 6:30 p.m.	One-off
Mar 3	Tues	5:30 - 6:30 p.m.	One-off
Apr 10	Fri	12 - 1 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. Substitutions will be recommended for food intolerances or allergies. 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
Jan 15	Thurs	1 - 2 p.m.	One-off
Feb 12	Thurs	1 - 2 p.m.	One-off
Mar 12	Thurs	1 - 2 p.m.	One-off
Apr 16	Thurs	1 - 2 p.m.	One-off

## Cooking with Superfoods



Discover how easy healthy eating can be! In this class, we'll explore everyday "superfoods," simple, nutrient-packed ingredients that support energy, memory, heart health and overall well-being. You'll learn how to add superfoods like berries, leafy greens, whole grains, and healthy fats into easy, delicious meals and snacks.

Date	Day	Time	Session
Apr 16	Thur	4 - 5 p.m.	One-off
Apr 23	Thur	4 - 5 p.m.	One-off



## FIXED

You must start on the first day of the class.

## FLEX

You can jump into the program at any week.

## DROP-IN

You can register for a specific session.

## NOTE

Registration is required for ALL programs.

 Social Connections

 Cognitive Engagement

 Brain-Healthy Eating

 Mental Wellbeing

 Physical Activity



# Events, Games & Social Clubs

## Board Game Club



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

Date	Day	Time	Session
Jan 11 to Feb 15	Sun	5 - 8 p.m.	6 weeks, flex
Mar 1 to 15, Apr 5 to 19	Sun	5 - 8 p.m.	6 weeks, flex

## 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
Jan 13, Mar 10 Apr 17	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.

## 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
Jan 14, Feb 11	Wed	5 - 8 p.m.	2 weeks, flex
Mar 4, Apr 15	Wed	5 - 8 p.m.	2 weeks, flex

## 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
Jan 22	Thurs	1 - 3 p.m.	One-off
Feb 26	Thurs	1 - 3 p.m.	One-off

## Mend Cafe



Our newest drop-in session provides space and help to mend your own garments. Replace buttons, hem new pants, try mending and small zipper fixes to give your clothing new life.

Date	Day	Time	Session
Jan 9	Fri	9 - 11 a.m.	One-off
Feb 19	Thur	11 a.m. - 1 p.m.	One-off
Mar 22	Sun	10 a.m. - 12 p.m.	One-off
Apr 15	Wed	4 - 6 p.m.	One-off

## General Trivia



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

Date	Day	Time	Session
Feb 6	Fri	1 - 2:30 p.m.	One-off
Mar 6	Fri	1 - 2:30 p.m.	One-off

## 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
Feb 22	Sun	5 - 8 p.m.	One-off
Mar 22	Sun	5 - 8 p.m.	One-off

## 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. No prior music knowledge is required.

Date	Day	Time	Session
Feb 8 & 15	Fri	3 - 4 p.m.	2 weeks, fixed
Apr 12 & 19	Fri	3 - 4 p.m.	2 weeks, fixed

## Learn to Play American Mahjong



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

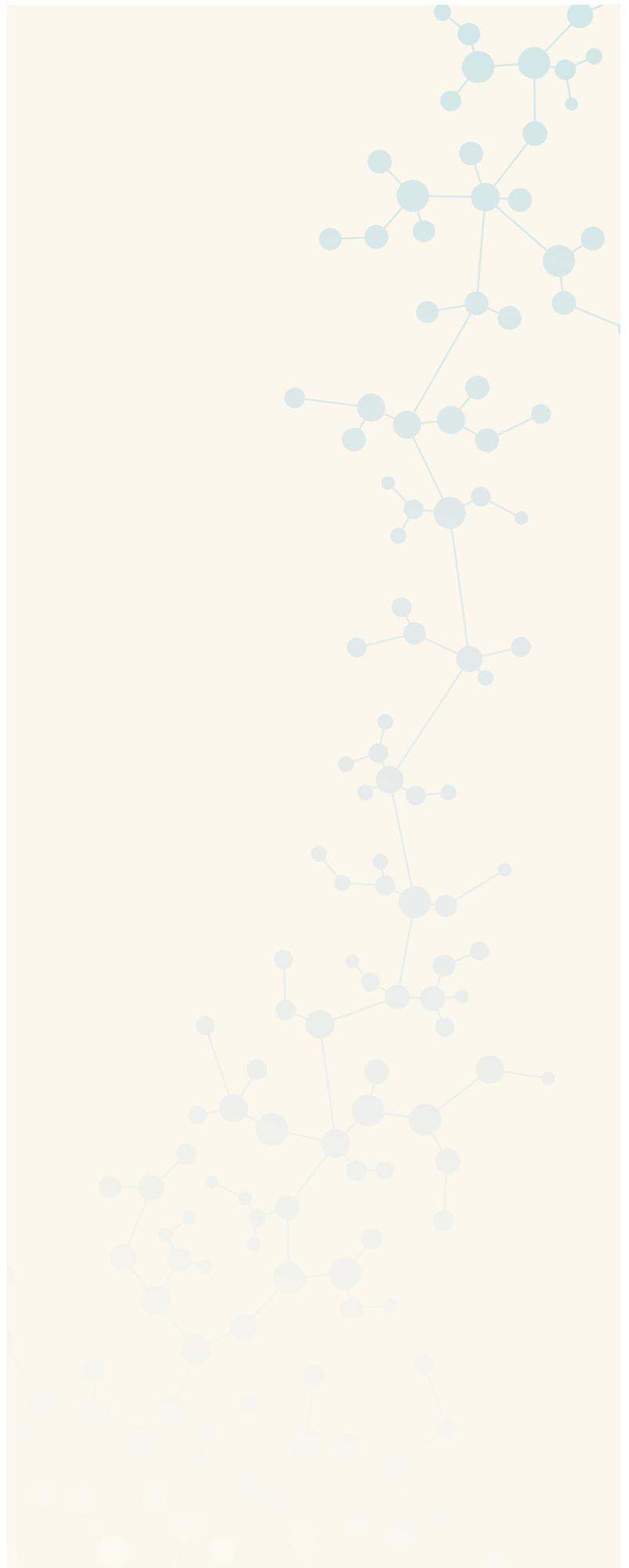
Date	Day	Time	Session
Jan 7 to Feb 24	Wed	1 - 2 p.m.	8 weeks, flex
Mar 4 to Apr 24 (excl. Apr 8)	Wed	1 - 2 p.m.	7 weeks, flex

## Music of the Medieval Ages



Come and join Muffin Hat Music as they take you on a musical journey through the Medieval Ages. The Duo will perform a set of music from the 12th-14th centuries on incredibly rare and authentic instruments and between pieces, share fun facts about how music was made as well as myths and misconceptions about the time period.

Date	Day	Time	Session
Mar 11	Wed	7 - 8 p.m.	One-off



## FIXED

You must start on the first day of the class.

## FLEX

You can jump into the program at any week.

## DROP-IN

You can register for a specific session.

## NOTE

Registration is required for ALL programs.



# Lectures & Continuing Education

## Amilia Workshop



Need help navigating Amilia? This workshop will review the basics of our online registration platform so that you can register/withdraw from programs with ease and confidence.

Date	Day	Time	Session
Jan 11 & 25, Feb 8 & 22, Mar 1, 15 & 29, Apr 12	Sun	9:30 - 10 a.m. 10 - 10:30 a.m. 10:30 - 11 a.m. 11 - 11:30 a.m.	4 weeks, drop-in

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

## Research in Lifelong Learning



This lecture series offers an accessible introduction to contemporary research on lifelong learning and later life education. Drawing on case studies, fieldwork and policy analysis, it highlights how learning unfolds in diverse settings from grassroots community groups to formal institutions. Each session translates scholarly insights into broader social conversations about aging, inclusion and the public value of education.

Date	Day	Time	Session
Jan 5 to Feb 9	Mon	6 - 7:30 p.m.	6 weeks, flex

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

## Global Film in Context



We'll focus on films from around the world and the ways that their production, distribution and consumption emphasizes or shifts their cultural narratives. Each session will hone in on a unique global film industry.

Date	Day	Time	Session
Jan 11	Sun	12 - 1:30 p.m.	One-off
Feb 8	Sun	12 - 1:30 p.m.	One-off
Mar 8	Sun	12 - 1:30 p.m.	One-off
Apr 12	Sun	12 - 1:30 p.m.	One-off

## Mastering Menopause



### How Hormones Shape Your Health

This session offers an introduction to the hormonal changes that occur during the transition into menopause. Learn how shifts in estrogen and progesterone impact the body and explore practical, evidence-based strategies to manage symptoms through exercise, nutrition and other treatment options.

Date	Day	Time	Session
Jan 16	Fri	3 - 4 p.m.	One-off

### Managing Weight, Energy and Blood Sugar Balance

Learn how aging and menopause can impact weight, body composition and energy levels. We'll explore common changes such as midsection fat increases and insulin resistance, while also discussing how research-based strategies including nutrition, exercise and sleep can support metabolic health.

Date	Day	Time	Session
Feb 13	Fri	3 - 4 p.m.	One-off

### Tending to Bone, Joint and Cardiovascular Health

This session focuses on protecting long term physical health after menopause. Learn how the loss of estrogen affects bones, joints and cardiovascular health and understand your risk for osteoporosis and heart disease. Discover simple, research-based strategies to combat these changes.

Date	Day	Time	Session
Mar 27	Fri	3 - 4 p.m.	One-off

### Supporting Mental and Emotional Wellbeing

This session explores how menopause can affect mood, motivation and cognitive function. Learn how hormonal changes influence sleep, memory and emotional wellbeing and discover practical strategies to support mental health. We'll cover tools for building resilience, including physical activity, mindfulness, social connection and self-compassion.

Date	Day	Time	Session
Apr 17	Fri	3 - 4 p.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
Feb 26	Thurs	2 - 3:30 p.m.	In-Person

## 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
Feb 24	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
Mar 5	Thurs	1 - 2 p.m.	One-off

## Memory & Aging Series



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
Mar 3 to 31	Tues	10 a.m. - 12 p.m.	5 weeks, fixed

## Proto-Feminist Mystics: Women Who Reimagined God



Explore visionary medieval women who defied their eras' limitations to become spiritual leaders and reformers. Through their writings, art and music, they articulated radical understandings of divine love, justice and embodiment that continue to inspire today. We will consider how these "proto-feminist" mystics, including Hildegard of Bingen, Mechtild of Magdeburg, Catherine of Siena and Julian of Norwich, transformed suffering and marginalization into wisdom, creativity and hope.

Date	Day	Time	Session
Feb 5 to 26	Thurs	12 - 1 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.

## Spirituality of Mental Health, Disability and Dementia



This course integrates theology, psychology and lived experience to explore how spirituality shapes mental wellbeing, disability and aging. Reflect on practices of care, memory and meaning-making in later life. Topics include spiritual resilience, cognitive decline and identity, and interdependence as a sacred value. We emphasize dialogue and reflection, offering a compassionate space to think about the spiritual dimensions of brain health and community life.

Date	Day	Time	Session
Mar 17 to Apr 21 (excl. Apr 7)	Tues	6:30 - 7:30 p.m.	5 weeks, fixed

## Singlehood and Wellbeing



Explore what research tells us about the impacts of being single or partnered.

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

## Language



### Spanish (Level 1)

Learn how to introduce yourself, ask everyday questions and order in a restaurant. We will also cover basic grammar and vocabulary through interactive group activities.

Date	Day	Time	Session
Jan 8 to Feb 19	Thurs	6:30 - 7:30 p.m.	7 weeks, fixed

### Spanish (Level 2)

Looking to continue learning Spanish for travel, love, family or work? Learn small talk, how to give directions and how to hold basic communication for shopping and travel.

Date	Day	Time	Session
Mar 5 to Apr 23	Thurs	6:30 - 7:30 p.m.	8 weeks, fixed
(excl. Apr 2 & 9)			

### French (Level 1) Hybrid: In-Person & Virtual

This is a beginner course that introduces basic vocabulary, phrases and grammar. It is designed for those who have little or no previous knowledge of the French language. You will also learn about the landscape and culture of France, Quebec and the Francophone world.

Date	Day	Time	Session
Mar 2 to 16 (in-person)	Mon	10 - 11 a.m.	7 weeks, fixed
Mar 23 to Apr 13 (virtual)			

The first 3 weeks of this course take place in person and the last 4 weeks will be held as a virtual Zoom class. You will receive the Zoom meeting link one day prior to the first virtual session.

### French (Level 2) Hybrid: In-Person & Virtual

This course teaches you a wide variety of vocabulary, phrases and complex grammar to build effective communication. It is designed for those who have completed French (Level 1).

Date	Day	Time	Session
Mar 3 to 17 (in-person)	Tues	10 - 11 a.m.	7 weeks, fixed
Mar 24 to Apr 14 (virtual)			

The first 3 weeks of this course take place in person and the last 4 weeks will be held as a virtual Zoom class. You will receive the Zoom meeting link one day prior to the first virtual session.

### Italian (Level 1) Hybrid: In-Person & Virtual

This is a beginner course that introduces basic vocabulary, phrases and grammar. It is designed for those who have little or no previous knowledge of the Italian language. You will also learn about the landscape and culture of Italy.

Date	Day	Time	Session
Mar 2 to 16 (in-person)	Mon	9 - 10 a.m.	7 weeks, fixed
Mar 23 to Apr 13 (virtual)			

The first 3 weeks of this course take place in person and the last 4 weeks will be held as a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

### Italian (Level 2) Hybrid: In-Person & Virtual

This course that teaches you a wide range of vocabulary, phrases and complex grammar to build effective communication. It is designed for those who have completed Italian (Level 1).

Date	Day	Time	Session
Mar 3 to 17 (in-person)	Tues	11 a.m. - 12 p.m.	7 weeks, fixed
Mar 24 to Apr 14 (virtual)			

The first 3 weeks of this course take place in person and the last 4 weeks will be held as a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

## Playful Poetry



This hands-on poetry series invites participants to experiment with words, images and everyday language in playful, low-stakes ways. Each session explores a different entry point into poetry-making: from found language to collaborative play, from visual composition to digital remix. By the end, members will have a small portfolio of poems, a set of creative tools they can use anytime and a renewed sense of play and possibility in language.

Date	Day	Time	Session
Mar 2 to Apr 6	Mon	6 - 7:30 p.m.	6 weeks, fixed

## Legacy Journaling



Create a legacy journal which can include personal reflections, as well as photos, letters, postcards and art work. This process transforms your journal into a multimedia story of your life and an enduring legacy for future generations to cherish.

Date	Day	Time	Session
Mar 5 to 26	Mon	2 - 3 p.m.	4 weeks, fixed
Apr 6 to 27	Mon	2 - 3 p.m.	4 weeks, fixed

## Musicology



### Folk-Inspired Music for the Classical Guitar

With an exploration of history, musical form and guitar techniques, this lecture-recital will introduce you to the deep connections the guitar has with folk music traditions. Each piece will be accompanied by an explanation of compositional structure to guide your listening experience.

Date	Day	Time	Session
Jan 22	Sun	3 - 4 p.m.	One-off

### Music of the 20th Century

Join us for an exploration of classical music from the 1900s as we analyze the musical and historical background of pieces by some of your favourite composers. This course is organized chronologically and will introduce you to symphonies, operas, string quartets and solo instrumental music by composers such as Schoenberg, Stravinsky, Gershwin and Glass. Participants will be encouraged to complete short weekly readings and engage in class discussion.

Date	Day	Time	Session
Mar 8 to 29	Sun	9:30 - 11 a.m.	4 weeks, fixed

## Music and Cognitive Health



Music is more than just a creative outlet; it is a powerful tool that provides a “total brain workout”. This lecture will explore the intricate relationship between music and brain health, revealing how both listening to and actively playing music can stimulate neuroplasticity and build cognitive reserve throughout our lives.

Date	Day	Time	Session
Jan 25	Sun	11 a.m. - 12 p.m.	One-off
Feb 8	Sun	11 a.m. - 12 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.

## Naxos Music Library



Learn how you can use your Toronto Public Library card to access free music and educational content online.

Date	Day	Time	Session
Jan 13	Tues	3 - 4 p.m.	One-off
Mar 17	Tues	3 - 4 p.m.	One-off

## Information Literacy



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

Date	Day	Time	Session
Jan 20 to Feb 17	Tues	5:30 - 6:30 p.m.	5 weeks, fixed
Mar 3 to 31	Tues	5:30 - 6:30 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.

## PressReader 101: Access to Popular Newspapers & Magazines



Discover how to access free digital newspapers and magazines using PressReader. Get easy access to the world's most popular newspapers and magazines from over 120 countries and in over 60 languages.

Date	Day	Time	Session
Jan 27	Tues	3 - 4 p.m.	One-off
Apr 21	Tues	3 - 4 p.m.	One-off

## Understanding and Evaluating Artificial Intelligence



Learn the basics of how Artificial Intelligence (AI) works, how to write prompts for AI chatbots and the information challenges that can arise from AI hallucinations and deepfakes.

Date	Day	Time	Session
Feb 19	Thurs	1 - 2:30 p.m.	One-off
Apr 24	Fri	1 - 2:30 p.m.	One-off

## Meet Libby: The Library 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
Feb 24	Tues	3 - 4 p.m.	One-off
Apr 14	Tues	3 - 4 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
Jan 9 & 23, Feb 13 & 27	Fri	10:30 a.m. - 12:30 p.m.	4 weeks, flex
Mar 6, 20 & 27, Apr 10, 17 & 24	Fri	10:30 a.m. - 12:30 p.m.	6 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
Jan 13, Feb 10 & 24	Tues	2 - 3:30 p.m.	3 weeks, flex
Mar 5 & 19, Apr 16	Tues	2 - 3:30 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.

### 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
Mar 3	Tues	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
Mar 10	Tues	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
Mar 24	Tues	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
Mar 31	Tues	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.

### Google Toolkit: A Guided Tour of Google's Most Powerful Free Apps

We'll explore how to use Gmail, Google Maps, Drive, YouTube, Docs and more across your phone, tablet or computer. We'll show you how these tools connect seamlessly – and how to make the most of them no matter your comfort level with technology.

Date	Day	Time	Session
Apr 7	Tues	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
Apr 14	Tues	3:30 - 4:30 p.m.	One-off
Apr 21	Tues	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.

## Seeing Jewishly: Memory and Identity in Contemporary Artworks



Seeing Jewishly: Memory and Identity in Contemporary Artworks explores how Jewish artists of the 20th and 21st centuries have reimagined faith, memory and culture through their artwork. From the quiet spirituality expressed in Mark Rothko's colour fields, to Deborah Kass's bold expression of Jewish visual culture, these artists, working in diverse mediums, reflect on and renew the meanings of modern Jewish experience. Seeing Jewishly considers how Jewish experience shapes creative expression, inviting participants to reflect on art's ability to convey the unique qualities of Jewish ritual, community and culture between generations.

Date	Day	Time	Session
Mar 5	Thur	6:30 - 7:30 p.m.	One-off

## Caricaturing as a Form of Expression in Europe and Asia



Caricature has existed as a means of communication since the era of cave art. However, the inventions of paper, the printing-press, moveable type and lithography, allowed caricatures to be carried beyond a localised site. This lecture explores the defining aspects of caricature and surveys how it developed as a form of expression in France, Britain, India and Hong Kong. This lecture will trace the evolution of caricature by looking closely at artworks made by Charles Philipon, William Hogarth, Mario de Miranda, Mita Roy, Maya Kamath, Larry Feign, Theresa Lee Wai-Chun and Stella So.

Date	Day	Time	Session
Mar 26	Thur	6:30 - 7:30 p.m.	One-off

## Shaper: Figuration and Disorder



What happens when the body moves in ways we don't plan? This talk explores Tourette's Syndrome, a condition that causes involuntary tics, movements and vocal sounds, and explores how these physical shapes connect to ideas in Modernist art. By starting with neurological difference, we invite a fresh look at how artists have represented the human form.

Date	Day	Time	Session
Mar 12	Thur	6:30 - 7:30 p.m.	One-off

## Socially Engaged Art and Placemaking in Toronto



This lecture examines the genre of socially-engaged art in Toronto between 1995 and 2025, and in particular, artists and youth-led collectives who have responded to homelessness and housing policy through public artworks involving placemaking, memory and care. Featured artists include Bert Whitecrow, Olympia Typis and Jess DeVitt, whose multi-media projects highlight queer, Indigenous and youth perspectives. The significance of these community-led initiatives will be examined within the context of Canadian art history and urban change.

Date	Day	Time	Session
Mar 19	Thur	6:30 - 7:30 p.m.	One-off

## Financial Literacy



### Managing Finances in Retirement

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

Date	Day	Time	Session
Jan 9	Fri	2 -3 p.m.	In-Person
Feb 13	Fri	2 - 3 p.m.	In-Person

## Fraud Protection

Learn how to spot scams and protect yourself from fraud.

Date	Day	Time	Session
Feb 4	Wed	5:30 - 6:30 p.m.	Virtual
Mar 25	Wed	5:30 - 6:30 p.m.	In-Person

## Estate Planning

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

Date	Day	Time	Session
Mar 15	Sun	4 - 5 p.m.	Virtual
Apr 19	Sun	4 - 5 p.m.	Virtual

## 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

## Acrylic Painting



Learn the basics of acrylic painting, including the materials and technical skills like brushwork and colour mixing, as well as composition. Members will be asked to bring a reference photo to paint.

Date	Day	Time	Session
Jan 5 to Feb 9	Mon	1 - 3 p.m.	6 weeks, fixed
Mar 3 to Apr 21	Tues	1 - 3 p.m.	6 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
Jan 5, 19, & 26, Feb 9 & 23	Mon	11 a.m. - 12:30 p.m.	5 weeks, fixed
Mar 2 to 30	Mon	11 a.m. - 12:30 p.m.	5 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
Jan 6 to 27	Tues	12:30 - 2:30 p.m.	4 weeks, fixed
Feb 3 to 24	Tues	12:30 - 2:30 p.m.	4 weeks, fixed

## Drawing for Enjoyment



Discover marks and materials: explore a variety of materials - graphite, ink, wax, watercolour - as you build your drawing skills.

Date	Day	Time	Session
Jan 6 to 27	Tues	10 a.m. - 12 p.m.	4 weeks, fixed
Feb 3 to 24	Tues	10 a.m. - 12 p.m.	4 weeks, fixed
Apr 6 to 27	Mon	12:30 - 3 p.m.	4 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
Jan 7 to Feb 25	Wed	2 - 4 p.m.	8 weeks, flex

## Felting Explorations



If you enjoy learning new skills, playing with soft textures and engaging in slow, meditative artistic processes - this class is for you. Learn both needle and wet felting techniques to create two-dimensional pictures and three-dimensional objects out of colorful, soft sheep's wool.

Date	Day	Time	Session
Jan 7 to Feb 11	Wed	5 - 8 p.m.	6 weeks, fixed

## Introduction to Mosaics



Design and produce a one-of-a-kind 6" x 6" trivet that can be used to hold a teapot or mug, as well as two coasters. We'll cover mosaic materials, terminology, basic design elements and how to use various tools.

Date	Day	Time	Session
Jan 7 to 21	Wed	11 a.m. - 1 p.m.	3 weeks, fixed

## Monoline Lettering and Coloured Pencil



We'll explore various Monoline Lettering styles with bullet markers and use coloured pencil to add interest and emphasis.

Date	Day	Time	Session
Jan 8 to Feb 12	Thurs	9 - 10:30 a.m.	6 weeks, fixed

## Art for Non-Artists Acrylic Pouring on Canvas



This hands-on workshop introduces you to the fun and expressive world of acrylic pouring, a unique painting technique that requires no brushes and delivers stunning, one-of-a-kind results every time.

Date	Day	Time	Session
Jan 8 & Feb 12	Thurs	11 a.m. - 1 p.m.	2 weeks, fixed
Mar 10 & 24	Tues	3:30 - 5:30 p.m.	2 weeks, fixed

## Pebble/Rock Art



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

Date	Day	Time	Session
Jan 9 to Feb 6	Fri	1 - 2:30 p.m.	5 weeks, fixed
Mar 2 to 30	Mon	11 a.m. - 12:30 p.m.	5 weeks, fixed

## Journaling for Joy: Artistic Expression



From intuitive mark-making to layered collage and poetic reflection, this course offers a rich mix of structure and spontaneity designed to nurture your creative voice.

Date	Day	Time	Session
Jan 11 to Feb 1	Sun	2 - 4 p.m.	4 weeks, fixed

## Introduction to Comic Book Art



What goes into making a comic book? Let's start with comic terminology, character design, typography, writing and water marbling. With an emphasis on experimentation, we'll look at contemporary comic artists, manga, Japanese woodblock prints and painters influenced and inspired by comics.

Date	Day	Time	Session
Jan 16 to Feb 20	Fri	10 a.m. - 12 p.m.	6 weeks, fixed
Mar 4 to Apr 15 (excl. Apr 8)	Wed	10 a.m. - 12 p.m.	6 weeks, fixed

## 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
Jan 21 to Feb 25	Wed	9 - 10:30 a.m.	6 weeks, fixed

## Drawing for Joy Workshop



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

Date	Day	Time	Session
Feb 1	Sun	9:30 - 11:30 a.m.	One-off

## Drawing for Everyone



Move beyond conventional drawing and painting to focus on the inherent qualities of rhythm, pattern, line and texture. You will develop a heightened awareness of your hand, breath and materials, finding peace and focus in the simple act of creating.

Date	Day	Time	Session
Feb 4 to 25	Wed	11 a.m. - 12:30 p.m.	4 weeks, fixed

## Crepe Paper Roses



Explore and create realistic crepe paper roses that you can build into a beautiful bouquet.

Date	Day	Time	Session
Feb 5 to 26	Thurs	6 - 8 p.m.	5 weeks, fixed

## Hand Embroidered Accessory Workshop



Join us for a workshop filled with creativity and the endless possibilities of hand embroidery. Ignite your imagination and hone your stitching skills while crafting practical and delightful bespoke accessories.

Date	Day	Time	Session
Feb 8	Sun	9:30 - 11:30 a.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
Feb 8 to 15	Sun	5 - 8 p.m.	2 weeks, fixed

## Portraiture: Colour Mixing



Explore the art of portraiture with an introduction to colour mixing using a variety of media and mixed-media techniques.

Date	Day	Time	Session
Feb 10 to 24	Tues	3 - 6 p.m.	3 weeks, fixed

## Paper Mache Bowls



Come create and paint your own colourful paper mache bowls.

Date	Day	Time	Session
Feb 13 & 20	Fri	1 - 2:30 p.m.	2 weeks, fixed

## Drawing Portraits of Loved Ones



This course explores the fundamentals techniques such as capturing facial proportions, basic shading and conveying emotion through line work. Whether drawing from memory or a photo reference, you will explore how to infuse personality and warmth into each sketch.

Date	Day	Time	Session
Feb 15	Sun	2 - 3 p.m.	One-off

## Mindful Stitch Workshop



Through intuitive, playful and meditative approaches, you will experience stitching as a restorative practice that nurtures creativity and calm.

Date	Day	Time	Session
Feb 22	Sun	9:30 - 11:30 a.m.	One-off

## Illustration: Artistic Ideation



Explore drawing and writing techniques to expand your imagination and make connections that lead to unexpected results.

Date	Day	Time	Session
Mar 3 to 20	Fri	11 a.m. - 1 p.m.	3 weeks, fixed

## Photography: Light, Lens and Looking



Experiment with varied approaches to using light, composition, colour and sequencing to help you improve your photographs. Through presentations, demonstrations, shooting exercises playing with settings and modes and reviewing your photos from week to week, you will develop your own creative photographic vision. You may use a cell phone, DSLR camera or film camera for this class.

Date	Day	Time	Session
Mar 4 to Apr 22	Wed	10 a.m. - 1 p.m.	7 weeks, fixed

(excl. Apr 8)

## Mindful and Meditative Mark Making



Learn to see with an artist's eye focusing on proportion, structure, and the transformation of 2D shapes into convincing 3D forms on paper. Develop the skills to draw what they see and imagine, from still life and figures to simple objects and environments.

Date	Day	Time	Session
Mar 4 to 25	Wed	4:30 - 6 p.m.	4 weeks, fixed

## The Art of Improving Your Memory



See how creative activities including art, creative writing and visualization enhances your memory skills and makes learning fun.

Date	Day	Time	Session
Mar 5 to Apr 23	Thurs	10 a.m. - 1 p.m.	6 weeks, fixed

(excl. Apr 2 & 9)

## Gratitude Spiral



Paint vibrant spirals and fill them with words of thanks.

Date	Day	Time	Session
Mar 6	Fri	2 - 3:30 p.m.	One-off

## Polymer Clay Beads and Jewellery



Come design and make your own clay beads. You will learn to use a bead roller, shape cutters and other texture tools with polymer clay. You will also learn how to finish your piece, use jewellery making tools and findings. You can then create your own jewelry or make gifts for loved ones!

Date	Day	Time	Session
Mar 6 to Apr 12	Sun	2 - 4 p.m.	6 weeks, fixed

## Tonal Drawing on Mid-Toned Paper



Using black and white china markers, and kraft paper as our middle tone, we'll add darks and lights to draw a variety of subjects.

Date	Day	Time	Session
Mar 13 to Apr 17 (excl. Apr 3)	Fri	9 - 10:30 a.m.	6 weeks, fixed

## Concentric Leaf Abstract



Turn simple leaves into stunning abstract art.

Date	Day	Time	Session
Mar 20	Fri	2 - 3:30 p.m.	One-off

## Illustration: Characters are Stories



Draw characters conjured from descriptive sayings, songs and texts.

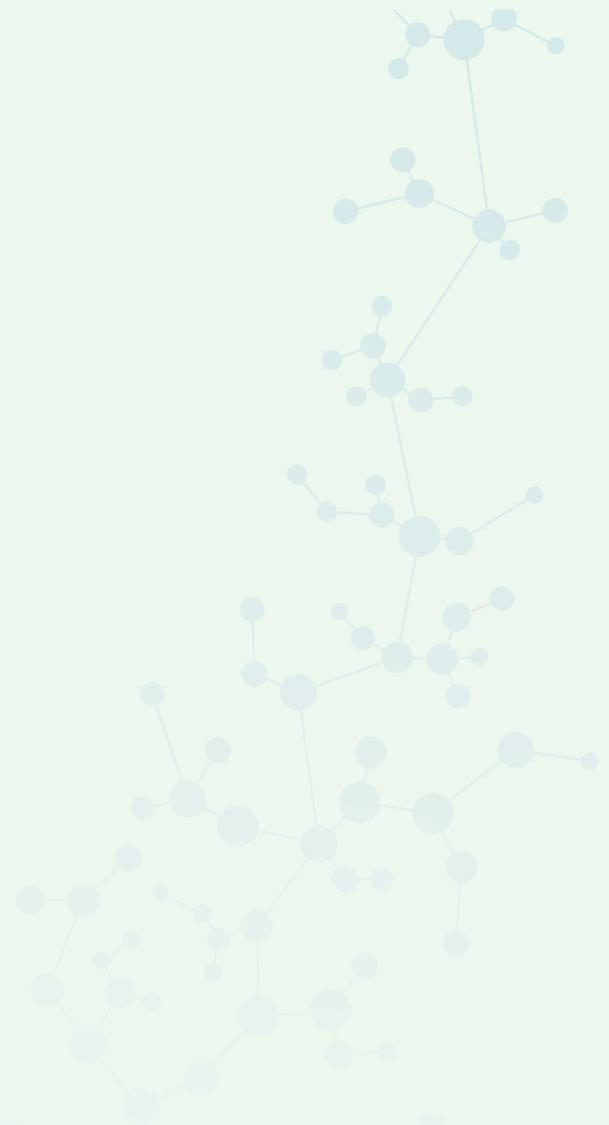
Date	Day	Time	Session
Apr 7 to 21	Tues	10 a.m. - 12 p.m.	3 weeks, fixed

## Botanical Tea Towels



Dress up your kitchen space by learning how to stamp tea towels for a one-of-a-kind look.

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



## 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.



# Performing Arts

## Singing Masterclass



Calling anyone who has ever wanted to learn to sing. In this masterclass format, you will receive guidance on technique, interpretation and emotional expression. Be prepared to sing in front of your peers and to practice outside of class.

Date	Day	Time	Session
Jan 5 to Feb 23 (excl. Feb 16)	Mon	3 - 5 p.m.	7 weeks, fixed
Mar 2 to Apr 20	Mon	3 - 5 p.m.	8 weeks, fixed

## Comedy Writing for Cognitive Health



Strengthen your overall cognitive health with a comedy workshop. Develop premises and jokes using personal experiences and stories and learn how to find your comedic voice through a series of prompts and exercises.

Date	Day	Time	Session
Jan 5 to Feb 9	Mon	1 - 2:30 p.m.	6 weeks, fixed

## 1:1 Beginner Guitar



This beginner level course is a perfect way to learn to play a song on guitar, no previous experience needed. Each lesson is tailored to individual needs and goals. You must sign up for weekly one-hour sessions, for four weeks.

Date	Day	Time	Session
Jan 6 & 20, Feb 3 & 17	Tues	1 - 2 p.m. 2 - 3 p.m.	4 weeks, fixed

## Telling More 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
Jan 6 to Feb 24	Tues	7 - 8 p.m.	8 weeks, flex

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

## 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
Jan 8 to Feb 5	Thurs	11 a.m. - 12:30 p.m.	5 weeks, fixed

## Beginner Keyboard



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

Date	Day	Time	Session
Jan 11 to Feb 22	Sun	11 a.m. - 12:30 p.m.	7 weeks, fixed
Mar 8 to Apr 18	Sun	11 a.m. - 12:30 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
Jan 11 to Feb 22	Sun	1 - 2:30 p.m.	7 weeks, fixed
Mar 8 to Apr 18	Sun	1 - 2:30 p.m.	6 weeks, fixed

## Keyboard Harmony



Expand your musical abilities through keyboard study. Tailored to those with previous musical training whether on piano or another instrument, this class offers opportunities to play music of many styles.

Date	Day	Time	Session
Jan 11 to Feb 22	Sun	3 - 4:30 p.m.	7 weeks, fixed
Mar 8 to Apr 18	Sun	3 - 4:30 p.m.	6 weeks, fixed

## 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
Jan 15 to Feb 19	Thurs	3 - 5 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.

## 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
Feb 6 to 27	Fri	10 - 11:30 a.m.	4 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
Mar 2 to Apr 6	Mon	1 - 2:30 p.m.	6 weeks, fixed

## 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
Mar 2 to 30	Mon	5 - 6:30 p.m.	4 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
Mar 4 to 25	Wed	9 - 10:30 a.m.	4 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
Mar 5 to 26	Thurs	4 - 5:30 p.m.	4 weeks, fixed

## 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.



# Mind, Body & Soul Wellness

## Mindfulness Community of Practice: A Weekly Drop-in for Connection and Practice



Join weekly to cultivate mindfulness in community. Each hour-long gathering offers space to pause, reconnect and deepen practice together. Sessions begin with a guided mindfulness-based practice, followed by a short talk on a theme related to mindfulness and managing stress in daily life. You will be invited into reflection, optional sharing and a closing practice.

Date	Day	Time	Session
Jan 7 to Apr 29	Wed	1 - 2 p.m.	Weekly, flex

(excl. Apr 8)

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

## 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
Jan 8 to Feb 12	Thurs	1 - 2:15 p.m.	6 weeks, fixed
Mar 5 to Apr 23	Thurs	1 - 2:15 p.m.	6 weeks, fixed

(excl. Apr 2 & 9)

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

## Mindfulness Meditation: Breathwork 101



This is a great class for those looking to build their meditation practice, learning diaphragmatic breathing techniques in tandem with observing our thoughts and calming our racing minds.

Date	Day	Time	Session
Jan 9 to Feb 20	Fri	10 - 11 a.m.	8 weeks, fixed

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 self-expression and healing, making it especially beneficial for individuals experiencing brain fog, injury recovery or memory challenges.

Date	Day	Time	Session
Jan 15 to Feb 26	Thur	1:30 - 3 p.m.	7 weeks, flex
Mar 5 to Apr 23	Thur	1:30 - 3 p.m.	8 weeks, flex

(excl. Apr 2 & 9)

## 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
Jan 15 to Feb 26	Thurs	3 - 4 p.m.	7 weeks, flex
Mar 5 to Apr 23	Thurs	3 - 4 p.m.	7 weeks, flex

(excl. Apr 2 & 9)

## Alexander Technique: Move Well, Feel Better



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

Date	Day	Time	Session
Jan 12 to Mar 16	Mon	11 a.m. - 12 p.m.	9 weeks, flex
(excl. Feb 16)			
Jan 14 to Feb 25	Wed	1 - 2 p.m.	7 weeks, flex
Mar 4 to Apr 22	Wed	1 - 2 p.m.	7 weeks, flex
(excl. Apr 8)			

## Mindfulness Meditation: Breathwork for Brain Health and Healing



Discover how mindful breathing can help you relax, strengthen memory, and support brain health. In this gentle class, you'll learn simple techniques to calm the mind, ease pain, and improve focus. These practices can help reduce stress, boost well-being, and promote mental clarity and focus.

Date	Day	Time	Session
Mar 2 to Apr 6	Mon	10 - 11 a.m.	6 weeks, flex

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
Mar 3 to Apr 24	Tues	10 - 11 a.m.	8 weeks, fixed

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
Mar 8, Apr 12	Sun	11 a.m. - 12:30 p.m.	2 weeks, flex

## Wellness 101



This program blends creativity, dialogue, and reflection to offer a supportive space for exploring the mind-body-soul connection. We will discover new ways to nurture resilience, mindfulness, and compassion through guided discussions and experiential activities that deepen self-awareness, invite shared meaning, and strengthen connection to self, others, and the world. Designed for those seeking personal growth and community engagement, the program offers practical strategies to enhance emotional, spiritual, and cognitive well-being in everyday life.

Date	Day	Time	Session
Jan 12 to Feb 9	Mon	4 - 5 p.m.	5 weeks, fixed
Mar 9 to Mar 30	Mon	4 - 5 p.m.	5 weeks, fixed



**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.

LOW



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

LOW-MOD



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

MODERATE



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

MOD-HIGH



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

HIGH

See the Activity Flow Chart & Movement Recommendations for the full categorical list of programs, organized by intensity and activity type.

This resource can be found with the Administrative Team.

### Fitness and Aquatic Info Session Week

Join us for an engaging Fitness and Aquatic Info Session Week designed to help you understand what's involved in our fitness and aquatic fitness classes, so that you can learn which classes best fit your goals, interests, and fitness levels.

The Info Session Week will run from Jan 5 to 11, wherein the first class of each fitness and aquatic session will be a demonstration of what is involved in the class. Registration for these classes is still required. Regular fitness and aquatic classes will begin the week of Jan 12, 2026.

### Active Balance & Gait Training



Engage both body and brain as you boost stability and confidence. This lively program focuses on core and leg strengthening, 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.

Intensity	Day	Time	Session
	Thurs	11:30 a.m. - 12:30 p.m.	Weekly, drop-in
(excl. Apr 2 & 9)			

### Move With Bliss: Deep Health at Any Age



This functional strength, balance and posture training program builds 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.	Jan 13 to Feb 25 6 weeks, flex

### Gym 101: Introduction to Gym Equipment



This drop-in class is for members new to the gym or in need of a re-introduction: learn to safely use equipment in a small group setting. Exercise and machine focus is tailored to the members.

Intensity	Day	Time	Session
	Wed	2 - 3 p.m. 3 - 4 p.m.	Weekly, drop-in
(excl. Apr 8)			

## 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 daily movements combined with a cognitive task to build mental agility.

Intensity	Day	Time	Session
(excl. Apr 7)	Tues	3:30 - 4:30 p.m.	Weekly, drop-in
(excl. Apr 2 & 9)	Thurs	1 - 2 p.m.	Weekly, drop-in

## Balance & Stretch (Virtual)



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
(excl. Feb 16) This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.	Mon	9:15 - 10 a.m.	Weekly, drop-in

## Strength for Active Aging (Virtual)



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
(excl. Apr 8) This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.	Wed	1 - 1:45 p.m.	Weekly, drop-in
(excl. Apr 2 & 9) 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

## Balls & Bands (Virtual)



Using a small inflated ball, instead of hand weights, we'll do gentle, low impact exercises to increase mobility and strength. Using the resistance bands, we'll build muscles to increase strength.

Intensity	Day	Time	Session
(excl. Apr 3) This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.	Fri	9:15 - 10 a.m.	Weekly, drop-in

## Fitness for Longevity



A low-impact, full body class featuring exercises designed to help manage chronic conditions. We'll use a variety of equipment for resistance training, seated core exercises, cardio and balance activities.

Intensity	Day	Time	Session
(excl. Apr 7)	Tues	4:30 - 5:30 p.m.	Weekly, drop-in

## Circuit Training: Basics



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

Intensity	Day	Time	Session
	Tues	3 - 4 p.m.	Weekly, drop-in
(excl. Apr 2 & 9)	Thurs	2 - 3 p.m.	Weekly, drop-in

## OsteoFit



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

Intensity	Day	Time	Session
	Wed	2 - 2:45 p.m.	Weekly, drop-in
(excl. Apr 8)	Wed	3 - 3:45 p.m.	Weekly, drop-in

## Feel the Music, Move Your Soul



Unlike structured movement-based classes, this experience is a unique fusion of music, movement and mindfulness, allowing free expression in a way that is natural and healing. Fully inclusive, participants may join sitting or standing.

Intensity	Day	Time	Session
	Wed	10:30 - 11:30 a.m.	Weekly, drop-in
(excl. Apr 8)			

## 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. Modifications using a chair or walker are available.

Intensity	Day	Time	Session
	Mon	11:15 a.m. - 12:30 p.m.	Weekly, drop-in
(excl. Feb 16)			
	Thurs	2:30 - 3:45 p.m.	Weekly, drop-in
(excl. Apr 2 & 9)			

## 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	9:30 - 10:30 a.m.	Weekly, drop-in
(excl. Apr 8)			
	Fri	11:30 a.m. - 12:30 p.m.	Weekly, drop-in
(excl. Apr 24)			

## 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. Feb 16)			

## Latin Dancing for Brain Health



Discover how moving to the rhythms of Latin music, like salsa and merengue, can challenge the cardiovascular system and 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	2:30 - 3:30 p.m.	Weekly, flex

## Line Dance



Cha Cha Slide, Cupid Shuffle and 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, drop-in
(excl. Apr 1 & 8)			

## Easy Does it Cardio (Virtual)



Members will move gently and safely in this low-impact, cardio class. Move at your own pace while improving their heart health, balance and coordination.

Intensity	Day	Time	Session
	Wed	9:15 - 10 a.m.	Weekly, drop-in
(excl. Apr 8)			

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

## 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	11:30 a.m. - 12:30 p.m.	Weekly, drop-in
(excl. Apr 8)			
	Fri	12:30 - 1:30 p.m.	Weekly, drop-in
(excl. Apr 24)			

## Yin Yoga



A slow-paced, gentle style of yoga that uses long, supported holds to target deep connective tissues in lying or sitting positions. With very little standing or kneeling, this practice is designed to promote flexibility, while promoting relaxation and mindfulness.

Intensity	Day	Time	Session
	Mon	6 - 6:55 p.m.	Weekly, drop-in
(excl. Feb 16)			

## 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. Modifications and props can be used to ensure you move safely in a way that honours your body.

Intensity	Day	Time	Session
	Mon	5:30 - 6:30 p.m.	Weekly, drop-in (virtual)
(excl. Feb 16)			

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

Intensity	Day	Time	Session
	Thurs	10:30 - 11:30 a.m.	Weekly, drop-in (in-person)
(excl. Apr 2 & 9)			

## Therapeutic Yoga



Focus your movements as we work on flexibility, joint mobility, tension and pain relief. A heightened connection to natural movement can lead to increased health and vitality.

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

Intensity	Day	Time	Session
	Fri	10:30 - 11:30 a.m.	Weekly, drop-in
(excl. Apr 24)			

## 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 pilates posture.

Intensity	Day	Time	Session
	Mon	5 - 5:55 p.m.	Weekly, drop-in
(excl. Feb 16)			

## 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	6 - 6:45 p.m.	Weekly, drop-in
(excl. Apr 2 & 9)			

## Tai Chi Qigong 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
	Fri	9:30 - 10:15 a.m.	Weekly, drop-in
	Fri	10:30 - 11:15 a.m.	Weekly, drop-in

(excl. Apr 3)

## 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.

Intensity	Day	Time	Session
	Sun	4 - 5 p.m.	Weekly, drop-in
	Wed	11 - 11:45 a.m.	Weekly, drop-in

(excl. Apr 8)

## 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. Members must feel comfortable standing for extended periods, but use a chair as their "barre" to perform exercises.

Intensity	Day	Time	Session
	Mon	9 - 10 a.m.	Weekly, drop-in
	Thurs	9:30 - 10:30 a.m.	Weekly, drop-in

(excl. Apr 2 & 9)

## Qigong



Qigong has slow, gentle, flowing movements coordinated with breathing similar to Tai Chi. It can be done seated or standing. Its meditative movements help you relax and connect your mind and body.

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

(excl. Apr 8)

## 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	3 - 4 p.m.	Weekly, drop-in
	Wed	3 - 4 p.m.	Weekly, drop-in

(excl. Feb 16)

(excl. Apr 8)

## Fine Movement & Stretch



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

Intensity	Day	Time	Session
	Sun	2:45 - 3:30 p.m.	Weekly, drop-in

(excl. Mar 1)

## 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. Apr 1 & 8)

## Strength Foundations



Practice using the machines in Stan's gym and how to incorporate proper form to prevent injuries while building strength. Members must be able to get in/out of and use machines independently.

Intensity	Day	Time	Session
	Mon	5 - 6 p.m.	Jan 12 to Feb 23 6 weeks, fixed
	Mon	5 - 6 p.m.	Mar 9 to Apr 20 8 weeks, fixed
(excl. Feb 16)			
	Fri	11 a.m. - 12 p.m.	Jan 16 to Feb 27 8 weeks, fixed
	Fri	11 a.m. - 12 p.m.	Mar 13 to Apr 2 7 weeks, fixed
(excl. Apr 3)			
	Sun	1 - 2 p.m.	Jan 18 to Feb 22 6 weeks, fixed
	Sun	1 - 2 p.m.	Mar 8 to Apr 19 8 weeks, fixed

## 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. Apr 1 & 8)			

## 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)

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. Feb 16)			
	Wed	1 - 2 p.m.	Weekly, drop-in
(excl. Apr 8)			

## 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	4:15 - 5 p.m.	Weekly, drop-in
(excl. Feb 16 & Mar 2)			
	Thurs	5 - 5:45 p.m.	Weekly, drop-in
(excl. Mar 5, Apr 2 & 9)			

## 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
	Fri	1 - 1:45 p.m.	Weekly, drop-in
(excl. Mar 6 & Apr 3)			
	Sun	2 - 2:45 p.m.	Weekly, drop-in
(excl. Mar 1)			

## HIIT & Strength



This high intensity interval training (HIIT) class is divided into three parts: 20-minutes cardio using a step, 20-minutes muscle strengthening using weights and bands and 20-minutes core and stretching.

Intensity	Day	Time	Session
	Mon	2 - 3 p.m.	Weekly, drop-in
(excl. Feb 16)			
	Wed	2 - 3 p.m.	Weekly, drop-in
(excl. Feb 16)			

## 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
	Thurs	1 - 2 p.m.	Weekly, drop-in
(excl. Apr 2 & 9)			

## Zumba Toning



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

Intensity	Day	Time	Session
	Fri	12:15 - 1 p.m.	Weekly, drop-in
(excl. Mar 6 & Apr 3)			

## 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. Apr 8)			
	Fri	2 - 2:45 p.m.	Weekly, drop-in
(excl. Mar 6 & Apr 3)			
	Sun	12 - 12:45 p.m.	Weekly, drop-in
(excl. Mar 1)			

## 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
	Thurs	2 - 2:30 p.m. 2:30 - 3 p.m. 3 - 3:30 p.m. 3:30 - 4 p.m.	Weekly, drop-in
(excl. Mar 5, Apr 2 & 9)			

## 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. Apr 2 & 9)			

## 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

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

## Aqua Toning



A full-body muscle conditioning class in the water using belts, weights and pool noodles. This class aims to activate and strengthen your muscles through multiple sets and repetitions.

Intensity	Day	Time	Session
	Mon	2:30 - 3:15 p.m.	Weekly, drop-in
(excl. Feb 16 & Mar 2)			
	Thurs	4 - 4:45 p.m.	Weekly, drop-in
(excl. Mar 5 & Apr 2)			

## 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
(excl. Apr 24)			

## 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
	Sun	9:30 - 10:15 a.m.	Weekly, drop-in
(excl. Feb 16 & Mar 2)			

## 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
	Mon	3:15 - 4 p.m.	Weekly, drop-in
(excl. Feb 16 & Mar 2)			
	Tues	1:15 - 2 p.m.	Weekly, drop-in
	Wed	10:15 - 11 a.m.	Weekly, drop-in
(excl. Apr 8)			
	Thurs	9:15 - 10 a.m.	Weekly, drop-in
(excl. Apr 2 & 9)			
	Fri	2:45 - 3:30 p.m.	Weekly, drop-in
(excl. Mar 6 & Apr 3)			
	Sun	11:15 a.m. - 12 p.m.	Weekly, drop-in
(excl. Mar 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, drop-in
	Wed	11 - 11:45 a.m.	Weekly, drop-in
(excl. Apr 8)			
	Thurs	10 - 10:45 a.m.	Weekly, drop-in
(excl. Apr 2 & 9)			
	Sun	10:15 - 11:00 a.m.	Weekly, drop-in
(excl. Mar 1)			

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

## GYM HOURS

MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 a.m. - 12:30 p.m.	8:30 a.m. - 1:30 p.m.	8:30 a.m. - 12:30 p.m.	8:30 a.m. - 12:30 p.m.	8:30 - 11:30 a.m.	CLOSED	8:30 a.m. - 12:30 p.m.
2:30 - 4:30 p.m.				12:30 - 3:30 p.m.		2:30 - 7:30 p.m.
6:30 - 7:30 p.m.						

We highly encourage members to bring water bottles to remain hydrated while using the pool and gym. For your convenience, lockers are available for day use and must be emptied prior to your exit from the centre.

# 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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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 4 p.m.
Saturday	CLOSED
Sunday	8 a.m. to 8 p.m.

Winter programming is from January 5 to April 24.

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

- Family Day (February 16)
- Passover (April 1\*, 2, 7\*, 8 & 9)
- Good Friday (April 3)

\* The Centre will close early at 4 p.m. on any dates with an asterisk (\*).

**Please note:** Baycrest respects the practices and spirit of the Jewish holy days, festive days and the Sabbath.



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.