

# PROGRAM GUIDE

Spring | Summer  
2026

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

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

# Background

---



Dr. Howard Chertkow



Dr. Nicole Anderson

**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.**

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, Co-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 \$25 membership/month+tax; *(Please note: fees increase to \$50/month+tax, effective June 17, 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.

# Program Domains

	<b>Foundational Courses</b> .....	<b>5</b>
	<b>Nutrition &amp; Cooking</b> .....	<b>8</b>
	<b>Events, Games &amp; Social Clubs</b> .....	<b>10</b>
	<b>Lectures &amp; Continuing Education</b> .....	<b>12</b>
	<b>Fine Arts &amp; Crafts</b> .....	<b>22</b>
	<b>Performing Arts</b> .....	<b>27</b>
	<b>Mind, Body, &amp; Soul Wellness</b> .....	<b>29</b>
	<b>Fitness &amp; Aquatics</b> .....	<b>34</b>

				
<b>Social Connections</b>	<b>Brain-Healthy Eating</b>	<b>Cognitive Engagement</b>	<b>Mental Wellbeing</b>	<b>Physical Activity</b>

**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.

# Program Registration

We highly encourage members to register online as soon as possible to reserve their program spot. **Programs are subject to change each term.**

Registration Period: Each term is divided into two-month registration periods.

<b>WINTER</b>	January and February programs Registration begins mid-December.	March and April programs Registration begins mid-February.
<b>SPRING/ SUMMER</b>	May and June programs Registration begins mid-April.	July and August programs Registration begins mid-June.
<b>FALL</b>	September and October programs Registration begins mid-August.	November and December program Registration begins mid-October.

**1** Visit [kimelcentre.baycrest.org](http://kimelcentre.baycrest.org) on your device 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:

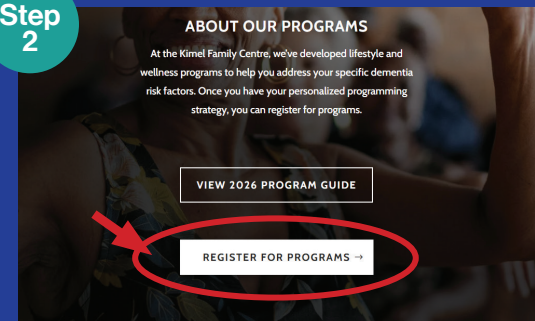
- Find by **Program Domain**
- Search by **Program Name**
- Filter by **Day**
- Filter by **Risk Factor**

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

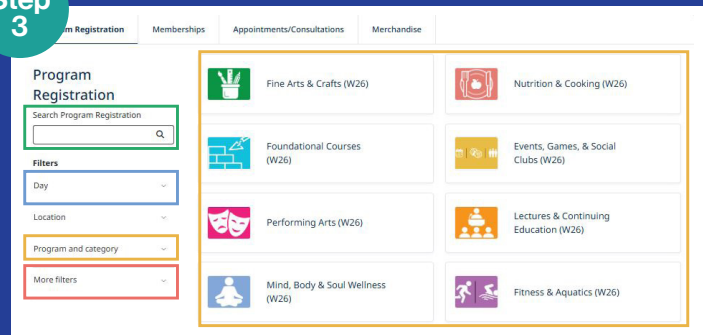
1. **List View** 2. **Calendar View**

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

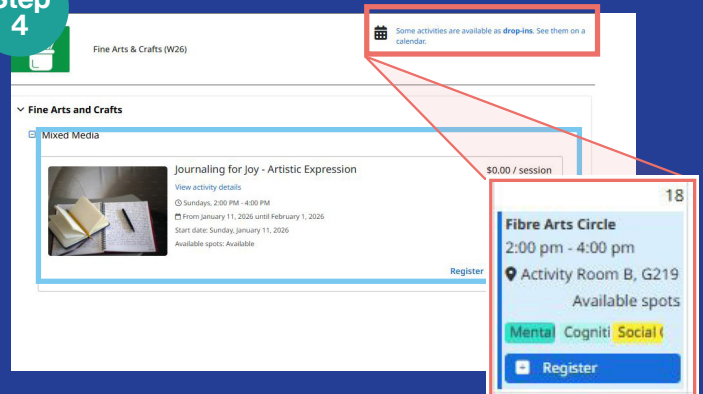
**Step 2**



**Step 3**



**Step 4**





# Foundational Courses

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

**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.

Date	Day	Time	Session
May 5	Tues	10:15 a.m. - 12:15 p.m.	In-Person
May 7	Thurs	11 a.m. - 1 p.m.	In-Person
May 7	Thurs	6 - 8 p.m.	In-Person
May 14	Thurs	11 a.m. - 1 p.m.	In-Person
May 14	Thurs	6 - 8 p.m.	In-Person
May 24	Sun	10 a.m. - 12 p.m.	In-Person
May 28	Thurs	11 a.m. - 1 p.m.	In-Person

## SMART Goal Facilitator Workshop



Date	Day	Time	Session
June 5	Fri	6 - 8 p.m.	In-Person
June 9	Tues	6 - 8 p.m.	In-Person
June 16	Tues	6 - 8 p.m.	Virtual
June 23	Tues	6 - 8 p.m.	In-Person
June 23	Tues	6 - 8 p.m.	Virtual
June 25	Thurs	6 - 8 p.m.	In-Person
June 26	Fri	6 - 8 p.m.	In-Person
June 28	Sun	6 - 8 p.m.	Virtual
June 30	Tues	6 - 8 p.m.	Virtual
July 2	Thurs	11 a.m. - 1 p.m.	In-Person
July 7	Tues	6 - 8 p.m.	Virtual
July 9	Thurs	6 - 8 p.m.	In-Person
July 10	Fri	1:30 - 3:30 p.m.	In-Person
July 14	Tues	6 - 8 p.m.	In-Person
July 21	Tues	6 - 8 p.m.	Virtual
July 23	Thurs	6 - 8 p.m.	Virtual
July 28	Tues	6 - 8 p.m.	In-Person
July 28	Tues	6 - 8 p.m.	Virtual
Aug 6	Thurs	6 - 8 p.m.	Virtual
Aug 7	Fri	1:30 - 3:30 p.m.	In-Person
Aug 11	Tues	6 - 8 p.m.	In-Person
Aug 11	Tues	6 - 8 p.m.	Virtual
Aug 18	Tues	6 - 8 p.m.	Virtual
Aug 21	Fri	1 - 3 p.m.	In-Person
Aug 25	Tues	6 - 8 p.m.	In-Person



# Foundational Courses

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

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

## Eat Smart, Think Sharp: Nutrition for Brain Health



Power up your brain with the right nutrition. Discover how healthy food choices can enhance brain health, explore the Brain Health Food Guide and unlock practical meal-planning tips to fuel your long term wellness.

Date	Day	Time	Session
May 5	Tues	11:30 a.m. - 1 p.m.	Virtual
May 20	Wed	5:30 - 7 p.m.	In-Person
May 26	Tues	3:30 - 5 p.m.	Virtual
June 10	Wed	4 - 5:30 p.m.	Virtual
June 23	Tues	3 - 4:30 p.m.	Virtual
June 29	Mon	12:30 - 2 p.m.	In-Person
July 6	Mon	3:30 - 5 p.m.	In-Person
July 17	Fri	8:30 - 10 a.m.	In-Person
July 20	Mon	10:30 a.m. - 12 p.m.	Virtual
Aug 5	Wed	5:30 - 7 p.m.	In-Person
Aug 18	Tues	9:30 - 11 a.m.	Virtual

## Fruits and Vegetables for Optimal Health



Learn how fruits and vegetables support brain health, pick up tips for buying and storing (even off season) and discover some easy, tasty recipes that make healthy eating simple and enjoyable.

Date	Day	Time	Session
May 10	Sun	2 - 3 p.m.	Virtual
May 20	Wed	4 - 5 p.m.	In-Person
May 28	Thurs	6 - 7 p.m.	Virtual
June 3	Wed	3 - 4 p.m.	In-Person
June 14	Sun	10 - 11 a.m.	Virtual
June 21	Sun	2 - 3 p.m.	Virtual
June 22	Mon	10:30 - 11:30 a.m.	In-Person
July 5	Sun	2 - 3 p.m.	Virtual
July 19	Sun	2 - 3 p.m.	Virtual
Aug 9	Sun	2 - 3 p.m.	Virtual
Aug 23	Sun	2-3 p.m.	Virtual

## The Sweet and Salty Truth: Risk, Benefits and Balance of Salt and Sugar



Too much salt and sugar sneaking into your diet? Learn the daily limits, spot the hidden sources and swap in healthier alternatives that crush cravings without sacrificing flavour.

Date	Day	Time	Session
June 9	Tues	9 - 10 a.m.	Virtual
June 15	Mon	9:30 - 10:30 a.m.	Virtual
July 14	Tues	12 - 1 p.m.	Virtual
Aug 12	Wed	5 - 6 p.m.	Virtual
Aug 19	Wed	11 a.m. - 12 p.m.	In-Person





# Foundational Courses

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Decode the Label: Making Healthier Food Choices



Crack the code on food labels. Decode the ingredient lists, as well as nutrition facts to spot healthier choices - and score more nutrition for every dollar you spend.

Date	Day	Time	Session
May 17	Sun	2 - 3:30 p.m.	Virtual
May 24	Sun	10 - 11:30 a.m.	In-Person
June 16	Tues	3 - 4:30 p.m.	Virtual
June 29	Mon	3 - 4:30 p.m.	In-Person
June 30	Tues	12 - 1:30 p.m.	Virtual
July 7	Tues	9 - 10:30 a.m.	Virtual
July 23	Thurs	5:30 - 7 p.m.	In-Person
Aug 4	Tues	11 a.m. - 12:30 p.m.	Virtual
Aug 19	Wed	4 - 5:30 p.m.	Virtual

## Power your Plate with Protein



Protein powers your body, but getting enough can be tricky. Learn easy, delicious ways to add protein to your meals and snacks so you can stay energized.

Date	Day	Time	Session
May 6	Wed	11:30 a.m. - 12:30 p.m.	Virtual
May 27	Wed	10 - 11 a.m.	In-Person
May 27	Wed	4 - 5 p.m.	Virtual
June 10	Wed	10 - 11 a.m.	Virtual
June 19	Fr	2 - 3 p.m.	Virtual
July 7	Tues	5 - 6 p.m.	Virtual
July 8	Wed	11:30 a.m. - 12:30 p.m.	In-Person
July 8	Wed	6 - 7 p.m.	Virtual
Aug 18	Tues	4 - 5 p.m.	Virtual

## Amilia Workshop: Register for Programs with Ease (Optional)



Want help navigating Amilia, our registration platform? Join this workshop to learn how to register or cancel courses, add yourself to a waitlist and how to see your schedule. (1 person per 1 hour time slot)

Date	Day	Time	Session
May 5 - June 30 July 7 - Aug 25	Tues	1 - 3 p.m.	Weekly, Drop-in Virtual
May 5, May 19, June 2, June 16, June 30, July 14, July 28, Aug 11	Tues	5 - 8 p.m.	Bi-weekly, Drop-in In-person
May 7 - June 25 July 2 - Aug 27	Thurs	2 - 6 p.m.	Weekly, Drop-in In-person
June 7 & June 28 Aug 16	Sun	9 - 10 a.m. 9 - 11 a.m.	Drop-in, virtual
June 14 & June 21 Aug 2	Sun	9 - 10 a.m. 9 - 11 a.m.	Drop-in, In-person

## New Member Orientation (Optional)








Are you new to the Kimel Family Centre? Join us for a workshop wherein we will review the basic information you need to navigate the Centre, it's programs, and day-to-day operations.

Date	Day	Time	Session
May 13 & 27, June 10 & 24	Wed	2 - 4 p.m.	In-Person
July 8 - Aug 19	Wed	2 - 3 p.m. 3 - 4 p.m.	In-Person

# Nutrition & Cooking

**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**
 **Brain-Healthy Eating**
 **Cognitive Engagement**
 **Mental Wellbeing**
 **Physical Activity**

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

## Heart Healthy Living

Garner a basic understanding of what heart disease is, review common risk factors, and gain clarity on cholesterol blood work numbers and what they mean. We will focus on heart-healthy eating, including understanding types of fats, fibre, sugar, sodium and alcohol, as well as how to build balanced meals using the plate model. Evidence-based eating patterns such as the Mediterranean and Portfolio diets will be explored, along with the benefits of movement for heart health.

Date	Day	Time	Session
May 6	Wed	9:30 - 10:30 a.m.	Virtual
May 13	Wed	11 - 12 a.m.	In-Person
June 8	Mon	10:30 - 11:30 a.m.	In-Person

## Nutrition for Prediabetes/ Diabetes

Learn what prediabetes and diabetes are, how they are diagnosed and what common blood test results mean. We will focus on how to manage blood sugars through nutrition by exploring what to eat, how much to eat and when to eat. Using simple tools like portion guides, the plate model and food records, you will learn realistic nutrition and lifestyle strategies that support blood sugar control, heart health, and overall wellbeing.

Date	Day	Time	Session
May 11	Mon	9:30 - 10:30 a.m.	Virtual
May 25	Mon	11 a.m. - 12 p.m.	In-Person
June 8	Mon	5 - 6 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
May 8	Fri	5 - 6 p.m.	Virtual
May 17	Sun	10 - 11 a.m.	In-Person
June 11	Thur	7 - 8 p.m.	Virtual

## 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
May 13	Wed	7 - 8 p.m.	Virtual
June 17	Wed	7 - 8 p.m.	Virtual
July 15	Wed	7 - 8 p.m.	Virtual
Aug 19	Wed	7 - 8 p.m.	Virtual

# Nutrition & Cooking

**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



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing



Physical Activity

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

## Food for Thought: How Food Affects Mental Health



Explore the connection between what we eat and how we think, feel and function. You will learn how nutrition influences brain health, mood, sleep and emotional well-being, as well as learn practical evidence-based nutrition strategies that are realistic in supporting mental wellness in everyday life.

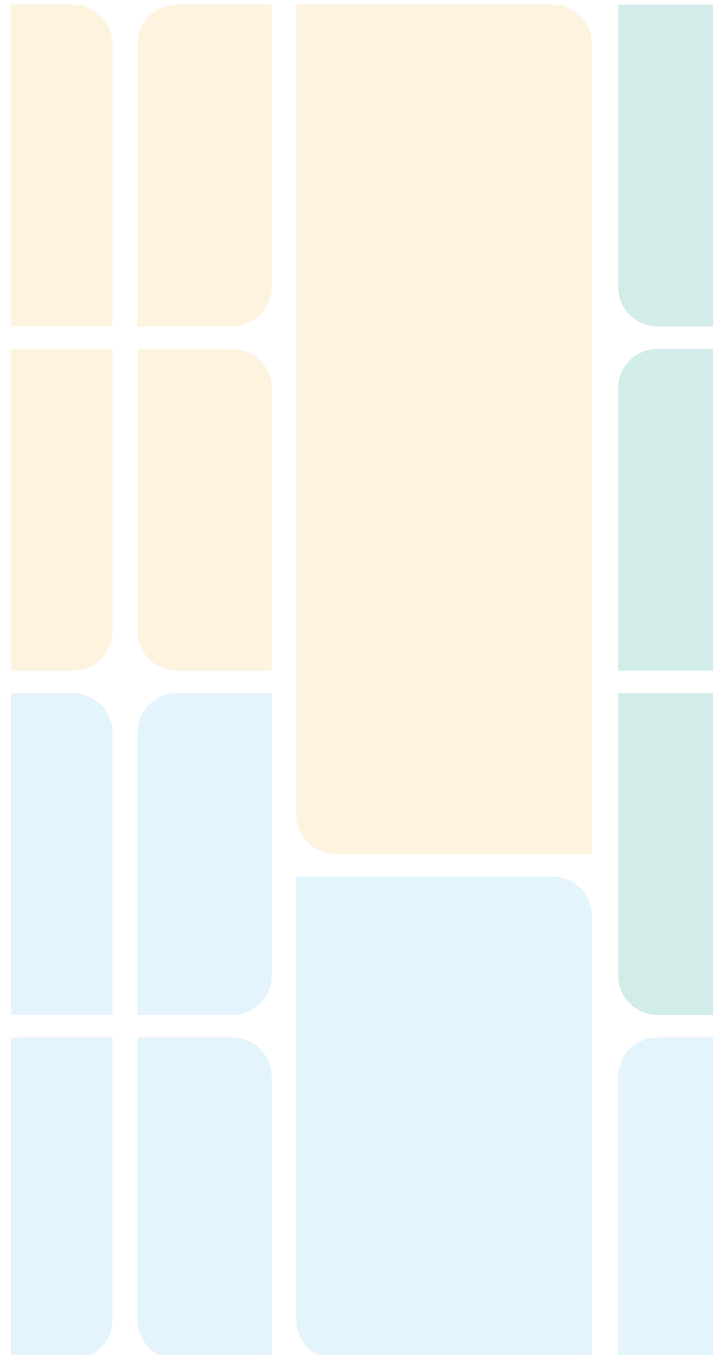
Date	Day	Time	Session
May 20	Wed	10 - 11 a.m.	Virtual
June 3	Wed	10:30 - 11:30 a.m.	Virtual

## 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
June 4	Thur	7 - 8 p.m.	Virtual
July 7	Tues	7 - 8 p.m.	In-Person
Aug 6	Thur	10 - 11 a.m.	Virtual





# Events, Games & Social Clubs

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Learn to Play American Mahjong



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

Date	Day	Time	Session
May 6 - June 29	Wed	1 - 2 p.m.	8 weeks, fixed

## Repair Cafe - Give Old Items New Life



Toss it away? No way! Join us for a unique workshop in which volunteer “fixers” help you learn 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
July 9	Thurs	1 - 3 p.m.	One-Off

## Kimel Centre Book Club



Want to talk to other readers about the latest fiction book you've read? We'll rotate book discussion leaders and select books from The Barbara Frum Library Book Club Sets.

Date	Day	Time	Session
May 12	Tues	4 - 5 p.m.	One-Off (Virtual)

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

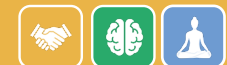
## Board Game Club



We are living in the golden age of board games. Join the club if you want to play blasts from the past or some modern classics. All games are highly accessible and taught during the session so no prior knowledge is required.

Date	Day	Time	Session
May 27	Wed	3 - 6 p.m.	One-Off
July 29	Wed	3 - 6 p.m.	One-Off

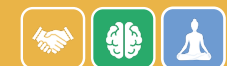
## Euchre Club



The popular team-based card game where you must win tricks by having the highest card of the led suit or the trump. Do you secretly have the right bower in your hand or will you be Euchred? No prior knowledge of the game is required.

Date	Day	Time	Session
May 31	Sun	10 a.m. - 1 p.m.	One-Off

## Cribbage Club



The classic card game that's over 300 years old. Make runs, pairs, 15s and more to score points and make it to the end of the cribbage board the fastest. No prior knowledge of the game is required.

Date	Day	Time	Session
May 31	Sun	1:30 - 4:30 p.m.	One-off



# Events, Games & Social Clubs

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

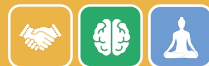
## General Trivia



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

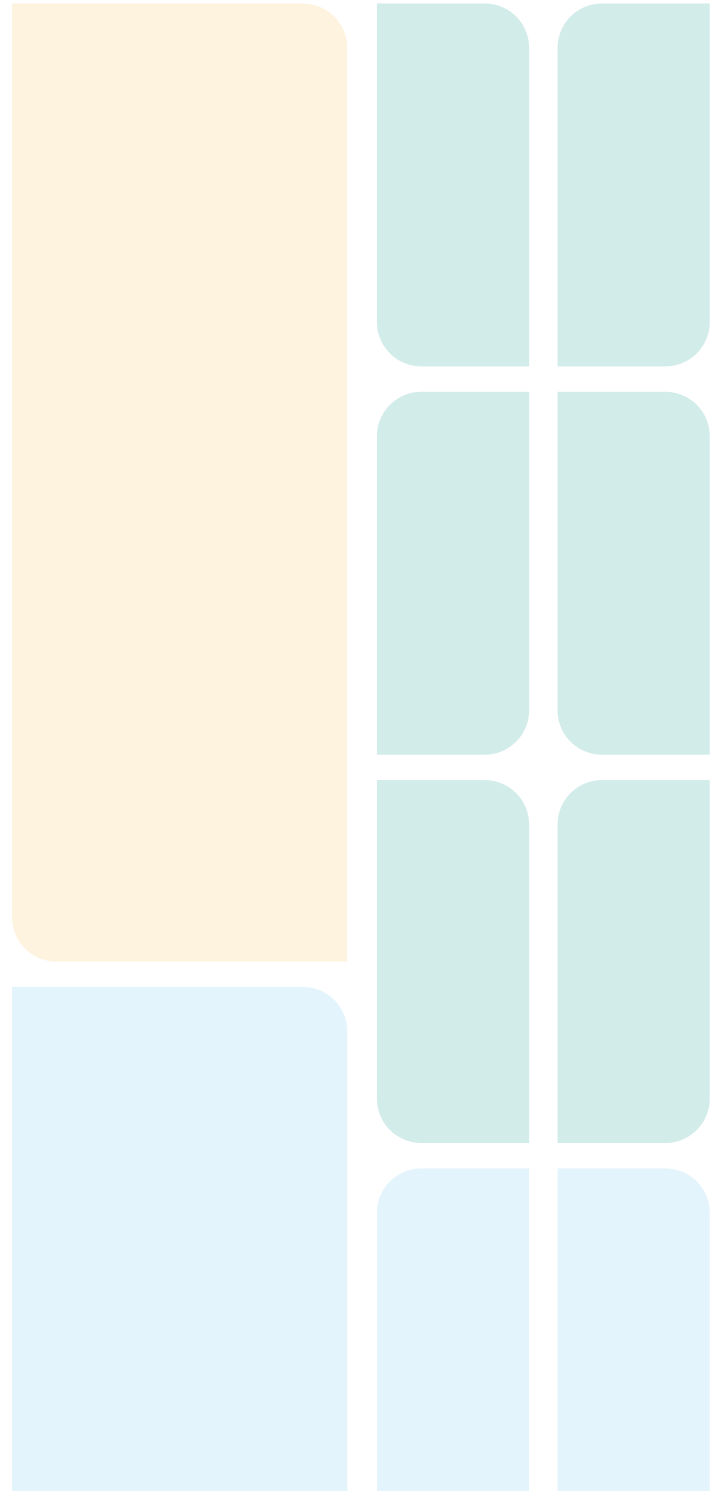
Date	Day	Time	Session
June 12	Fri	2 - 3 p.m.	One-Off
July 17	Fri	2 - 3 p.m.	One-Off

## Canasta Club



Make melds of the same value cards with a partner and score points into the thousands. Canasta is easy to learn and incredibly fun to play. No prior knowledge of the game is required.

Date	Day	Time	Session
July 5 - 26	Sun	9 a.m. - 12 p.m.	4 weeks, fixed
Aug 2 - 23	Sun	12 - 3 p.m.	4 weeks, fixed





## Lectures & Continuing Education

- 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



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing



Physical Activity

### Hear Today, Thrive Tomorrow: Aging and Audiology



Hearing plays a critical role in how we think, communicate and maintain quality of life as we age - yet it's often overlooked. We will explore the important connection between hearing and brain health and outline when to seek hearing help. Learn how to care for your ears, recognize common signs of hearing change, and access trustworthy resources for hearing health information. You will also learn about the services available through Baycrest Hearing Services.

Date	Day	Time	Session
May 5	Tues	9 - 10 a.m.	One-off, in-person
July 9	Thurs	3 - 4 p.m.	One-off, virtual

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

### Using your Library Card: Naxos Music Library



Learn how you can use your Toronto Public Library card to access free music online. Listen to great music spanning from medieval to modern - classical, jazz, electronic, world music and educational content.

Date	Day	Time	Session
May 6	Wed	3 - 4 p.m.	One-off, in-person
July 8	Wed	3 - 4 p.m.	One-off, virtual

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

### Spanish Level III



Learn everything about past tenses and how to talk about what you did, what you used to do and what you have done during your life's experience, trips and memories. Every single topic is focused on conversation.

Date	Day	Time	Session
May 6 - June 24	Wed	6:30 - 7:30 p.m.	8 weeks, fixed

### Alzheimer Society of Toronto: Programs and Services



Come learn how the Alzheimer Society of Toronto can provide a wide range of services for people living with dementia, informal care partners, members of the general public and health care professionals. You will also have a chance to learn how the Society provides emotional support, practical guidance and opportunities for learning and connection.

Date	Day	Time	Session
May 7	Thurs	10 - 11 a.m.	One-off, virtual
July 9	Thurs	10 - 11 a.m.	One-off, in-person

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



# Lectures & Continuing Education

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Protecting Your Personal Devices



Your devices hold a lot of private information ranging from photos and messages to contacts and personal records. In this session, we will show you how to protect your personal information and feel confident online. Learn how to adjust privacy and security settings, avoid scams, limit tracking and create strong passwords. Learn also what to do if something feels off or goes wrong.

Date	Day	Time	Session
May 7	Thurs	3:30 - 4:30 p.m.	One-off, hybrid

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.

## Using Your Smart Phone as a Memory Aid



Learn how technology can be used to implement the proven memory strategy of recording. Together, we will explore smartphone features like reminders, calendars, notes, camera, photos and more, tailoring them to your unique needs.

Date	Day	Time	Session
May 12, Aug 11	Tues	2:30 - 3:30 p.m.	One-off, virtual

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

## A Modern Look at Classical Music: John Williams, Music's Mr. Everything



Is there anything in the music world that John Williams has not successfully done? Starting out as a jazz pianist in New York, he went to Los Angeles where he made his mark writing and arranging music in the booming TV industry and then on to movies. Additionally, he was a noted composer of orchestral music and conducted top orchestras in the USA and around the world. Join this session to learn and discover his vast career.

Date	Day	Time	Session
May 11	Mon	11 a.m. - 12:30 p.m.	Flex, in-person

## 3D Printing



Learn what 3D printing is, how it works, see real-world applications and discover how individuals can access or engage with the technology locally.

Date	Day	Time	Session
May 12	Tues	3 - 4 p.m.	One-off, in-person

## 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 what 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.

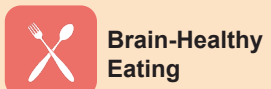
Date	Day	Time	Session
May 13	Wed	3 - 4 p.m.	One-off, in-person
June 10	Wed	7 - 8 p.m.	One-off, virtual

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



# Lectures & Continuing Education

**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.



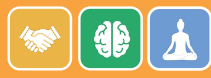
## Death Doula: How We Support a Community and the Persons in a Community



In this session we explain, how in a non-medical community we are able to support those facing death and those who love them.

Date	Day	Time	Session
May 14	Thurs	1:30 - 2:30 p.m.	One-off, in-person

## Living and Dying Well Circle



Join this workshop as we connect and explore trivia and discussion topics on what it means for each of us to live and die well.

Date	Day	Time	Session
May 15	Fri	1:30 - 2:30 p.m.	One-off, in-person

## Mastering Tablets, Smartphones, and Useful Apps



Ready to feel more confident using your iPhone, iPad, Samsung Galaxy, or Android device? This is your chance to unlock the powerful features hiding in plain sight. 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. You'll also learn simple ways to troubleshoot common issues on your own, and some valuable applications you can download for free.

Date	Day	Time	Session
May 14	Thurs	3:30 - 4:30 p.m.	One-off, hybrid

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.

## One Brain, Two Paths: How Physical Activity Supports Brain Health in Women and Men



Regular physical activity is one of the most powerful tools we have to support brain health as we age. However, emerging research shows that women and men may not benefit in exactly the same way. Differences in hormones, cardiovascular health and life experiences can influence how the brain responds to exercise across the lifespan. We will explore what the science tells us about how physical activity supports memory, thinking and overall brain resilience, and why sex differences matter.

Date	Day	Time	Session
May 19	Tues	2:30 - 3:30 p.m.	One-off
July 24	Fri	1:30 - 2:30 p.m.	One-off

## Tech Q&A



Smartphone tips, tech tools to try, hardware verses software and more - ask us and have your tech questions answered. Let's decode the tech world together.

Date	Day	Time	Session
May 15	Fri	10:30 - 11:30 a.m.	One-off, virtual
July 17 & Aug 21	Fri	10:30 - 11:30 a.m.	One-off, virtual

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





# Lectures & Continuing Education

- 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    
 Brain-Healthy Eating    
 Cognitive Engagement    
 Mental Wellbeing    
 Physical Activity

## Christianity and Judaism on Disabilities

Explore how Jewish and Christian theologies understand disability, community, and belonging. You will engage with sacred texts and modern interpretations addressing mental health, embodiment and ritual participation. Together we will examine historical models of exclusion and inclusion, critique ableist assumptions and explore how faith traditions are evolving toward accessibility and justice. Drawing on theological, ethical and lived perspectives, the course invites personal reflection and dialogue on what it means to belong and to flourish in diverse communities.

Date	Day	Time	Session
May 19 - June 23	Tues	6:30 - 7:30 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.

## Using your Library Card: Getting Started with Libby

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 own home and completely free.

Date	Day	Time	Session
May 20	Wed	3 - 4 p.m.	One-off, in-person
July 22	Wed	3 - 4 p.m.	One-off, virtual

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

## Service Canada Overview

Service Canada is the federal government's primary point of access for a wide range of programs and services designed to support individuals, families and communities across the country. This overview briefly introduces the key programs and benefits offered by Service Canada, including Employment Insurance (EI), Canada Pension Plan (CPP), Old Age Security (OAS), Social Insurance Number (SIN), Job Bank, My Service Canada Account (MSCA) and more.

Date	Day	Time	Session
May 21	Fri	1 - 2 p.m.	One-off, virtual

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

## Tips for Living with Osteoarthritis

Enjoy a general overview of osteoarthritis, how to manage symptoms and daily living tips to help cope with and slow down progression of the disease. Both upper extremity and lower extremity osteoarthritis are discussed and tips are provided.

Date	Day	Time	Session
May 26	Tues	1 - 2 p.m.	One-off, virtual

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



## Lectures & Continuing Education

- 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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

### Music Appreciation



Have you ever wanted to go on a guided musical tour through history? Immerse yourself in humanity's rich past of making art through sound. Classes will include active listening and discussions about the changes in melody, harmony, form and rhythm that occurred all across the world over thousands of years. No prior music knowledge is needed.

Date	Day	Time	Session
May 27	Wed	6:30 - 7:30 p.m.	One-off
July 29	Wed	6:30 - 7:30 p.m.	One-off

### A Modern Look at Classical Music: Classics Meet Jazz



Classical has an interesting connection to jazz. Jazz music originated in the USA in the late 19th and early 20th century and became very popular. Jazz composers and performers saw classical music as a source for inspiration. Similarly, some classical composers and performers adopted jazz elements into their work. Explore examples of both and learn their influences.

Date	Day	Time	Session
June 1	Mon	11 a.m. - 12:30 p.m.	Flex, in-person

### Cloud Storage: How it Works & Avoiding Pitfalls



Tired of losing files, running out of space or not knowing where your photos went? We'll explain what cloud storage is, how it works and how it can make your digital life easier. 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
May 28	Thurs	3:30 - 4:30 p.m.	One-off, hybrid

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.

### Using your Library Card: NoveList Plus



Learn how you can use your Toronto Public Library card to access NoveList Plus for free. Get access to fiction, nonfiction and audiobook suggestions.






Date	Day	Time	Session
June 3	Wed	3 - 4 p.m.	One-off, in-person
Aug 5	Wed	3 - 4 p.m.	One-off, virtual

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



## Lectures & Continuing Education

- 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**
 **Brain-Healthy Eating**
 **Cognitive Engagement**
 **Mental Wellbeing**
 **Physical Activity**

### SAGE in Action: Educating Through Older Adult Stimulated Participants at Baycrest

Learn about Baycrest's Simulation Activities in Gerontological Education (SAGE) program. In SAGE, individuals known as simulated participants (SPs) are carefully trained to role-play with healthcare provider learners in realistic scenarios that reflect real life situations. Join us as we explore the program and the contributions it has made at Baycrest and globally. You'll watch video clips of SAGE SPs in action, explore research and reflect on how the SAGE program supports respectful, person-centred care for older adults.

Date	Day	Time	Session
June 4	Thurs	12:30 - 1:30 p.m.	One-off, virtual

This is a 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

Is your phone, tablet or computer overflowing with memories and you're not sure how to sort, find or back them up? In this workshop we will walk through using photo apps like Apple Photos, Google Photos and Microsoft Photos to create a photo system that's easy to manage and maintain. You'll learn how to organize albums, delete duplicates, back up safely to the cloud and share your favourite pictures securely.

Date	Day	Time	Session
June 4	Thurs	3:30 - 4:30 p.m.	One-off, hybrid

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.

### The Morris and Sally Justein Heritage Museum

Join Baycrest's museum coordinator for a discussion on the history of the Toronto Jewish community. Using objects from the Morris and Sally Justein Heritage Museum's collection, we will explore the origins of the community and how it has grown over the years. Focus will be on the cultural events and institutions that have formed the community for over 150 years.

Date	Day	Time	Session
June 8	Mon	9 - 10 a.m.	One-off

### Service Canada: Canada Pension Plan/Old Age Security

An overview of Canada's retirement income programs: the Canada Pension Plan (CPP) and Old Age Security (OAS). Participants will learn about eligibility requirements, application processes and how these programs work together to support financial security in retirement.

Date	Day	Time	Session
June 8	Mon	1:30 - 2:30 p.m.	One-off, virtual

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





## Lectures & Continuing Education

- 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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

### Exploring Links between Lifestyle and Brain Health: The Role of BDNF



Brain derived neurotrophic factor (BDNF) is a protein that plays an important role in brain health, supporting the growth and survival of the cells in your nervous system. Interestingly, there are things that we can do in our daily lives that influence blood BDNF levels, which can help decrease your risk of developing dementia. Learn what research can teach you about how BDNF can be influenced by lifestyle factors such as physical activity, cognitive engagement and social connection.

Date	Day	Time	Session
June 8	Mon	7 - 8 p.m.	One-off, virtual
This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.			
Aug 6	Thurs	1 - 2 p.m.	One-off, in-person

### Seniors Recreation Programs & Services with City of Toronto



Join staff from City of Toronto Parks & Recreation to hear about the fun and affordable ways to continue participating in sport and social activities as an older adult. Toronto offers programs for older adults at over 100 locations city-wide and has a number of policies and services that make participation accessible and easy.

Date	Day	Time	Session
June 10	Wed	9 - 10 a.m.	One-off

### How to Find Services and Programs for Seniors in Toronto



Learn about services that are available to help older adults and their caregivers in Toronto. Staff from the City of Toronto's Seniors Services and Long-Term Care Division will share information and helpful tips about how to find benefits, supports and community resources.

Date	Day	Time	Session
June 10	Wed	10:15 - 11:15 a.m.	One-off

### Using your Library Card: Mango Languages



Learn how you can use your Toronto Public Library card to gain free access to Mango Languages. Learn a new language or improve your English.

Date	Day	Time	Session
June 10	Wed	3 - 4 p.m.	One-off, in-person
Aug 12	Wed	3- 4 p.m.	One-off, virtual

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

### So You've Found a Black Hole, Now What?



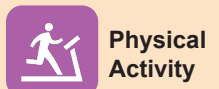
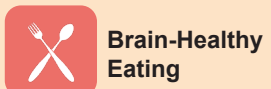
The universe is a dangerous place. Black holes are regions of space whose gravity is so strong, nothing that enters will ever escape. Even though we encounter gravity in our everyday life, we don't really know that much about it. Through exploration of black holes and their strong gravity force, we will learn and understand more what gravity means to us on earth.

Date	Day	Time	Session
June 10	Wed	1 - 2 p.m.	One-off
July 22	Wed	7 - 8 p.m.	One-off



## Lectures & Continuing Education

- 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.



### Caring for the Family Caregiver

Learn about current research that explores the lived experiences of family caregivers and the potential benefits of virtual wellness programs. A key line of this work has focused on examining practical ways to support caregiver wellbeing. Early findings suggest that virtual mindfulness programs may offer meaningful support to caregivers, helping promote long-term health and resilience. Ultimately, this work aims to inform programs and policies that recognize the essential role of caregivers and ensure they have the resources needed to thrive.

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

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

Google offers more than just search. It's a comprehensive toolkit for everyday life and most of it's free. We'll explore how to use Gmail, Google Maps, Drive, YouTube, Docs and more across your phone, tablet, or computer. Learn how to stay organized, plan trips, find reliable information, manage files in the cloud, and even use YouTube to learn new skills or enjoy entertainment. 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
June 11	Thurs	3:30 - 4:30 p.m.	One-off, hybrid

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.

### Embedding Indigenous Content in Post-Secondary Curriculum

The discipline of psychology has caused harm to Indigenous peoples in Canada. To try to address these harms, there is a growing push to improve "Indigenous cultural literacy" in psychology undergraduate training, which includes education on how settler-colonism impacts Indigenous peoples, Indigenous knowledge systems, and the responsibilities of those living and learning on Indigenous lands. To contribute to this work, the psychology department at Toronto Metropolitan University (TMU) created the Decolonizing and Indigenizing Psychology Committee (DIPC). In this talk, two DIPC members will present the progress the committee has made in increasing Indigenous content in psychology courses.

Date	Day	Time	Session
June 11	Thurs	1:30 - 2:30 p.m.	One-off, virtual

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

### Volunteerism

Volunteers have always been the heart of Baycrest, bringing compassion, energy and connection to our community. Join us for this engaging panel discussion to explore volunteerism at Baycrest. You'll learn about the rich history and impact of volunteers at Baycrest and how they help enhance the lives of clients, families and staff across the campus. Our panel will walk you through the process of becoming a registered volunteer, from application to onboarding and training. You will also discover a wide range of meaningful volunteer opportunities available and hear how you can make a difference while gaining valuable experience and community connections.

Date	Day	Time	Session
June 17	Wed	10 - 11 a.m.	One-off



## Lectures & Continuing Education

- 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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

### Using your Library Card: Getting Started with Kanopy



Learn how to gain free access to Kanopy with your Toronto Public Library card to classic films, world cinema, documentaries and popular movies with on-demand streaming.

Date	Day	Time	Session
June 17	Wed	3 - 4 p.m.	One-off, in-person
Aug 19	Wed	3 - 4 p.m.	One-off, virtual

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

### Honouring Grief and Loss in your Own Life



Loss forever changes us. We are not the same person we were when we navigate grief and yet it does not define us. In this workshop, learn how embracing our new normal is possible through honouring these experiences.

Date	Day	Time	Session
June 25	Thurs	1:30 - 2:30 p.m.	One-off

### Talking About Death Won't Kill Us



In this session, you will learn how to widen your circle of connection by sharing your wishes and choices with those you love, transforming the fear of being a burden into an act of clarity, empowerment and peace of mind for everyone involved.

Date	Day	Time	Session
June 26	Fri	1:30 - 2:30 p.m.	One-off

### Mind and Matter: How your Body Shapes Your Memory



Explore how memory works in everyday life and how it connects to the body. We will begin with a simple overview of how the brain forms and retrieves memories, along with an introduction to the autonomic nervous system - the system that automatically regulates functions like heart rate and breathing. We will share research findings examining how feelings of familiarity relate to heart activity in younger and older adults, as well as in people with amnesic mild cognitive impairment. We will also introduce the concept of interoception - our awareness of internal body signals—and how it may shape the connection between brain and body. Finally, we'll discuss practical, modifiable factors that can support both body and brain health to help protect cognition as we age.

Date	Day	Time	Session
June 29	Mon	10 - 11 a.m.	One-off, in-person
Aug 17	Mon	7 - 8 p.m.	One-off, virtual

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

### 20th Century Theologians and their Political Influence Today



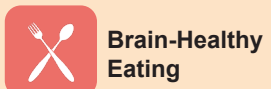
Be introduced to influential 20th-century thinkers whose ideas continue to shape social and ethical thought today. Each session focuses on one theologian and a key text: Reinhold Niebuhr's Moral Man and Immoral Society, Dietrich Bonhoeffer's The Cost of Discipleship, Martin Buber's I and Thou, and James Cone's The Cross and the Lynching Tree. We'll consider why Niebuhr remains a favourite of Barack Obama, how Bonhoeffer's resistance continues to inspire new films (including the 2024 biopic Bonhoeffer) and why these voices still resonate in today's search for moral clarity and social justice.

Date	Day	Time	Session
July 5 - 26	Sun	2 - 3 p.m.	4 weeks, fixed



# Lectures & Continuing Education

**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.



## A Modern Look at Classical Music: The Beatles

What is the connection between the Beatles and classical music? This program will provide some background and insight as to how, perhaps the most popular music group of all time, had a close relationship to some of the classical masterpieces. This connection is perhaps one of the reasons for the long-lasting success of the Beatles. It also sheds some light on why certain classic masterpieces remain popular to this day.

Date	Day	Time	Session
July 6	Mon	11 a.m. - 12:30 p.m.	Flex, in-person

## Spanish Conversation

For those with an advanced level of Spanish, this conversation class will invite you to review every single tense in use during regular day-to-day conversation.

Date	Day	Time	Session
July 8 - Aug 12	Wed	6:30 - 7:30 p.m.	6 weeks, fixed

## No Cost, Big Impact: Free Apps and Websites Packed with Value

Not all free apps are created equal, but the right ones can make a big difference. 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. We'll show you what they do, why they matter, and how to start using them right away.

Date	Day	Time	Session
July 14	Tues	3:30 - 4:30 p.m.	One-off, hybrid

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.

## Service Canada: Canada Disability Benefit

An overview of a federal program that provides up to \$200 per month to working-age Canadians with disabilities and low income. Learn about eligibility requirements, how to apply and resources to help you access benefits and improve financial security.

Date	Day	Time	Session
July 17	Fri	1 - 2 p.m.	One-off, virtual

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

## AI Basics for Average Users: Chat GPT, Copilot and Gemini

Ever wonder what AI can really do for you? Come discover how artificial intelligence tools like ChatGPT, Microsoft Copilot and Google Gemini can help with everyday tasks, from writing a kind note to your neighbour to planning your next trip, or getting tech help in plain English.

Date	Day	Time	Session
July 21	Tues	3:30 - 4:30 p.m.	One-off, hybrid

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.

## Sexual Health Across the Lifespan

Let's talk about sexual health across the lifespan - aging bodies, changing boundaries and safety in older adult settings and relationships.

Date	Day	Time	Session
Aug 7	Fri	3 - 4 p.m.	One-off
Aug 21	Fri	3 - 4 p.m.	One-off



# Fine Arts & Crafts

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Collage and Watercolour



This course combines collage and watercolour to support creative decision-making, sensory engagement and storytelling. You will work with papers, images and simple painting techniques to create layered compositions.

Date	Day	Time	Session
May 5 - 26	Tues	3- 4:30 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.

## Line and Wash



Line and wash is a combination of pencil or ink lines and watercolour done on watercolour paper with the lines providing the detail and the watercolour a splash of colour. We will explore this bold technique using a variety of subject matter.

Date	Day	Time	Session
May 6 - June 3	Wed	1 - 2:30 p.m.	5 weeks, fixed
July 8 - Aug 5	Wed	1 - 2:30 p.m.	5 weeks, fixed

## Drawing for Everyone



Through engaging exercises, you will learn to “see with an artist’s eye,” focusing on proportion, structure and the transformation of 2D shapes into convincing 3D forms on paper. You will explore various drawing techniques, developing the skills to draw what they see and imagine, from still life and figures to simple objects and environments.

Date	Day	Time	Session
May 7 - 28	Thurs	9 - 10:30 a.m.	4 weeks, fixed

## Watercolour and Resist Techniques



Explore how resist techniques can add texture, pattern and a sense of surprise to your watercolour paintings. We will work with a range of materials, including wax, stencils, masking fluid and white acrylic, to see how they interact with washes of colour. Through simple demonstrations and guided exercises, you will discover the different effects you can create and how to use them in your artwork.

Date	Day	Time	Session
May 8 - June 26	Fri	9 - 11 a.m.	7 weeks, fixed
(excl. May 22)			
July 3 - Aug 7	Fri	12 - 1 p.m.	7 weeks, fixed

## Creative Clay



Enter a world of clay creativity and self-expression, where we push the limits of your creative mind, while helping you refine your fine motor control, patience and confidence.

Date	Day	Time	Session
May 10 - June 14	Sun	11 a.m. - 12:30 p.m.	6 weeks, flex

## Introduction to Acrylic Painting



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

Date	Day	Time	Session
May 11 - June 15	Mon	1 - 3 p.m.	5 weeks, fixed
(excl. May 18)			



# Fine Arts & Crafts

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Beyond the Basics: Advanced Acrylic Painting



Continue to find your artistic voice through independent explorations with acrylic paint. You will receive guidance based on your individual needs and emphasis will be on building technical skills. You will need to bring a reference photo to paint.

Date	Day	Time	Session
May 11 - June 15	Mon	3:30 - 5:30 p.m.	5 weeks, fixed
(excl. May 18)			

## Sketching Animals and Birds



We will sketch animals and birds in pencil, step-by-step starting with a simple underdrawing and adding details and texture. We will focus on a different animal or bird each week.

Date	Day	Time	Session
May 26 - June 23	Tues	10:30 a.m. - 12 p.m.	5 weeks, fixed
July 21 - Aug 18	Tues	10:30 a.m. - 12 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
May 12 & May 19	Tues	10 a.m. - 12 p.m.	2 weeks, flex

## Photography: Light, Lens and Looking



Experiment with varied approaches to working with light, composition, colour and sequencing to improve and add variety to your photography. You will learn how light affects your photos technically in terms of image quality and creatively in terms of self-expression, indoors or out, day or night.

Date	Day	Time	Session
May 27 - June 24	Wed	1:30 - 3 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.

## Kintsugi for Beginners



Kintsugi is the Japanese art of repairing broken pottery with gold. It is a beautiful metaphor for embracing our flaws and imperfections. After learning about its history and meaning of this practice, you will create your own "golden joining" piece using modern techniques via a Japanese bowl or a small Japanese plate provided to you for repair.

Date	Day	Time	Session
May 17	Sun	1 - 4 p.m.	One-off





# Fine Arts & Crafts

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Botanical Illustration



You are invited to slow down and closely observe plants, leaves and flowers through drawing. Using live botanical references as well as photographic resources, you will explore contour drawing, tonal shading and gentle colour work while strengthening attention, visual memory and hand-eye coordination.

Date	Day	Time	Session
June 5 - 26	Fri	6 - 7:30 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.

## Journalling for Joy: Artistic Expression



Join this four-week creative program that blends reflective writing with hands-on mixed media artmaking. We will explore how words and images work together to spark insight, joy and personal expression. Each session includes guided writing prompts, intuitive mark making, collage, acrylics, pastels and other techniques that invite play, curiosity and personal meaning.

Date	Day	Time	Session
June 7 - 28	Sun	2 - 4 p.m.	4 weeks, fixed

## Art for Non-Artists: Acrylic Pouring on Canvas



This hands-on workshop introduces you to the fun and expressive work 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
June 11 & 18	Thurs	1 - 3 p.m.	2 weeks, fixed
Aug 12 & 19	Wed	1 - 3 p.m.	2 weeks, fixed

## Hand Embroidery Accessory Workshop



Ignite your imagination and hone your stitching skills while crafting practical and delightful bespoke accessories. Be guided through a playful exploration in stitch to design and create your very own embellished accessory; scissor case, needle case, brooch, glasses case, pin cushion, or item of your choosing.

Date	Day	Time	Session
June 21	Sun	9 a.m. - 12 p.m.	One-off

## Origami I



Learn how to transform ordinary pieces of papers into various animals and objects by simply folding them with your hands. This is a beginner friendly class. The projects that may be presented in this class include: cup, swan, dove, fox (additional contents planned if time allows).

Date	Day	Time	Session
July 6 & 13	Mon	1 - 3 p.m.	2 weeks, fixed

## Learn to Sew



Learn the fundamentals of sewing in a relaxed, supportive environment. Students will build practical skills, work on guided projects and gain confidence using sewing machines and tools, all while exploring their creativity and personal style. Perfect for beginners and those looking to grow their sewing skills week by week.

Date	Day	Time	Session
Jul 7 - Aug 25	Tues	12 - 2 p.m.	5 weeks, fixed

(excl. July 28, Aug 4, Aug 11)



# Fine Arts & Crafts

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## The Art of Ink



Use pens, brushes and ink as tools for expressive and mindful mark making. Through exercises focused on line quality, repetition and rhythm, you will develop coordination and visual focus while exploring personal expression.

Date	Day	Time	Session
July 13 - Aug 19	Mon	3:30 - 5 p.m.	6 weeks, fixed

## Introduction to Paper Quilling



Explore the beautiful art of paper quilling, also known as paper filigree. Using simple tools and colourful paper strips, you will learn how to roll, twist, shape and bend paper to create your own unique designs including postcards or framed art.

Date	Day	Time	Session
July 16 - Aug 20	Thurs	10 a.m. - 12:30 p.m.	6 weeks, fixed

## Handmade Greeting Cards



In this course you will learn how to make three different types of greetings cards with different techniques and treatments. Build your skill set to have a variety of greeting cards on hand for whenever you need them.

Date	Day	Time	Session
July 15 - Aug 12	Wed	9 - 10:30 a.m.	5 weeks, flex

## Paper Mache Construction



You will transform simple, affordable materials like paper and glue and wire into sturdy, three-dimensional sculptures. You will also learn to build armateirs (framework), apply techniques like layering or pulp and finish your sculptures with painting and sealing.

Date	Day	Time	Session
July 16 - Aug 20	Thurs	1:30 - 4 p.m.	6 weeks, flex





# Fine Arts & Crafts

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Origami II



Learn how to transform ordinary pieces of papers into various animals and objects by simply folding them with your hands. This class will involve more techniques and may be more suitable for participants with previous experience with origami. The projects that will be presented in this class may include: flower with stem, flapping bird, traditional crane (additional content planned if time allows)

Date	Day	Time	Session
July 20 & 27	Mon	1 - 3 p.m.	2 weeks, fixed

## Storytelling and Art



Transform your personal memories into evocative visual narratives. Using simple pens and pencils, render stories that hold deep personal meaning for you. This three-part workshop focuses on celebrating the beloved people and cherished places that have shaped your life. Through guided exercises, you'll learn to translate fleeting moments into lasting artistic expressions. Discover the power of your unique perspective through art.

Date	Day	Time	Session
Aug 2 - 16	Sun	2 - 3 p.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.

## Hand Embroidered Sampling and Accessory Workshop



Focus on learning and practicing new stitches while building a personal stitched sample which then informs the creation of a finished embroidered accessory. This is a relaxed, exploratory approach that will encourage your creative expression alongside your skill building.

Date	Day	Time	Session
Aug 9 - 23	Sun	9 - 11 a.m.	3 weeks, fixed

## Art Helps Studio



Looking for an engaging, inspiring and creative experience? These weekly expressive sessions are accessible to anyone with any artistic background (even if you "can't draw a straight line"). This is not art class - it's a guided space in which to explore creativity and art making that supports stress reduction, boosts cognitive vitality and deepens self-understanding.

Date	Day	Time	Session
Aug 10 - 24	Mon	1 - 2:30 p.m.	3 weeks, flex





# Performing Arts

**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



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing



Physical Activity

## Memoir Magic



Turn fragmented memories into an illuminating story. You will learn how to craft scenes, structure life events and identify themes that unify scattered experiences. We will combine writing activities and peer feedback to help you develop a compelling narrative in which you are the main character.

Date	Day	Time	Session
May 7 - 28	Thurs	2 - 3:30 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.			
June 2 - 23	Tues	2 - 3:30 p.m.	4 weeks, fixed

## Beginner Keyboard



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

Date	Day	Time	Session
May 10 - June 21	Sun	11 a.m. - 12:30 p.m.	6 weeks, fixed
(excl. May 17)			
July 5 - Aug 16	Sun	11 a.m. - 12:30 p.m.	6 weeks, fixed
(excl. Aug 2)			

## Intro to Comedy Writing



This course invites you to learn the foundations of comedy through fun, guided writing exercises and group activities. Learn how to structure a joke, build a funny story and find humour in everyday life. Intro to Comedy Writing will help improve cognitive wellness, enhance confidence and welcome social connection. No previous experience needed.

Date	Day	Time	Session
May 5 - 26	Tues	12:30 - 2 p.m.	4 weeks, fixed
June 3 - 24	Wed	4:30 - 6 p.m.	4 weeks, fixed

## Intermediate Keyboard



Expand your musical abilities through keyboard study. Tailored to students with previous musical training whether on piano or another instrument.

Date	Day	Time	Session
May 10 - June 21	Sun	1 - 2:30 p.m.	6 weeks, fixed
(excl. May 17)			
July 5 - Aug 16	Sun	1 - 2:30 p.m.	6 weeks, fixed
(excl. Aug 2)			



# Performing Arts

**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



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing



Physical Activity

## 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
May 10 - June 21	Sun	3 - 4:30 p.m.	6 weeks, fixed
(excl. May 17)			
July 5 - Aug 16	Sun	3 - 4:30 p.m.	6 weeks, fixed
(excl. Aug 2)			

## Learn to Sing



Calling anyone who has ever wanted to learn to sing. In this masterclass format, you will receive guidance on technique, how to practice a song and basic ear training. Be prepared to sing solo in front of your peers.

Date	Day	Time	Session
May 25 - June 29	Mon	3 - 5 p.m.	6 weeks, fixed

## Beyond Eve: Stories of Women in the Bible



Women appear in the Tanach (Hebrew Bible) from the very beginning, but don't often get equal billing. From headliner heroines like Ruth and Judith to matriarchs in supporting roles - we will unearth and explore their stories and compare what the text says (or doesn't say) about these women and what we have traditionally learned (or not learned) about them.

Date	Day	Time	Session
May 15 - June 26	Fri	11 a.m. - 12:30 p.m.	6 weeks, fixed
(excl. May 22)			

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

## Comedy Writing II



Designed for participants who have completed Intro to Comedy, Comedy Writing II helps expand comedic writing skills. Learn how to develop longer bits, craft stronger stories and build layered jokes all while strengthening your memory and creativity. Begin developing your unique comedic voice in a fun and encouraging setting.

Date	Day	Time	Session
July 6 - 27	Mon	9 - 10:30 a.m.	4 weeks, fixed
Aug 4 - 25	Tues	2 - 3:30 p.m.	4 weeks, fixed

## Singing Masterclass



Open to singers who are looking to improve on their technique, interpretation and performance skills. Learn by instruction and from your classmates in this masterclass format. Be prepared to sing solo in front of your peers and to practice outside of class.

Date	Day	Time	Session
July 20 - Aug 24	Mon	3 - 5 p.m.	6 weeks, fixed



# Mind, Body & Soul Wellness

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Mindfulness Meditation: Deepening the Practice from Within



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
May 5 - June 23	Tues	10 - 11 a.m.	8 weeks, fixed
July 7 - Aug 25	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.

## Sleep Well: Strategies for Better Sleep



For many of us, good sleep is hard to come by. A busy mind and a nervous system under stress can stand between us and a restful night. In this course, we'll explore complementary approaches to better sleep. We'll discuss sleep hygiene, cultivate habits that promote sleep, transform habits that hinder sleep and engage in breathing and meditation practices to calm the nervous system and attend to the mind.

Date	Day	Time	Session
May 5 - June 9	Tues	5:30 - 6:30 p.m.	6 weeks, fixed
July 14 - Aug 11	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.

## Calming the Overactive Nervous System



Do you ever feel like you just can't switch off? Many of us move through our days carrying more than we realize — balancing responsibilities, managing stress and rarely giving ourselves permission to truly rest. Over time, living in this “always-on” state takes a real toll on our energy, our mood, our sleep, and our sense of wellbeing. But it doesn't have to stay that way. In this class, you'll discover that calming your nervous system is a skill - and one you can absolutely learn.

Date	Day	Time	Session
May 5 - June 9	Tues	6:45 - 7:45 p.m.	6 weeks, fixed
July 14 - Aug 11	Tues	6:45 - 7:45 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.

## Tai Chi & Qi Gong I



Learn the basic principles of Tai Chi and Qi Gong, including proper body posture, breathing techniques and detailed movement. You will learn a series of Tai Chi and Qi Gong sets designed to work on different parts of the body, promoting flexibility, strength, balance and relaxation. These sessions are suitable for beginners and/or adaptable for seated or standing practice.

Date	Day	Time	Session
May 6 - June 24	Wed	8:30 - 9:15 a.m.	Weekly, drop-in
May 8 - June 26	Fri		
(excl. May 22)			
July 8 - Aug 26	Wed	8:30 - 9:15 a.m.	Weekly, drop-in
July 3 - Aug 21	Fri		
(excl. Jul 1)			



# Mind, Body & Soul Wellness

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Tai Chi & Qi Gong II



Deepen your Tai Chi and Qi Gong practice by learning more about body posture, breathing and movement. Your learning will be aimed at providing you with more knowledge and confidence for self-practice sets.

Date	Day	Time	Session
May 6 - June 24	Wed	9:30 - 10:15 a.m.	Weekly, drop-in
May 8 - June 26	Fri		
(excl. May 22)			
July 8 - Aug 26	Wed	9:30 - 10:15 a.m.	Weekly, drop-in
July 3 - Aug 21	Fri		
(excl. Jul 1)			

## Alexander Technique: Reduce Aches and Pains



An introduction to the Alexander Technique with an emphasis on helping you to move through your daily life and reduce your aches and pains.

Date	Day	Time	Session
May 6 - June 10	Wed	1 - 2 p.m.	6 weeks, flex
July 15 - Aug 12	Wed	1 - 2 p.m.	5 weeks, flex

## Alexander Technique Lab: Elevate Your Fitness



Attain a new perspective on exercises that you do on a regular basis to help achieve better results. Bring any type of exercise you enjoy to this program and explore new ways of approaching your routine to keep it interesting and help prevent injuries.

Date	Day	Time	Session
May 6- June 10	Wed	2:15 - 3:15 p.m.	6 weeks, flex
July 15 - Aug 12	Wed	2:15 - 3:15 p.m.	6 weeks, flex

## Pain Reset: Mind-Body Strategies to Turn Down the Alarm



Research shows that our nervous system can amplify the experience of pain when under stress. In this 6-week course, you will learn mindfulness-based strategies to help your nervous system reduce the intensity of your pain experience. Drawing on approaches inspired by Pain Reprocessing Therapy (PRT), this course teaches you how to retrain the brain, strengthen stress-resilience, and gently reduce the intensity of pain signals to help you feel more in control of your daily experience.

Each 75-minute session includes research-informed insights, guided practice, discussion, and actionable strategies you can use at home and beyond. Your pain is real, and it's possible to use the power of the brain and nervous system to reduce it.

Date	Day	Time	Session
May 6 - June 10	Wed	1 - 2:15 p.m.	6 weeks, fixed
July 8 - Aug 12	Wed	1 - 2:15 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.



# Mind, Body & Soul Wellness

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Exploring Meditation and Restorative Breathing



This class is an opportunity to explore a variety of meditation practices including and beyond traditional breath-focused techniques. Each week, you will experience a different style of evidence-informed meditation. Alongside practice, we will briefly discuss the purpose of each meditation style, the situations in which it may be helpful and what research suggests about its benefits.

Date	Day	Time	Session
May 7 - June 11	Thurs	9 - 10 a.m.	5 weeks, fixed
(excl. May 21)			
July 23 - Aug 20	Thurs	9 - 10 a.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.

## Navigating Stress: Mindfulness-Based Strategies and Breathwork for Cultivating Resilience



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

Date	Day	Time	Session
May 7 - June 18	Thurs	1 - 2:15 p.m.	6 weeks, fixed
(excl. May 21)			
July 9 - Aug 13	Thurs	1 - 2:15 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.

## Gentle Lymphatic Movement & Mobilization



In this class we will combine gentle movement, deep breathing and specific sequences to encourage overall wellness.

Date	Day	Time	Session
May 7 - June 25	Thurs	2 - 2:45 p.m. 3 - 3:45 p.m.	Weekly, drop-in
July 9 - Aug 20	Thurs	2 - 2:45 p.m. 3 - 3:45 p.m.	Weekly, drop-in

## Mindfulness Meditation: Breathwork 101



This class is for those looking to build their meditation practice through learning diaphragmatic breathing techniques, observing your thoughts and learning how to calm down.

Date	Day	Time	Session
May 8 - June	Fri	10 - 11 a.m.	7 weeks, fixed
(excl. May 22)			
July 10 - Aug 21	Fri	10 - 11 a.m.	7 weeks, fixed

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





# Mind, Body & Soul Wellness

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## 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
May 8 - June 12	Fri	1- 3 p.m.	5 weeks, fixed
excl. (May 15 & 22)			

## Qi Gong I



Emerge yourself in slow meditative movements that help improve circulation throughout the body with an emphasis on deep breathing to improve oxygen intake and overall health. This class can be done seated or standing or as a combination of the two.

Date	Day	Time	Session
May 8 - June 26	Fri	6:15 - 7 p.m.	Weekly, drop-in
(excl. May 22)			
July 3 - Aug 21	Fri	6:15 - 7 p.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.

## Qi Gong II



This class will build on the Qi Gong I by introducing the theory behind the practice. 10-15 minutes of the class will involve videos of Qi Gong masters speaking to the effects of Qi Gong on the body, mind and spirit. These videos will be followed by 40 minutes of movement and some guided meditation.

Date	Day	Time	Session
May 8 - June 26	Fri	7:15 - 8 p.m.	Weekly, drop-in
(excl. May 22)			
July 3 - Aug 21	Fri	7:15 - 8 p.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.

## Mindfulness & Self Compassion: A Happier, Healthier You



Explore the foundations of mindfulness and self-compassion to support greater well-being and balance in everyday life. You will learn how to respond to stress, self-criticism and challenge with greater awareness, kindness and clarity. Through quick techniques, guided practices, reflection and evidence-based strategies, you will build practical skills for emotional regulation, focus and self-care.

Date	Day	Time	Session
May 10	Sun	2 - 3 p.m.	One-off, in-person
May 17	Sun	6 - 7 p.m.	One-off, virtual

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



# Mind, Body & Soul Wellness

**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



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing



Physical Activity

## 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.

Date	Day	Time	Session
May 12 - June 16	Tues	4 - 5 p.m.	6 weeks, flex
July 7 - Aug 11	Tues	4 - 5 p.m.	5 weeks, flex

(excl. Jul 28)

## Mindfulness & Self-Compassion Education & Practice



Learn how to respond to stress, self-criticism and challenge with greater awareness, kindness and clarity. Through quick techniques, guided practices, reflection and evidence-based strategies, this workshop builds practical skills for emotional regulation, focus and self-care.

Date	Day	Time	Session
May 25 - June 29	Mon	6 - 7 p.m.	6 weeks, fixed
July 6 - Aug 10	Mon	6 - 7 p.m.	5 weeks, fixed

(excl. Aug 3)

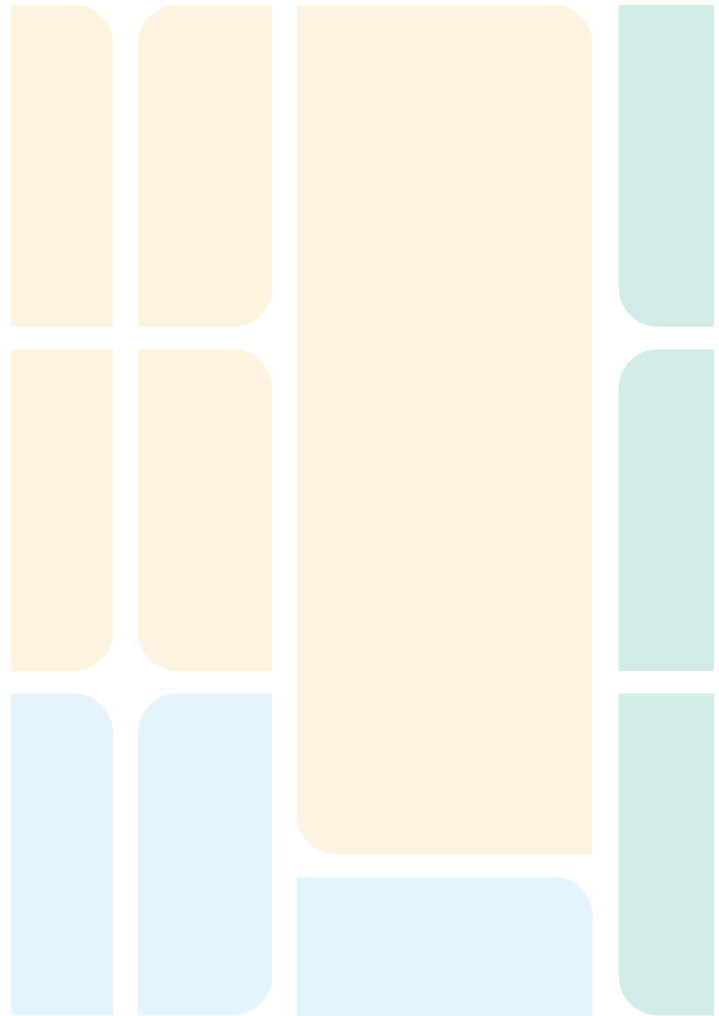
This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

## Chen Yi Meditation



Also known as river meditation this practice guides participants through a tranquil inner journey, visualizing a gentle river to cultivate deep calmness and clarity.

Date	Day	Time	Session
June 5 - 26	Fri	3:30 - 4:15 p.m.	4 weeks, fixed





# Fitness & Aquatics

**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



Brain-Healthy Eating



Cognitive Engagement



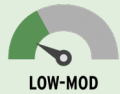
Mental Wellbeing



Physical Activity

## Activity Rating

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



LOW-MOD

Suitable for those new to fitness with use of gait aids or some functional limitations, modified for low endurance or injuries.



MOD-HIGH

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

## Activity Flow Chart & Movement Recommendations

**Balance and Function Exercises:** Aim for 3 - 4 times per week

**Muscle Strengthening Exercises:** 3 - 4 times per week, no more than 1 time per day.

**Aerobic Exercises:** 3 - 4 times per week, no more than 1 time per day.



## Barre Fitness



Barre is a total body workout inspired by elements of ballet, yoga and pilates. It involves low-impact, high intensity movements designed to strengthen your body, lengthen your muscles and improve your posture. Additionally, barre develops your agility and flexibility, improves balance and can increase your range of motion.

Intensity	Day	Time	Session
 LOW-MOD	Mon Thurs	9 - 10 a.m. 9:30 - 10:30 a.m.	Weekly, drop-in
(excl. May 18 & Aug 3)			

## Therapeutic Yoga



This is a gentle, intentional practice designed to support healing, balance and overall well-being. This will allow you the time and space to benefit from each pose as you move consciously through the practice. Whether you're managing stress, recovering from injury, living with chronic pain or simply feeling overwhelmed, this practice offers a safe and supportive space to heal and reconnect with your body.

Intensity	Day	Time	Session
 LOW-MOD	Mon	9:30 - 10:30 a.m.	May 25 - June 29 6 weeks, fixed
	Mon	9:30 - 10:30 a.m.	July 13 - Aug 24 6 weeks, fixed
(excl. Aug 3)			



# Fitness & Aquatics

**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



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing



Physical Activity

## Dance and Groove



This class begins seated but will quickly have you on your feet. Engage in a fun cardio workout with some complex coordination and some basic dance steps while learning a dance routine. We will be grooving to upbeat songs from the disco or Motown eras.

Intensity	Day	Time	Session
	Mon	10:45 a.m. - 12 p.m.	May 11 - June 22 6 weeks, drop-in
	Mon	10:45 a.m. - 12 p.m.	July 6 - Aug 17 6 weeks, drop-in
	(excl. May 18 & Aug 3)		

## Pump It Up



A fun, upbeat strength class designed for those who want to feel stronger, steadier and more energized. We'll use resistance bands, dumbbells and bodyweight exercises to improve muscle strength, endurance, flexibility and balance. Movements are simple, effective and easy to follow, with options provided for all fitness levels.

Intensity	Day	Time	Session
	Mon	12 - 1 p.m.	Weekly, drop-in
	(excl. May 18 & Aug 3)		

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

## Better Balance



Gain knowledge of the relationship between your hips, knees and ankles and how these joints allow you to find balance and move well. Explore how the muscles in our feet help us feel more secure when standing and in motion.

Intensity	Day	Time	Session
	Mon	11 a.m. - 12 p.m.	June 1 - 22 July 6 - 27 4 weeks, fixed

## Stretch and Tone



Move through a series of stretches and movements focused on lengthening the muscles. Practice 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	12:15 - 1:15 p.m.	Weekly, drop-in, in-person
	Mon	6 - 7 p.m.	Weekly, drop-in, virtual

Monday at 6 p.m. is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

(excl. May 18 & Aug 3)





# Fitness & Aquatics

**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



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing



Physical Activity

## High Intensity Interval Training (HIIT)



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	1:30 - 2:30 p.m.	Weekly, drop-in, in-person

MOD-HIGH

(excl. May 18 & Aug 3)

## Men's Only Weight Lifting



Led by and designed by men, this class will teach you the fundamentals of resistance training, as well as technique and form.

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

MOD-HIGH

(excl. May 18 & Aug 3)

## 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
	Mon	4:15 - 5 p.m.	Weekly, drop-in, (excl. May 11, 18, July 13, 20, 27, Aug 3)

MOD-HIGH

Fri 2 - 2:45 p.m. Weekly, drop-in (excl. May 8, 15, 22, July 17, 24)

## Alignment Yoga



In the style of Hatha yoga, this class emphasizes precise body positioning in every posture to promote safety, stability and optimal physical benefit. Rather than moving quickly through sequences, practitioners hold poses longer and focus on proper placement of the feet, hips, spine, shoulders and head.

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

LOW-MOD

(excl. May 18, July 27, Aug 3)

## Restorative Yoga



Restorative yoga encourages physical, mental and emotional relation. Practicing at a slow pace, we focus on long holds, stillness and deep breathing.

Intensity	Day	Time	Session
	Mon	5:15 - 6:15 p.m.	Weekly, drop-in

LOW-MOD

(excl. May 18, July 27 & Aug 3)

Wed 11:30 a.m. - 12:15 p.m. Weekly, drop-in

(excl. July 29)





# Fitness & Aquatics

**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



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing




Physical Activity

## Mindful Yoga



This class will add healing, toning and the balancing qualities of yoga 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
 LOW-MOD	Mon	5:30 - 6:30 p.m.	Weekly, flex, virtual

Monday at 5:30 p.m. is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.


Thurs	10:30 - 11:30 a.m.	Weekly, flex, in-person
-------	--------------------	-------------------------

(excl. May 18, 21 & Aug 3)

## Stretch and Rejuvenate



This class will not only tighten and tone your whole body, it will also stabilize and lengthen your muscles, improve your posture and increase your overall strength.

Intensity	Day	Time	Session
 MOD-HIGH	Mon	5:15 - 6 p.m.	Weekly, drop-in, (excl. May 18)

Mon	5:15 - 6 p.m.	Weekly, drop-in (excl. July 13, 27, Aug 3)
-----	---------------	--

## 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
 LOW-MOD	Mon	6:15 - 7:15 p.m.	Weekly, drop-in (excl. May 18 & Aug 3)

## 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. Modification can be made throughout the class as best as possible but this is a standing exercise class.


Intensity	Day	Time	Session
 LOW-MOD	Tues	8:30 - 9:15 a.m.	Weekly, drop-in
	Thurs	4 - 4:45 p.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.

## Brazilian Dance




Explore the elements of Afro-Brazilian dance, as well as Samba and Batuque from southern Brazil. We will get the body moving from head to toe through rhythmic and sequenced choreography.

Intensity	Day	Time	Session
 LOW-MOD	Tues	10 - 11 a.m.	6 weeks, fixed, May 19 - June 23
	Tues	10 - 11 a.m.	6 weeks, fixed, July 7 - Aug 11

## Rehabilitative Mat Pilates



The class comprises of gentle, controlled and exploratory movement designed to help you understand how your joint functions. The mechanics of breathing and abdominal strength will also be explored. Participants need to be comfortable lying down for periods of time and are able to get up off the floor independently.

Intensity	Day	Time	Session
 LOW-MOD	Tues	10 - 11 a.m.	Weekly, drop-in, May 5 - Aug 11



# Fitness & Aquatics

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**




**Physical Activity**

## Intermediate Strength Training




This strength training class is for people who are working at a level beyond beginner. The classes will emphasize building total body muscular strength by using a combination of dumbbells, resistance bands and body exercises. Balance movements will be integrated into the strength exercises to provide an extra challenge to both strength and stability.

Intensity	Day	Time	Session
 MOD-HIGH	Tues	10 - 10:50 a.m.	Weekly, drop-in
		(excl. July 28)	

## Nordic Pole Walking




Nordic Pole Walking takes conventional fitness walking to a new level of performance and enjoyment, thanks to the use of specialized Nordic walking poles. Nordic Pole Walking burns more calories, engages more muscles and provides more balance and stability training than fitness walking alone.

Intensity	Day	Time	Session
 LOW-MOD	Tues	11 - 11:50 a.m.	Weekly, drop-in
		(excl. July 28)	

## Vinyasa Yoga



Build strength, mobility and balance within a mindful flow. We'll move through gentle sun salutations, supported standing sequences and functional transitions that support joint health and stability. Emphasis is placed on breath-led movement, clear alignment cues and options for every body.

Intensity	Day	Time	Session
 LOW-MOD	Tues	12 - 1 p.m.	Weekly, flex

## Circuit Training Moderate




For members familiar with proper form, technique and Stan's Gym equipment; this class focuses on building strength across the muscle groups and gets your heart pumping.

Intensity	Day	Time	Session
 MOD-HIGH	Tues	1 - 1:45 p.m.	Weekly, drop-in
	Wed	1 - 2 p.m.	Weekly, drop-in
		(excl. July 1)	

## 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
 MOD-HIGH	Tues	2 - 2:45 p.m.	Weekly, drop-in
	Thurs	2 - 2:45 p.m.	Weekly, drop-in
		(excl. May 7, June 4, July 2)	

## Circuit Training Basics



Learn to train with proper form and technique using the Stan's Gym equipment. You will rotate through multiple stations. Ideal for beginners just getting into fitness.

Intensity	Day	Time	Session
 LOW-MOD	Tues	3 - 3:45 p.m.	Weekly, drop-in
	Thurs	3 - 3:45 p.m.	Weekly, drop-in
		(excl. May 7, June 4, July 2)	



# Fitness & Aquatics

**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



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing



Physical Activity

## Choy Li Fut Kung Fu



Learn the foundational aspects of Choy Li Fut Kung Fu including stances, proper posture, body alignment and balance. You will progressively learn various martial arts techniques and forms leading to greater strength and mobility.

Intensity	Day	Time	Session
	Tues	4:15 - 5 p.m.	8 weeks, fixed, May 5 - June 23, July 7 - Aug 25
	Tues	5:15 - 6 p.m.	8 weeks, fixed, May 5 - June 23, July 7 - Aug 25

## Essentrics I



This class focuses in rebalancing the body and improving joint mobility, alignment and posture. The first half of the class will involve standing exercises using a chair to hold onto. The second half of the class will have participants sit on their chair for toning and stretching.

Intensity	Day	Time	Session
	Tues	6:15 - 7 p.m.	Weekly, drop-in

## Essentrics II



Build on the skills and strength you developed in Essentrics I to continue to restore and refresh your joint mobility, alignment and posture. This class will involve a standing portion with stretching, toning and balancing exercises, as well as a floor portion with toning and stretching exercises.

Intensity	Day	Time	Session
	Tues	7:15 - 8 p.m.	Weekly, drop-in

## Nia Dance



Nia blends the joy of dance, discipline of martial arts, mindfulness of somatics and universal spiritual principles to create transformational fitness experiences.

Intensity	Day	Time	Session
	Wed	9 - 10 a.m.	Weekly, drop-in (excl. July 29)
	Fri	11:30 a.m. - 12:15 p.m.	Weekly, drop-in

## Total Core Workout



A strength-focused class designed to build a stronger, more stable midsection and support better posture, balance, and everyday movement. This class targets the entire core - including abdominals, obliques, lower back, hips and glutes.

Intensity	Day	Time	Session
	Wed	10:15 - 11:15 a.m.	Weekly, drop-in (excl. July 1)

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

## Ecstatic Dance



A free form, conscious movement practice where you will dance without choreography, steps or judgment. Guided solely by music, you will move intuitively, expressing emotions and releasing inhibitions.

Intensity	Day	Time	Session
	Wed	10:15 - 11:15 a.m.	Weekly, drop-in
	Thurs	5:15 - 6 p.m.	Weekly, drop-in (excl. July 29, July 30)



# Fitness & Aquatics

**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



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing




Physical Activity

## OsteoFit I




This class 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.

Intensity	Day	Time	Session
 LOW-MOD	Wed	2 - 2:45 p.m.	Weekly, drop-in

## Balls and Bands



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


Intensity	Day	Time	Session
 LOW-MOD	Wed	4 - 4:45 p.m.	Weekly, drop-in
		(excl. July 1)	
	Fri	8:30 - 9:15 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.

## Osteofit II



This class offers continued strength building and improved balance with higher intensity than Osteofit I, ensuring continued progression.

Intensity	Day	Time	Session
 MOD-HIGH	Wed	3 - 3:45 p.m.	Weekly, drop-in

## Strength and Core Fusion



Build muscular endurance, flexibility and core stability using weights, bands or bodyweight exercises.


Intensity	Day	Time	Session
 LOW-MOD	Wed	4:30 - 5:30 p.m.	Weekly, drop-in, virtual
		(excl. July 1)	

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

## Core Fundamentals Pilates




This class offers a gentle workout for beginners where you will learn the building blocks that establish the foundation for a pilates program designed to improve your coordination, strength, flexibility and balance.

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

## Body Blast Bootcamp



Improve muscular strength, endurance and cardiovascular fitness via a high-intensity, total-body workout routine.

Intensity	Day	Time	Session
 MOD-HIGH	Wed	5:45 - 6:45 p.m.	Weekly, drop-in, virtual
	Sun	9 - 10 a.m.	virtual
		(excl. July 1)	

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



# Fitness & Aquatics

**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



Brain-Healthy Eating



Cognitive Engagement



Mental Wellbeing



Physical Activity

## Therapeutic Yoga: Care for Body & Nervous System



This is a gentle practice for those living with injury, chronic conditions or simply the wear of everyday life. This class is a place to slow down, listen inward and tend to yourself with care.

Intensity	Day	Time	Session
 LOW-MOD	Thurs	11:45 a.m. - 12:30 p.m.	6 weeks, fixed, virtual

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

## Cardio Groove



A fun, feel-good cardio class designed for those who want to get their heart rate up without high impact or overly intense moves. Set to the best hits from the 70's and 80's, this class combines easy-to-follow cardio patterns, light conditioning and lots of movement to improve stamina, coordination, and overall energy. Exercises are joint-friendly and can be modified for all fitness levels.

Intensity	Day	Time	Session
 MOD-HIGH	Thurs	12:30 - 1:30 p.m.	Weekly, drop-in, virtual

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

## Balance, Gait and Mobility for Active Living



We will focus on strengthening, flexibility, and coordination to maintain independence, reduce the risk of falls and improve daily functioning

Intensity	Day	Time	Session
 LOW-MOD	Thurs	1 - 1:45 p.m.	Weekly, drop-in

## Yogalates



A combination of yoga and pilates designed as a form of falls prevention. You will strengthen your lower back, aiding in better posture and balance. We will also increase flexibility and mobility to improve body awareness.

Intensity	Day	Time	Session
 MOD-HIGH	Thurs	4 - 4:45 p.m.	Weekly, drop-in

## Women's Only Weight Lifting



Led by and designed by women, this class will teach you the fundamentals of resistance training, as well as technique and form.

Intensity	Day	Time	Session
 MOD-HIGH	Thurs	6:15 - 7 p.m.	Weekly, drop-in (excl. May 14, 21, July 30)

## Stretch and Strength Pilates



This class combines controlled, low impact movements with deep muscle engagement to improve flexibility and build core strength. Key benefits include improved posture, reduced injury risk and better joint mobility.

Intensity	Day	Time	Session
 MOD-HIGH	Thurs	7:15 - 8 p.m.	Weekly, drop-in (excl. May 21, July 30)



# Fitness & Aquatics

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Musical Theatre Dance



The majority of the class is spent learning a routine to a popular musical theatre song. Choreography will include basic dance steps and gestures to help tell the song's story.

Intensity	Day	Time	Session
 LOW-MOD	Fri	10 - 11:15 a.m.	6 weeks, drop-in, May 8 - June 19
	Fri	10 - 11:15 a.m.	6 weeks, drop-in, July 3 - Aug 7

(excl. May 22)

## Strength Foundations



Practice using the machines in Stan's Gym and how to incorporate proper form to prevent injuries while building strength.

Intensity	Day	Time	Session
 MOD-HIGH	Fri	3 - 4 p.m.	6 weeks, fixed, May 8 - June 19
	Fri	3- 4 p.m.	5 weeks, fixed, July 3 - Aug 7

(excl. May 22)

## Brain & Body Connection



Instead of isolating one muscle at a time, this class will help you to train your body to work as a single, cohesive unit, via the brain-body connection.

Intensity	Day	Time	Session
 LOW-MOD	Fri	10: 15 - 11:15 a.m.	4 weeks, fixed, June 5 - 26
	Fri	10:15 - 11:15 a.m.	4 weeks, fixed, July 3 - 24
	Fri	10:15 - 11:15 a.m.	4 weeks, fixed, July 31 - Aug 21

## Rebuilding Fitness



This class takes simple steps to introduce aerobic, strength, stretching and balance exercises to participants. Ideal for those returning to exercise after an injury or wanting to bring physical activity back into their life.

Intensity	Day	Time	Session
 LOW-MOD	Fri	4:30 - 5:30 p.m.	Weekly, drop-in

(excl. May 22)

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

## 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
 MOD-HIGH	Fri	1 - 1:45 p.m.	Weekly, drop-in

(excl. May 8, May 15, and May 22, July 17, 24)





# Fitness & Aquatics

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**




**Physical Activity**

## Fine Movement and Stretch



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

Intensity	Day	Time	Session
 MOD-HIGH	Sun	1 - 1:45 p.m.	Weekly, drop-in
(excl. May 10, 17, July 19, 26)			

## 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
 LOW-MOD	Sun	12 - 12:45 p.m.	Weekly, drop-in
(excl. July 26)			

## 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 will work on enhancing balance, posture and strength in the water.

Intensity	Day	Time	Session
 MOD-HIGH	Thurs	5:15 - 6 p.m.	Weekly, drop-in
(excl. May 7, 14, 21 or July 16, 23, 30)			

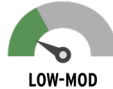
## Swimming Lessons



Whether you are 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.

Intensity	Day	Time	Session
 LOW-MOD	Mon	6 - 6:30 p.m. 6:30 - 7 p.m. 7 - 7:30 p.m. 7:30 - 8 p.m.	Weekly, drop-in

(excl. May 18, Aug 3)

Intensity	Day	Time	Session
 LOW-MOD	Thurs	3 - 3:30 p.m. 3:30 - 4 p.m. 4 - 4:30 p.m. 4:30 - 5 p.m.	Weekly, drop-in

(excl. May 7, 14, 21 or July 16, 23, 30)

## Water Walking



Moving through the water with a variety of walking patterns and progressions will help you achieve an excellent total body workout that focuses on core, balance, strength, mobility, posture and gait training - all while avoiding momentum and stress on the joints.

Intensity	Day	Time	Session
 LOW-MOD	Tues	12:45 - 1:30 p.m.	Weekly, drop-in



# Fitness & Aquatics

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Aqua Strength and Balance



Training in water provides a protective environment which naturally balances the body to easily train posture and balance - a key to aging well. Theoretical and practical knowledge will be shared to provide new exercises that will help improve activities of daily living.

Intensity	Day	Time	Session
	Tues	1:45 - 2:30 p.m.	Weekly, drop-in



## Aqua Boot Camp



Kick the intensity up a notch and keep yourself motivated with a no non-sense workout. Add variety and challenge utilizing aerobic and muscle conditioning interval sets or circuit stations.

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



## Aqua Taekwondo



This class is a powerful fusion of martial arts and water fitness. Combining dynamic punching and kicking techniques from Kickboxing and Taekwondo, this program transforms the pool in to a total body training zone - maximizing resistance while minimizing joint stress.

Intensity	Day	Time	Session
	Tues	3:45 - 4:30 p.m.	Weekly, drop-in



## Aqua Nia



Aqua Nia combines traditional elements of aquatic fitness with the benefits of dance, martial arts, pilates and yoga.

Intensity	Day	Time	Session
	Tues	5 - 5:45 p.m.	Weekly, drop-in
	(excl. July 28, Aug 4)		
	Fri	9:30 - 10:15 a.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
	Tues	6 - 6:45 p.m.	Weekly, drop-in
	(excl. July 28, Aug 4)		
	Fri	10:30 - 11:15 a.m.	Weekly, drop-in



## Moving Through Water



This class is perfect for you if you are new to exercising in the water and/or prefer to workout at a slower pace. We will work on balance, coordination and strengthening muscles all while enjoying some gentle cardio work.

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





# Fitness & Aquatics

**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**



**Brain-Healthy Eating**



**Cognitive Engagement**



**Mental Wellbeing**



**Physical Activity**

## Aquatic Fitness Level I



This moderately challenging class will encourage you to move through the water at a steady pace. You will increase your confidence as you strengthen your muscles, balance, coordination and cardio fitness.

Intensity	Day	Time	Session
 LOW-MOD	Wed	10:30 - 11:15 a.m.	Weekly, drop-in

## Aquatic Fitness Level II



This is an advanced class where you will move through the water at an accelerated rate while doing exercises that focus on muscle strength, balance, coordination and cardio fitness.

Intensity	Day	Time	Session
 MOD-HIGH	Wed	11:30 a.m. - 12:15 p.m.	Weekly, drop-in

## Easing into Aquatic Fitness



A gentle class which will introduce you to movement, range of motion, flexibility, balance, body awareness, conditioning sets and how to gain confidence in the water.

Intensity	Day	Time	Session
 LOW-MOD	Thurs	8:30 - 9:15 a.m.	Weekly, drop-in

## General Aquatic Fitness



Learn to improve your skill level, working and body positions, range of motion, flexibility, balance, body alignment, as well as muscle and cardiovascular conditioning.

Intensity	Day	Time	Session
 LOW-MOD	Thurs	9:30 - 10:15 a.m.	Weekly, drop-in

## Progressed Aquatic Fitness



A heightened aquatic skill class focusing on balance, body alignment, refined technique, increased range of motion, flexibility and a variety of body positions for muscle & cardiovascular sets.

Intensity	Day	Time	Session
 MOD-HIGH	Thurs	10:30 - 11:15 a.m.	Weekly, drop-in

## Aqua Toning



A full-body 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
 MOD-HIGH	Fri	4 - 4:45 p.m.	Weekly, drop-in (excl. May 8, 15, 22, July 17, 24)
	Sun	11 - 11:45 a.m.	Weekly, drop-in (excl. July 26)

## 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
 MOD-HIGH	Fri	5 - 5:45 p.m.	Weekly, drop-in (excl. May 8, 15, 22, July 17, 24)
	Sun	10 - 10:45 a.m.	Weekly, drop-in (excl. May 10, 17; July 19, 26)

# 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.

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.

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

## Open Pool Hours

MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 a.m. - 12 p.m.	8:30 a.m. - 12 p.m.	12:30 - 7:30 p.m.	12 - 2 p.m.	12 - 3 p.m.	CLOSED	8 - 9:30 a.m.
3:30 - 5:30 p.m.						4:30 - 7:30 p.m.

## Open Gym Hours

MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 a.m. - 2 p.m.	8:30 a.m. - 9:30 a.m.	8:30 a.m. - 12 p.m.	8:30 a.m. - 1 p.m.	8:30 - 9:30 a.m.	CLOSED	8:30 a.m. - 12 p.m.
4 - 7:30 p.m.	4 - 7:30 p.m.	3 - 7:30 p.m.	4 - 6 p.m.	4:30 - 7:30 p.m.		2:30 - 4:30 p.m.
						6:30 - 7:30 p.m.

# Helpful Information



## Methods of Payment:

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



## Lockers:

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



## Water:

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



## Wi-Fi:

Please enjoy free guest wi-fi while at the Kimel Family Centre.



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

# Hours of Operation

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

Spring/Summer programming is from May 5 to August 26.

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

- Victoria Day (May 18)
- Shavout (May 21\*, 22, 23)
- Canada Day (July 1)
- Civic Holiday (Aug 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.



416-785-2500 ext. 3666



55 Ameer Avenue,  
North York, ON M6A 2Z1



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



[kimelcentre.baycrest.org](http://kimelcentre.baycrest.org)



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.