

PROGRAM GUIDE

Fall 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 and 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, Co-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 \$50 membership/month+tax

The Impact of Research

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

Did you know that 45 per cent 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 completing 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

	Foundational Courses	5
	Nutrition & Cooking	10
	Events, Games & Social Clubs	13
	Lectures & Continuing Education	15
	Fine Arts & Crafts	27
	Performing Arts	35
	Mind, Body & Soul Wellness	39
	Fitness & Aquatics	45



**Social
Connections**



**Brain-Healthy
Eating**



**Cognitive
Engagement**



**Mental
Wellbeing**



**Physical
Activity**

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, fulfillment 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.

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

1 Visit 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:

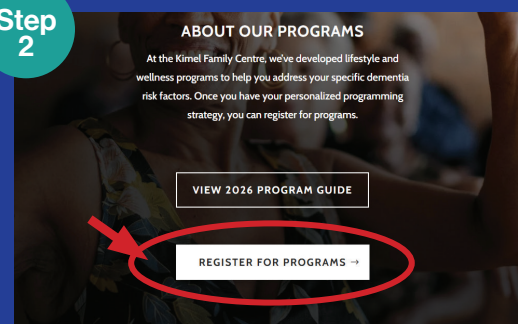
- Find by **Program Domain**
- Search by **Program Name**
- Filter by **Day**
- Filter by **Risk Factor**

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

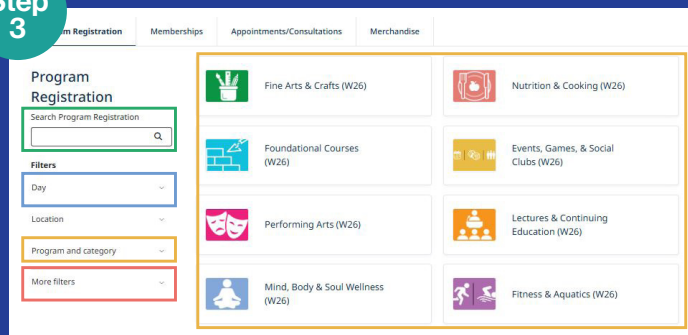
1. **List View** 2. **Calendar View**

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

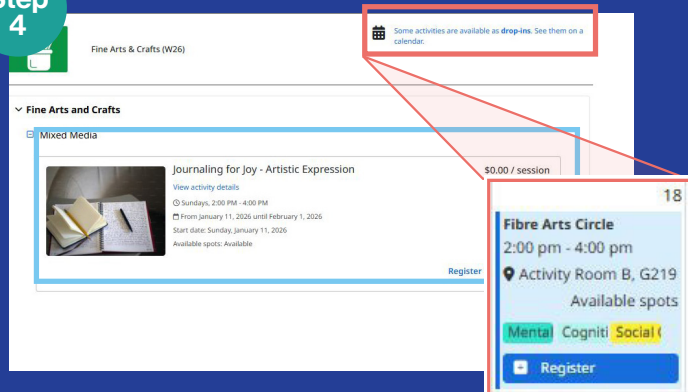
Step 2



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 (Mandatory)



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 Setting Workshops (Mandatory) Part 1



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 making the appropriate adjustments to your goals.

Date	Day	Time	Session
Sept 17	Thurs	9 - 9:45 a.m.	In-Person
Sept 23	Wed	10 - 10:45 a.m.	Virtual
Sept 23	Wed	11 - 11:45 a.m.	Virtual
Sept 30	Wed	4:45 - 5:30 p.m.	In-Person
Oct 1	Thurs	9 - 9:45 a.m.	In-Person
Oct 5	Mon	5 - 5:45 p.m.	In-Person
Oct 5	Mon	6 - 6:45 p.m.	In-Person
Oct 5	Mon	7 - 7:45 p.m.	In-Person
Oct 9	Fri	11 - 11:45 a.m.	Virtual
Oct 9	Fri	12 - 12:45 p.m.	Virtual
Oct 11	Sun	10 - 10:45 a.m.	In-Person

5

SMART Goal Setting Workshops (Mandatory) Part 1



Date	Day	Time	Session
Oct 11	Sun	11 - 11:45 a.m.	In-Person
Oct 14	Wed	10 - 10:45 a.m.	Virtual
Oct 14	Wed	11 - 11:45 a.m.	Virtual
Oct 14	Wed	4:45 - 5:30 p.m.	In-Person
Oct 15	Thurs	9 - 9:45 a.m.	In-Person
Oct 23	Fri	11 - 11:45 a.m.	Virtual
Oct 23	Fri	12 - 12:45 p.m.	Virtual
Oct 26	Mon	10 - 10:45 a.m.	Virtual
Oct 26	Mon	11 - 11:45 a.m.	Virtual
Nov 2	Mon	5 - 5:45 p.m.	In-Person
Nov 2	Mon	6 - 6:45 p.m.	In-Person
Nov 2	Mon	7 - 7:45 p.m.	In-Person
Nov 4	Wed	4:45 - 5:30 p.m.	In-Person
Nov 5	Thurs	9 - 9:45 a.m.	In-Person
Nov 5	Thurs	10 - 10:45 a.m.	In-Person
Nov 6	Fri	11 - 11:45 a.m.	Virtual
Nov 6	Fri	12 - 12:45 p.m.	Virtual
Nov 16	Mon	5 - 5:45 p.m.	In-Person
Nov 16	Mon	6 - 6:45 p.m.	In-Person
Nov 16	Mon	7 - 7:45 p.m.	In-Person
Nov 22	Sun	10 - 10:45 a.m.	In-Person
Nov 22	Sun	11 - 11:45 a.m.	In-Person
Nov 30	Mon	5 - 5:45 p.m.	In-Person
Nov 30	Mon	6 - 6:45 p.m.	In-Person
Nov 30	Mon	7 - 7:45 p.m.	In-Person
Dec 2	Wed	3:30 - 4:15 p.m.	In-Person
Dec 2	Wed	4:30 - 5:15 p.m.	In-Person
Dec 10	Thurs	10 - 10:45 a.m.	In-Person
Dec 10	Thurs	11 - 11:45 a.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.

SMART Goal Setting Workshops (Mandatory) Part 2



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 making the appropriate adjustments to your goals.

Date	Day	Time	Session
Sept 24	Thurs	9 - 9:45 a.m.	In-Person
Sept 28	Mon	5 - 5:45 p.m.	In-Person
Sept 28	Mon	6 - 6:45 p.m.	In-Person
Sept 28	Mon	7 - 7:45 p.m.	In-Person
Sept 30	Wed	10 - 10:45 a.m.	Virtual
Sept 30	Wed	11 - 11:45 a.m.	Virtual
Oct 7	Wed	4:45 - 5:30 p.m.	In-Person
Oct 8	Thurs	9 - 9:45 a.m.	In-Person
Oct 16	Fri	11 - 11:45 a.m.	Virtual
Oct 16	Fri	12 - 12:45 p.m.	Virtual
Oct 19	Mon	5 - 5:45 p.m.	In-Person
Oct 19	Mon	6 - 6:45 p.m.	In-Person
Oct 19	Mon	7 - 7:45 p.m.	In-Person
Oct 21	Wed	10 - 10:45 a.m.	Virtual
Oct 21	Wed	11 - 11:45 a.m.	Virtual
Oct 21	Wed	4:45 - 5:30 p.m.	In-Person
Oct 22	Thurs	9 - 9:45 a.m.	In-Person
Oct 25	Sun	10 - 10:45 a.m.	In-Person
Oct 25	Sun	11 - 11:45 a.m.	In-Person
Oct 30	Fri	11 - 11:45 a.m.	Virtual
Oct 30	Fri	12 - 12:45 p.m.	Virtual

SMART Goal Setting Workshops (Mandatory) Part 2



Nov 2	Mon	10 - 10:45 a.m.	Virtual
Nov 2	Mon	11 - 11:45 a.m.	Virtual
Nov 9	Mon	5 - 5:45 p.m.	In-Person
Nov 9	Mon	6 - 6:45 p.m.	In-Person
Nov 9	Mon	7 - 7:45 p.m.	In-Person
Nov 11	Wed	4:45 - 5:30 p.m.	In-Person
Nov 12	Thurs	9 - 9:45 a.m.	In-Person
Nov 12	Thurs	10 - 10:45 a.m.	In-Person
Nov 13	Fri	11 - 11:45 a.m.	Virtual
Nov 13	Fri	12 - 12:45 p.m.	Virtual
Nov 23	Mon	5 - 5:45 p.m.	In-Person
Nov 23	Mon	6 - 6:45 p.m.	In-Person
Nov 23	Mon	7 - 7:45 p.m.	In-Person
Nov 29	Sun	10 - 10:45 a.m.	In-Person
Nov 29	Sun	11 - 11:45 a.m.	In-Person
Dec 7	Mon	5 - 5:45 p.m.	In-Person
Dec 7	Mon	6 - 6:45 p.m.	In-Person
Dec 7	Mon	7 - 7:45 p.m.	In-Person
Dec 9	Wed	3:30 - 4:15 p.m.	In-Person
Dec 9	Wed	4:30 - 5:15 p.m.	In-Person
Dec 17	Thurs	10 - 10:45 a.m.	In-Person
Dec 17	Thurs	11 - 11:45 a.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

Eat Smart, Think Sharp: Nutrition for Brain Health (Mandatory)



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
Sept 9	Wed	12 - 2 p.m.	Virtual
Sept 10	Thurs	6 - 8 p.m.	Virtual
Sept 11	Fri	12:30 - 2:30 p.m.	Virtual
Sept 15	Tues	9 - 11 a.m.	In-Person
Sept 15	Tues	6 - 8 p.m.	Virtual
Sept 16	Wed	6 - 8 p.m.	Virtual
Oct 7	Wed	12 - 2 p.m.	Virtual
Oct 11	Sun	9 - 11 a.m.	Virtual
Oct 13	Tues	9 - 11 a.m.	In-Person
Oct 14	Wed	6 - 8 p.m.	Virtual
Oct 30	Fri	12 - 2 p.m.	Virtual
Nov 11	Wed	6 - 8 p.m.	Virtual
Nov 24	Tues	6 - 8 p.m.	Virtual
Dec 6	Sun	9 - 11 a.m.	Virtual
Dec 8	Tues	6 - 8 p.m.	Virtual
Dec 16	Wed	12 - 2 p.m.	Virtual

Fruits and Vegetables for Optimal Health (Mandatory)



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.

Fruits and Vegetables for Optimal Health (Mandatory)



Date	Day	Time	Session
Sept 9	Wed	7 - 8 p.m.	In-Person
Sept 14	Mon	6 - 7 p.m.	Virtual
Sept 17	Thurs	10 - 11 a.m.	Virtual
Sept 29	Tues	6 - 7 p.m.	Virtual
Oct 8	Thurs	6 - 7 p.m.	Virtual
Oct 22	Thurs	6 - 7 p.m.	Virtual
Oct 28	Wed	7 - 8 p.m.	In-Person
Nov 1	Sun	10 - 11 a.m.	Virtual
Nov 18	Wed	12 - 1 p.m.	Virtual
Dec 7	Mon	6 - 7 p.m.	Virtual
Dec 9	Wed	7 - 8 p.m.	In-Person

Decode the Label: Making Healthier Food Choices (Mandatory)



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
Sept 14	Mon	10:30 a.m. - 12 p.m.	Virtual
Sept 18	Fri	8:30 - 10 a.m.	Virtual
Sept 25	Fri	1 - 2:30 p.m.	In-Person
Sept 28	Mon	6 - 7:30 p.m.	Virtual
Oct 15	Thurs	9:30 - 11 a.m.	Virtual
Oct 23	Fri	8:30 - 10 a.m.	Virtual
Nov 5	Thurs	6 - 7:30 p.m.	Virtual
Nov 19	Thurs	6 - 7:30 p.m.	Virtual
Nov 25	Wed	6 - 7:30 p.m.	Virtual
Nov 27	Fri	11:30 a.m. - 1 p.m.	Virtual
Dec 4	Fri	1 - 2:30 p.m.	In-Person
Dec 18	Fri	8:30 - 10 a.m.	Virtual



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 Sweet and Salty Truth: Risks, Benefits and Balance of Salt and Sugar (Mandatory)



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
Sept 23	Wed	12 - 1 p.m.	Virtual
Sept 23	Wed	7 - 8 p.m.	In-Person
Oct 2	Fri	1 - 2 p.m.	Virtual
Oct 26	Mon	6 - 7 p.m.	Virtual
Nov 4	Wed	7 - 8 p.m.	In-Person
Nov 10	Tues	6 - 7 p.m.	Virtual
Dec 3	Thurs	6 - 7 p.m.	Virtual
Dec 10	Thurs	6 - 7 p.m.	Virtual
Dec 13	Sun	10 - 11 a.m.	Virtual

Power your Plate with Protein (Mandatory)



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
Oct 1	Thurs	5:30 - 6:30 p.m.	Virtual
Oct 7	Wed	7 - 8 p.m.	In-Person
Oct 21	Wed	12 - 1 p.m.	Virtual
Oct 28	Wed	6 - 7 p.m.	Virtual
Nov 9	Mon	6 - 7 p.m.	Virtual
Nov 11	Wed	7 - 8 p.m.	In-Person
Nov 15	Sun	10 - 11 a.m.	Virtual

Amilia Workshop: Register for Programs with Ease (Optional)



Need help learning how to navigate Amilia, our registration platform? Join this workshop where you will learn how to register/cancel courses, how to add yourself to the waitlist and how to see your schedule (1 person per 1 hour time slot).

Date	Day	Time	Session
Sept 9	Wed	5 - 8 p.m.	Virtual
Sept 16	Wed	12 - 3 p.m.	Virtual
Sept 17	Thurs	1 - 3 p.m.	In-Person
Sept 20	Sun	8 - 10 a.m.	Virtual
Sept 23	Wed	5 - 8 p.m.	Virtual
Sept 24	Thurs	1 - 3 p.m.	In-Person
Sept 30	Wed	12 - 3 p.m.	Virtual
Oct 4	Sun	8 - 10 a.m.	Virtual
Oct 7	Wed	5 - 8 p.m.	Virtual
Oct 11	Sun	4 - 7 p.m.	Virtual
Oct 14	Wed	12 - 3 p.m.	Virtual
Oct 15	Thurs	1 - 3 p.m.	In-Person
Oct 21	Wed	5 - 8 p.m.	Virtual
Oct 25	Sun	4 - 7 p.m.	Virtual
Oct 28	Wed	12 - 3 p.m.	Virtual
Oct 29	Thurs	1 - 3 p.m.	In-Person
Nov 4	Wed	5 - 8 p.m.	Virtual
Nov 8	Sun	4 - 7 p.m.	Virtual
Nov 11	Wed	12 - 3 p.m.	Virtual
Nov 12	Thurs	1 - 3 p.m.	In-Person
Nov 15	Sun	8 - 10 a.m.	Virtual
Nov 18	Wed	5 - 8 p.m.	Virtual



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

Amilia Workshop: Register for Programs with Ease (Optional)



Need help learning how to navigate Amilia, our registration platform? Join this workshop where you will learn how to register/cancel courses, how to add yourself to the waitlist and how to see your schedule (1 person per 1 hour time slot).

Date	Day	Time	Session
Nov 26	Thurs	1 - 3 p.m.	In-Person
Nov 29	Sun	8 - 10 a.m.	Virtual
Dec 2	Wed	5 - 8 p.m.	Virtual
Dec 6	Sun	4 - 7 p.m.	Virtual
Dec 9	Wed	12 - 3 p.m.	Virtual
Dec 10	Thurs	1 - 3 p.m.	In-Person
Dec 13	Sun	8 - 10 a.m.	Virtual
Dec 16	Wed	5 - 8 p.m.	Virtual

New Member Orientation (Optional)



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

Date	Day	Time	Session
Sept 16	Wed	2 - 3 p.m.	In-Person
Oct 29	Thurs	10 - 11 a.m.	In-Person
Nov 6	Fri	12:30 - 1:30 p.m.	In-Person

Kimel Family Centre Town Hall (Optional)



The Kimel Family Centre Town Hall is a chance to hear from the Scientific, Programs and Operations Teams regarding processes and updates. These meetings are also an opportunity for you to ask your questions/voice concerns.

Date	Day	Time	Session
Oct 6	Tues	5 - 6 p.m.	One-Off, Virtual
Nov 3	Tues	5 - 6 p.m.	One-Off, 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.

Optimize Your Bone Health



Did you know that healthy bones are built and maintained through the foods you eat and the activities you do every day? Join this informative and engaging presentation on bone health. Explore the nutrients and lifestyle habits that support strong bones, practical strategies for incorporating them into your routine and simple steps to help reduce the risk of osteoporosis and fractures. Plus, enjoy fun bone facts and take home tips to support healthy aging and an active lifestyle.

Date	Day	Time	Session
Sept 10	Thurs	10 - 11 a.m.	In-Person
Sept 24	Thurs	9 - 10 a.m.	Virtual
Dec 4	Fri	9 - 10 a.m.	Virtual

Eat Well, Feel Well: The Power of Mindful Eating



This course focuses on helping older adults develop a healthier and more enjoyable relationship with food. Participants will learn what mindful eating is and how slowing down during meals can help them better recognize hunger and fullness cues, improve satisfaction and support overall well-being. This course will also explore ways to reduce distractions while eating, use the senses to fully enjoy food and build balanced meals that nourish the body. Practical tips and simple strategies will help participants create positive mealtime habits that fit into their daily lives.

Date	Day	Time	Session
Sept 17	Thurs	5:30 - 6:30 p.m.	Virtual
Oct 29	Thurs	5:30 - 6:30 p.m.	Virtual
Nov 26	Thurs	5:30 - 6:30 p.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
Sept 23	Wed	7 - 8 p.m.	In-Person
Dec 2	Wed	7 - 8 p.m.	In-Person

Nutrition and Menopause: Facts, Fiction and Feeling Your Best



From hot flashes to weight gain to bone health, nutrition is often part of the conversation during the menopausal transition. Nutrition can help support your health along the way. Learn the basics of menopause, which strategies are supported by evidence, which trends may not live up to the hype and how to make informed choices that work for you. Take away practical tips you can use every day.

Date	Day	Time	Session
Sep 22	Tues	9 - 10 a.m.	In-Person
Nov 10	Tues	9 - 10 a.m.	Virtual
Dec 11	Fri	9 - 10 a.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.

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
Oct 1	Thurs	6:45 - 7:45 p.m.	Virtual
Oct 14	Wed	7 - 8 p.m.	In-Person
Oct 27	Tues	6 - 7 p.m.	Virtual
Nov 18	Wed	7 - 8 p.m.	In-Person
Nov 23	Mon	6 - 7 p.m.	Virtual
Nov 29	Sun	10 - 11 a.m.	Virtual
Dec 16	Wed	12 - 1 p.m.	Virtual

Nutrition for Prediabetes/ Diabetes



Learn about prediabetes and diabetes, 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
Oct 23	Fri	1 - 2 p.m.	In-Person

Heart Healthy Living



Garner a basic understanding of heart disease, 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
Oct 9	Fri	1 - 2 p.m.	In-Person

Managing Fatigue Through Food



Learn the benefits of eating balanced meals, staying hydrated and choosing foods that provide sustained energy throughout the day. The course will cover key foods/nutrients such as protein, iron, vitamin B12 and vitamin D, and explore how they contribute to energy production and overall wellbeing. Practical strategies for incorporating these habits into daily life will also be discussed.

Date	Day	Time	Session
Oct 25	Sun	10 - 11 a.m.	Virtual
Nov 8	Sun	10 - 11 a.m.	Virtual
Nov 22	Sun	10 - 11 a.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 discover how nutrition influences brain health, mood, sleep and emotional well-being. You will also learn practical evidence-based nutrition strategies that are realistic in supporting mental wellness in everyday life.

Date	Day	Time	Session
Nov 6	Fri	1 - 2 p.m.	In-Person

Eating Sustainably



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

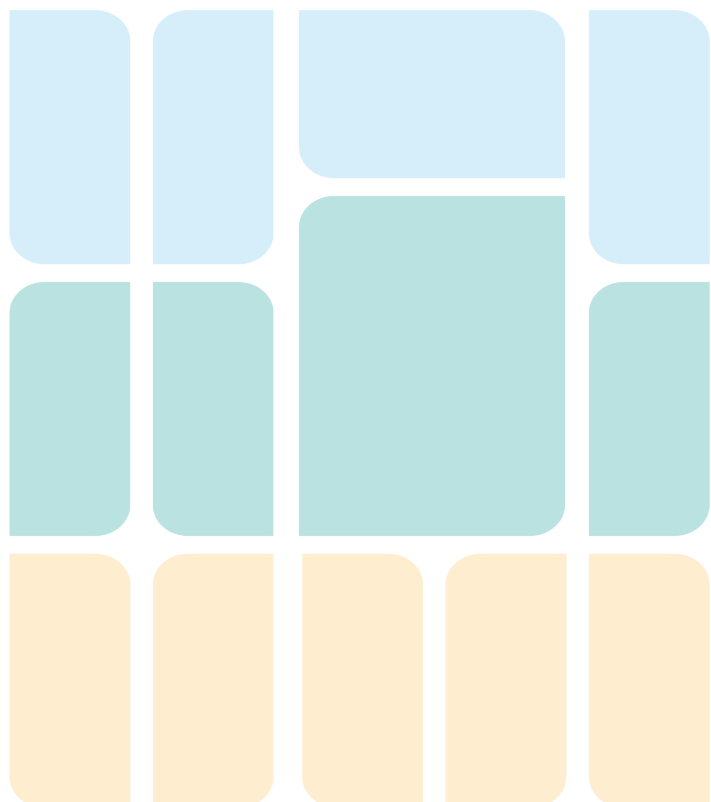
Date	Day	Time	Session
Nov 25	Wed	7 - 8 p.m.	In-Person
Dec 16	Wed	7 - 8 p.m.	In-Person

Meals Made Easy



Eating well doesn't have to be complicated or time-consuming. This session is all about simple strategies to help you plan nutritious meals and snacks without the stress. We'll cover the balanced plate for meal planning, pantry essentials and inspiration for making meals in 20 minutes (or less). Whether you're cooking for one or two, we'll share practical tips to make mealtimes easier and more enjoyable. No fancy equipment or complicated ingredients required.

Date	Day	Time	Session
Oct 9	Fri	9 - 10 a.m.	Virtual
Nov 10	Tues	9 - 10 a.m.	In-Person
Nov 26	Thurs	9 - 10 a.m.	In-Person
Dec 4	Fri	9 - 10 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

Cribbage Club



This classic card game is more than 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
Sept 9 - Oct 14	Wed	12 - 3 p.m.	6 Weeks, Drop-In

General Trivia



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

Date	Day	Time	Session
Sept 11	Fri	1 - 2 p.m.	One-Off
Oct 30	Fri	1 - 2 p.m.	One-Off
Nov 20	Fri	1 - 2 p.m.	One-Off

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
Sept 9	Wed	5 - 8 p.m.	One-Off
Oct 28	Wed	5 - 8 p.m.	One-Off
Dec 9	Wed	5 - 8 p.m.	One-Off

Guided Play American Mahjong



Whether you've been playing for years or have recently learned the game, everyone is welcome. Come on your own or bring a friend—we'll happily help find you a table if you don't already have one. This is casual play with a supportive atmosphere. Guidance and instruction are always available if you need a little help, while more experienced players can simply enjoy playing with friends, meeting new people and building confidence.

Date	Day	Time	Session
Nov 3 - Dec 15	Tues	1:30 - 3:30 p.m.	7 Weeks, Drop-In

Learn to Play American Mahjong



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

Date	Day	Time	Session
Sept 16 - Oct 28	Wed	1 - 2 p.m.	7 Weeks, Drop-In
Nov 4 - Dec 16	Wed	1 - 2 p.m.	7 Weeks, Drop-In



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

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
Nov 1 - Dec 13	Sun	1 - 4 p.m.	7 Weeks, Drop-In

Euchre Club



Euchre is a 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
Nov 4 - Dec 9	Wed	12 - 3 p.m.	6 Weeks, Drop-In



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

Subcategory: Health and Wellness

Moving Minds: The Science of Exercise, Learning and Memory



Moving Minds is a three-part lecture series that explores the science behind one of the most powerful tools for supporting brain health: physical activity. Drawing on research from evolutionary biology, neuroscience and cognitive science, the series examines why the human brain evolved to thrive through movement, how exercise influences the biological processes that support learning and memory and what this means for maintaining cognitive health throughout life. You will gain an understanding of the brain's remarkable capacity to adapt, the mechanisms through which exercise enhances brain function and the growing evidence supporting physical activity as a strategy to promote healthy cognitive aging.

Date	Day	Time	Session
Sept 8 - Sept 22	Tues	6 - 7:30 p.m.	Drop-In, In-Person

Morning or Evening? When the Aging Brain Works Best for Attention and Cognitive Control



Our attention and thinking abilities fluctuate noticeably throughout the day. We often notice this in everyday life: if you're a "morning" person, you might find some tasks feel easier earlier in the day, while others become more difficult at "off-peak" times, even after a good night's sleep. But how do these fluctuations change as we age? Are they even more pronounced when memory becomes a concern? We will explore how time of day influences cognitive control: the ability to stay focused on tasks, ignore distractions and manage day-to-day activities. This course will showcase findings from a brain imaging study done at Baycrest comparing younger and older adults, and how this might change in early stages of memory decline.

Date	Day	Time	Session
Sept 9	Wed	1 - 2 p.m.	One-Off, In-Person
Nov 11	Wed	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.

The Importance of Morning Light



Learn why daily exposure to morning light is so critical for how the rest of the day unfolds physiologically. You will find out why sunlight first thing in the morning governs everything from mood, to hunger, to sleepiness and also discover how morning light can create a healthy internal environment for physiological responses to unfold healthfully for the entire day.

Date	Day	Time	Session
Sept 9	Wed	9:30 - 10:30 a.m.	One-Off, In-Person
Nov 19	Thurs	9:30 - 10:30 a.m.	One-Off, In-Person

Find Your Fit



Stop guessing and start exercising with confidence. This interactive workshop eliminates fitness confusion by helping you choose the right class(es) for your body, goals and lifestyle.

Date	Day	Time	Session
Sept 29, Oct 13, Oct 27	Tues	8:45 - 9:45 a.m.	Bi-Weekly, In-Person
Nov 10, Nov 24, Dec 8	Tues	8:45 - 9:45 a.m.	Bi-Weekly, In-Person



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

Understanding Mental Health in Older Adulthood



Understanding your mental health is important at every stage of life. In Canada, about 1 in 5 people experience mental health challenges each year. However, these challenges can look different in older adults compared to younger individuals. Symptoms of conditions like depression and anxiety are not always obvious and may vary from person to person. Regardless of how symptoms appear, mental health challenges can increase the risk of other health concerns, including dementia and cardiovascular disease, and can affect aspects of daily life such as relationships, independence and overall quality of life.

Date	Day	Time	Session
Sept 14	Mon	1 - 2 p.m.	One-Off, In-Person
Nov 9	Mon	10 - 11 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.

The SuperAging Research Initiative: Unlocking the Secrets to Brain Health

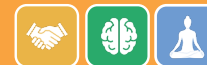


As we age, our brain health is critical in maintaining independence, quality of life and meaningful social connections. But what if aging didn't have to mean cognitive decline? Recent research explores SuperAging—a phenomenon in which some individuals maintain exceptional memory and cognitive function well into their 80s and beyond. We will delve into the science of SuperAging, examining the factors contributing to cognitive resilience and longevity. We'll explore lifestyle strategies backed by research that can help promote brain health, reduce dementia risk and foster lifelong cognitive vitality.

Date	Day	Time	Session
Sept 15	Tues	10 - 11 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.

Neuromodulation: Modern Technology for Improving Brain Function



Neuromodulation refers to a range of techniques used to modify human brain function for the better, without the use of surgery or drugs. It includes transcranial magnetic stimulation (TMS), transcranial direct current stimulation (TDCS), photobiomodulation (PBM) or "light therapy" and many more. Several research groups at Baycrest are currently investigating neuromodulation techniques for the treatment of disorders like depression, dementia and stroke. They are also evaluating its potential to improve cognitive abilities in healthy people without any disorders. Baycrest researchers will provide an overview of contemporary neuromodulation techniques, their history and their potential to make our brains work better for us. This will also include information on opportunities for participation in current research studies for Baycrest community members.

Date	Day	Time	Session
Sept 17	Thurs	1 - 2:15 p.m.	One-Off, In-Person

Caring for Yourself While Caring for Others



Being there for someone through illness or mental health struggles isn't easy. This workshop explores what we can do to help, when it becomes "too much" and common feelings like stress, guilt and isolation. We will explore how you can build your resiliency and find your wellness practices. As a national leader in caregiving advocacy, we will also present what we have learned from caregivers and organizations across Canada, about how common caregiving is, its impacts and the solutions that we believe could make a difference.

Date	Day	Time	Session
Sept 22	Tues	4 - 5 p.m.	One-Off, Virtual
Dec 1	Tues	12 - 1 p.m.	One-Off, Virtual

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.



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

Memory and Imagination: How Past Memories Shape Future Thinking



How do you think about your future? Picture what's ahead: a family gathering, a vacation or even tomorrow's to-do list. Are you imagining a new experience, or are you imagining a previous experience happening again? The ability to imagine future events helps us plan, make decisions, be creative and stay connected to our goals, and this ability is deeply tied to memory and can change as we age. You'll discover how the aging brain uses rich life experiences to project ourselves into the future and how difficulties imagining the future may contribute to depression.

Date	Day	Time	Session
Sept 23	Wed	1 - 2 p.m.	One-Off, In-Person
Nov 25	Wed	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.

Using Brain Stimulation to Understand How the Brain Controls Movement



Have you ever wondered how your brain seamlessly coordinates complex movements, like typing a message or playing an instrument? At the heart of this ability is a vital brain signal that acts as the body's ultimate movement controller. When this signal is disrupted, it can lead to motor challenges in conditions like stroke and Parkinson's disease, as well as cognitive and behavioural hurdles in mild cognitive impairment and obsessive compulsive disorder (OCD). Understanding how to master this signal is one key to unlocking groundbreaking new therapies. In this presentation, you will discover the results of a cutting-edge study here at Baycrest looking at how we can use Transcranial Magnetic Stimulation (TMS)—a safe, non-invasive technology—to mimic the brain's natural processes.

Date	Day	Time	Session
Sept 28	Mon	1 - 2 p.m.	One-Off, In-Person

Sleep Matters: Understanding Sleep and Strategies for Better Zzzs



Sleep plays an important role in our overall health and well-being, yet many of us experience challenges falling asleep, staying asleep or feeling refreshed upon waking. This presentation will provide an overview of why sleep matters, how sleep works and what happens in the body and brain while we sleep. Participants will learn about the short- and long-term consequences of insufficient or poor-quality sleep, including impacts on mood, energy, daily functioning, physical health and cognitive performance. The session will also explore common factors that can interfere with sleep and discuss practical, evidence-informed strategies to improve sleep quality. Topics will include healthy sleep habits, lifestyle factors that influence sleep and behavioural approaches that can help promote sleep.

Date	Day	Time	Session
Sept 29	Tues	10 - 11 a.m.	One-Off, In-Person

Depression, Memory Concerns and Dementia: How Are These Linked?



In this talk, you will gain insights into how depression and Alzheimer's disease (AD) and other forms of dementia are linked, how subjective memory concerns, mild cognitive impairment and AD/dementia are related to one another and how non-pharmacological interventions, including neuromodulation ("brain stimulation"), are used to target memory concerns and depression in older adults.

Date	Day	Time	Session
Oct 5	Mon	10:30 - 11:30 a.m.	One-Off, In-Person



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 resources available through Baycrest Hearing Services.

Date	Day	Time	Session
Oct 6	Tues	10 - 11 a.m.	One-Off, In-Person
Nov 19	Thurs	9:30 - 10:30 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.

Overview of Caregiving and How the Ontario Caregiver Organization Can Help



Most of us, at some point in our lives, will be a caregiver to someone close to us. Caregivers provide important support, including physical and emotional assistance, in a variety of different settings. To be able to do this, caregivers need support too. In this presentation, participants will learn what it is like to be a caregiver in Ontario, the critical need for caregiver support, free services and resources available to caregivers across Ontario and how we can all play a role in getting caregivers connected to support.

Date	Day	Time	Session
Oct 30	Fri	10 - 11 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.

How Do Biological Sex and Cognitive Resilience Factors Shape Sleep-Memory Relationships?



Sleep is closely tied to memory and brain health, yet disrupted sleep is common in older adulthood. We will explore how sleep quality relates to memory performance, brain health and Alzheimer's disease risk, and how biological sex and sociocultural gender-related factors (e.g., social engagement) may influence these relationships. Drawing on findings from two large Canadian datasets, we will discuss how sleep interacts with resilience factors to support cognitive health in older adults. Attendees will leave with a clearer understanding of the importance of sleep for healthy brain aging and how sleep, memory and Alzheimer's disease risk may be shaped by sex and gender-related experiences.

Date	Day	Time	Session
Oct 7	Wed	2 - 3 p.m.	One-Off, In-Person
Dec 2	Wed	2 - 3 p.m.	One-Off, Virtual

Being Good Friends: What Does It Mean to Live Well With Dogs?



Dogs are often described as family members, companions and even "fur babies." They are also increasingly recognized as sentient beings with their own emotional experiences, social worlds and ways of being in the world. How do these different ways of understanding dogs shape the lives we share with them? Drawing on research in human-animal relationships, this talk explores changing ideas about companion animals and the complex realities of living alongside dogs. We will consider why simple claims that dogs are "good for us" have been challenged by researchers, while also examining how contemporary pet cultures can obscure who dogs are beyond the roles they play in human lives. Drawing on examples from Canada and India, we will explore how cultural ideas about dogs—and the everyday practices of caring for them—shape the lives of both humans and dogs, inviting us to think more deeply about what it means to flourish together across species.

Date	Day	Time	Session
Nov 23	Mon	1 - 2:30 p.m.	One-Off, In-Person



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

Subcategory: Information Literacy

Using Your Library Card: Mango Languages



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

Date	Day	Time	Session
Oct 7	Wed	3:30 - 4:30 p.m.	One-Off, In-Person

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 Toronto Public Library, all from the comfort of your own home and completely free.

Date	Day	Time	Session
Oct 14	Wed	3:30 - 4:30 p.m.	One-Off, In-Person

Using Your Library Card: PressReader 101



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

Date	Day	Time	Session
Oct 21	Wed	3:30 - 4:30 p.m.	One-Off, In-Person

Subcategory: Urban Design

The Historical Role of Transportation in Shaping Urban Life: From Past to Present



Throughout history, the evolution of cities has been fundamentally shaped by transportation technology. In this lecture the co-evolution of cities and their transportation systems will be briefly sketched. The concept of the "transportation-land use interaction" and the notion of "cities as complex systems" will be introduced and explained, leading to a discussion of why "congestion" is not an easy problem to solve. The Greater Toronto-Hamilton Area (GTHA) will be used as a case study.

Date	Day	Time	Session
Oct 19	Mon	1 - 2 p.m.	One-Off, In-Person

Urban Transportation in the 21st Century: Building More Equitable, Efficient and Sustainable Cities



Using the GTHA as its case study, this lecture will examine transportation and urban post-pandemic planning challenges. These include transportation-related economic, social and environmental issues, such as affordable housing, climate change, equitable opportunities and economic productivity. Opportunities and barriers to building a better region will be discussed.

Date	Day	Time	Session
Oct 26	Mon	1 - 2 p.m.	One-Off, In-Person



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

Toronto's Rich Cultural Heritage Past: From Pretty Houses to Industrial Buildings



In this three-part lecture series, you will delve into Toronto's cultural heritage. Each lecture will focus on a different "type" of heritage with the aim to show the variety of architectural styles, histories represented and the importance of heritage conservation. The first will look at Toronto's houses from Cabbagetown to Rosedale to address how the places where Torontonians lived shaped how the city developed. The second lecture will examine Toronto's more industrial buildings, focusing on Toronto's history as a port land and its early manufacturing past and how to imagine new life for these buildings when their original use is no longer a factor. Toronto does have a unique heritage composition that shows its layered history.

Date	Day	Time	Session
Nov 13 - Nov 27	Fri	11:30 a.m. - 12:30 p.m.	3 Weeks, Fixed, In-Person

Subcategory: Languages

Beginner Mandarin: Language, Culture and Conversation



Have you ever wanted to learn Chinese Mandarin, one of the world's most widely spoken languages? This beginner-friendly course is designed for those with little or no previous experience in Mandarin. Through interactive lessons, you will learn practical vocabulary, basic sentence patterns, pronunciation, everyday conversational skills and an introduction to Chinese characters that can be used in real-life situations.

Date	Day	Time	Session
Sept 10 - Oct 22	Thurs	12:30 - 1:30 p.m.	7 Weeks, Fixed, Virtual
Nov 5 - Dec 17	Thurs	12:30 - 1:30 p.m.	7 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.

Spanish Level I



This introductory course is designed for those who would like to begin learning Spanish in a welcoming, supportive and engaging environment. Through practical conversations, interactive activities and cultural exploration, you will develop essential communication skills for everyday situations such as greetings, introductions, travel, shopping, dining and social interactions. No prior knowledge of Spanish is required. The course emphasizes confidence-building, enjoyment and real-world language use at a comfortable pace.

Date	Day	Time	Session
Sept 23 - Oct 28	Wed	6 - 7:30 p.m.	6 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

Spanish for Travel and Tourism



This course introduces practical Spanish language skills for travel and tourism, with a focus on real-life communication and cultural confidence. Designed for older adults and beginner learners, the course helps participants develop conversational skills for common travel situations such as airports, hotels, restaurants, transportation, shopping, sightseeing and emergency or health-related interactions. The course emphasizes speaking and listening in a relaxed, supportive environment, prioritizing meaningful communication over grammar accuracy. Learners will practice useful vocabulary and expressions through guided dialogues, role-playing activities, listening exercises and interactive cultural discussions related to Latin America and Spain.

Date	Day	Time	Session
Nov 1 - Dec 20	Sun	4:30 - 6 p.m.	8 Weeks, Fixed

Hebrew as a Second Language - Level 2+



This course is intended for those with basic prior knowledge of Hebrew. The course provides a structured and sequential expansion of communicative competence in Hebrew. Instruction will include development of speaking, reading, writing and listening skills, with emphasis on accurate use of Hebrew grammar, verb patterns and common expressions. Class sessions focus primarily on oral communication. Reading and writing tasks are assigned mainly as homework.

Date	Day	Time	Session
Nov 2 - Dec 14	Mon	2 - 3:30 p.m.	7 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.

Hebrew as a Second Language - Level 1



This course is designed for those with no prior knowledge of Hebrew. Instruction focuses on developing the four core language skills: speaking, reading, writing and listening, while emphasizing accurate use of Hebrew grammar, verb patterns and common expressions. Class time is dedicated to primarily oral communication and interactive practice.

Date	Day	Time	Session
Nov 2 - Dec 14	Mon	12 - 1:30 p.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.

Spanish Level II



This course is intended for those who have completed an introductory Spanish course or have prior knowledge of the language. Building on foundational vocabulary and grammar, participants will expand their ability to communicate in a variety of everyday situations while developing greater confidence in speaking, listening, reading and writing. Through practical exercises, conversations and cultural discussions, learners will strengthen their language skills and deepen their understanding of the Spanish-speaking world in a supportive and engaging learning environment.

Date	Day	Time	Session
Nov 11 - Dec 16	Wed	6 - 7:30 p.m.	6 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

Subcategory: Musicology

Music of the Cosmos



From musical solar systems to screaming black holes, this sonic exploration of the cosmos will open your ears to the rhythms and harmonies to be found in the depths of space. You will learn how passions for music and astronomy led to an exciting career of creating data sonifications for NASA. Discover how sound can be used to connect people to the wonders of space and to each other.

Date	Day	Time	Session
Sept 9	Wed	6:30 - 7:30 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.

Music Appreciation



Have you ever wanted to go on a guided musical tour through history? Take Music Appreciation and 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
Sept 23	Wed	4 - 5 p.m.	One-Off, In-Person
Oct 28	Wed	4 - 5 p.m.	One-Off, In-Person
Nov 18	Wed	4 - 5 p.m.	One-Off, In-Person
Dec 16	Wed	4 - 5 p.m.	One-Off, In-Person

Rogers & Hammerstein



Are musicals by Rogers & Hammerstein (R&H) really considered part of the repertoire of classical music? In many respects they are. They are classics in that they are so enduring. Every year there are revivals of their musicals that are as popular as ever, to say nothing of the repeated presentations of the movie versions. R&H changed many of the characteristics of the traditional American musical and their shows often conveyed an important social message. Much like good opera, they are always great to hear.

Date	Day	Time	Session
Oct 21	Wed	1 - 2:30 p.m.	One-Off, In-Person

West Side Story



The Broadway musical and motion picture West Side Story is perhaps Leonard Bernstein's greatest legacy. As a musical work it includes elements of opera, jazz and Latin American music styles. It is a tragedy, a modernization of Shakespeare's "Romeo and Juliet", yet it is full of energy, great choreography and even some comic scenes. Bernstein's music captures it all. This program will present the music and drama from different performances and genres, including some clips of Bernstein conducting it himself, along with some noted opera performers.

Date	Day	Time	Session
Dec 15	Tues	9:30 - 11 a.m.	One-Off, In-Person



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

Subcategory: General Interest

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
Oct 7	Wed	12 - 1 p.m.	One-Off, In-Person

How to Find and Access City of Toronto Recreation Activities



Explore a wide range of recreation programs available for older adults across the City of Toronto. Recreation staff will provide helpful information on various activities and how to participate.

Date	Day	Time	Session
Oct 14	Wed	12:30 - 1:30 p.m.	One-Off, In-Person

Subcategory: Digital Literacy

Deepfakes and AI: Recognizing What's Real



Could you recognize a fake phone call from a family member? What about a video that looks completely authentic but was generated by AI? The truth is that the digital world is changing rapidly. Fraud is becoming more sophisticated, and artificial intelligence is making it harder than ever to distinguish between what is real and what is not. This interactive workshop introduces you to deepfakes and other forms of AI-generated media, including realistic images, videos, voices and text. You will learn how these technologies work, how they are being used in fraud and online deception and why they can be so convincing.

Date	Day	Time	Session
Sept 8	Tues	1 - 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.

Stay Safe Online: How to Spot and Avoid Scams



Worried about online scams? You're not alone. Join this friendly, hands-on workshop designed to help you feel more confident and secure online. In this interactive session, you'll learn how to spot common scams, like phishing emails, fake websites and suspicious messages, by working through real examples and simple small group activities. You'll practice identifying warning signs, share experiences and gain practical tips you can use right away.

Date	Day	Time	Session
Oct 22	Thurs	2 - 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.



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

Reality Reimagined: AI, VR and the Future of Healthy Aging



Artificial intelligence (AI) and immersive technologies are reshaping healthcare, education and human-centered experience design. This presentation explores current developments in AI, augmented reality (AR), virtual reality (VR), mixed reality (MR) and related technologies, highlighting their applications in healthy aging, brain health, rehabilitation and learning. Drawing on research and real-world examples, we will examine how these tools can support cognition, mobility, engagement, pain management and independent living for older adults. We will also showcase how immersive experiences in post-secondary education and museums can enhance accessibility, educational engagement and knowledge retention. Live demonstrations of AR, VR, holographic 3D visualization and AI-powered tools will provide insight into emerging applications and practical considerations for adoption.

Date	Day	Time	Session
Sept 22	Tues	4:30 - 5:30 p.m.	One-Off, In-Person

Tech Tutor



Have questions about technology? Submit an intake form to get access to 1-on-1 sessions to support your digital literacy needs. Tech Tutors can assist with basic smartphone and laptop navigation, setting up a Zoom call, using popular software and apps such as Google Drive.

Subcategory: Fashion

Why Fashion Matters: The History of Fashion



Learn how fashion became fashion—in other words, how fashion transformed from clothing as protection from the elements to a way of differentiating ourselves from others. Enjoy an overview of Canadian fashion over the years, from the early days (Hudson Bay), to manufacturing and design to other markets.

Date	Day	Time	Session
Sept 9	Wed	2:30 - 3:30 p.m.	One-Off, Drop-In

Why Fashion Matters: The Fashion Industry in Toronto



Learn about the early days of Spadina Avenue manufacturing, through import and export, as well as design. We will also examine growth and decline within the retail industry.

Date	Day	Time	Session
Oct 14	Wed	2 - 3 p.m.	One-Off, In-Person

Why Fashion Matters: Fashion in Later Life



Let's talk about the psychology behind "look good feel good". We will also examine fashion versus style, how to use your wardrobe and how to appreciate style over fashion.

Date	Day	Time	Session
Oct 28	Wed	2:30 - 3:30 p.m.	One-Off, In-Person



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

Subcategory: Financial Literacy

Subcategory: Storytelling

Mastering the Basics: Budgeting and Cash Flow Confidence



A foundational session focused on identifying hidden budget leaks, mastering everyday cash flow and building a sustainable savings plan that supports your personal goals.

Date	Day	Time	Session
Sept 16	Wed	4 - 5 p.m.	One-Off, Virtual
Nov 18	Wed	4 - 5 p.m.	One-Off, Virtual

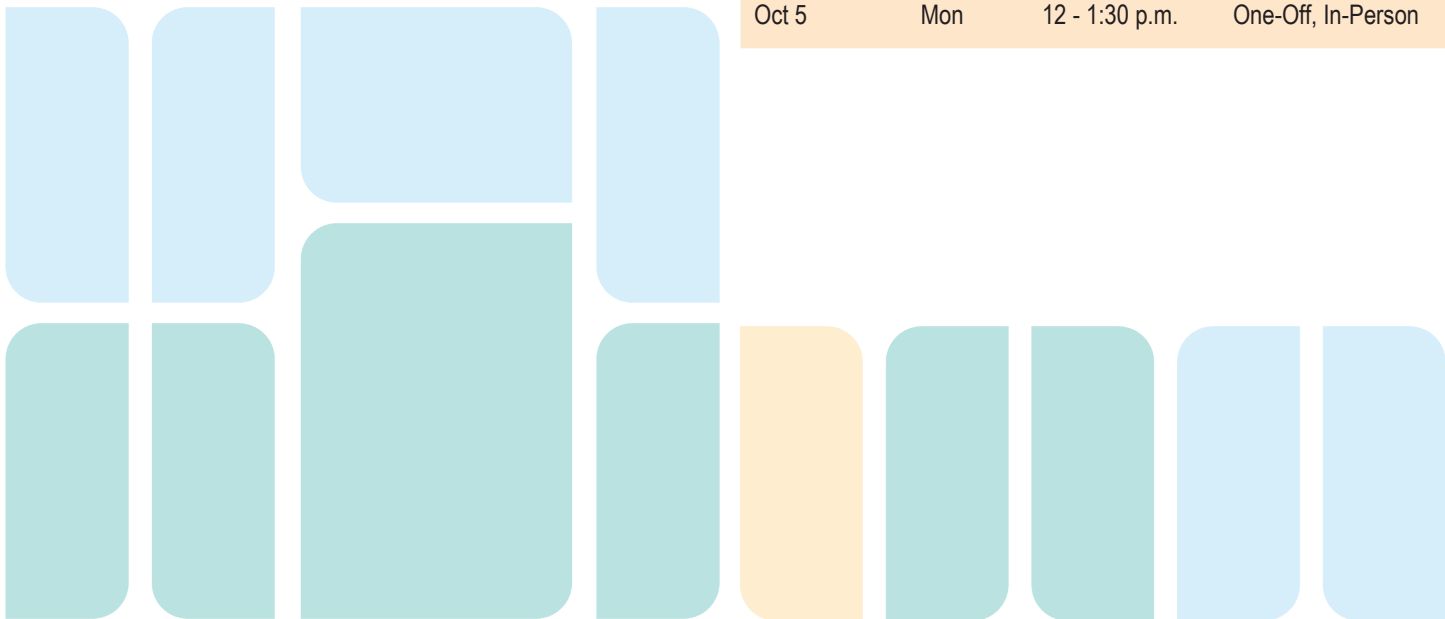
This is an in-person and virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.

Storytelling, Identity and Reflection Through LEGO® Serious Play



Step into a playful, hands-on experience where LEGO® bricks become tools for storytelling, self-expression and meaningful conversation. Through a series of creative building challenges and guided conversations, participants will explore meaningful aspects of their lives, such as personal experiences and cherished memories. Each build serves as a springboard for sharing stories, sparking reminiscence and discovering new perspectives about ourselves and one another. Designed to be engaging, accessible and fun, this workshop encourages creativity, self-expression and social connection in a supportive environment. No previous LEGO® building experience is required.

Date	Day	Time	Session
Oct 5	Mon	12 - 1:30 p.m.	One-Off, In-Person





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

Subcategory: Art History

Peering into Historic Landscapes: Looking at Art as Spatial Archives for Speculative Landscapes



What happens to architecture when it's built from wood, cloth or earth — and doesn't survive? What if space doesn't vanish when buildings do, but instead migrates into other materials? This talk explores how communities encode spatial knowledge into craft. From Filipino tattoo systems that map topography onto skin, to African-Nova Scotian quilts that grid migration and settlement into fabric, to Mexican ceramics that carry architectural memory in clay—craft becomes a portable spatial archive. Rather than reading these works as decoration, we'll learn how to read them as architecture: examining repetition, hierarchy, orientation and pattern as spatial grammar.

Date	Day	Time	Session
Oct 28	Wed	1 - 2 p.m.	One-Off, In-Person

Subcategory: Film Studies

Reel Relationships: Storytelling and Connection on Screen



This course explores how filmmakers use the language of cinema — shot composition, editing, pacing and performance — to tell stories about human relationships. Together we'll look at how connection, conflict and change are built on screen, drawing on family dramas, romantic comedies and coming-of-age films. Screenings will range from beloved classics like *When Harry Met Sally* to contemporary work such as Céline Sciamma's *Girlhood*.

Date	Day	Time	Session
Nov 1 - Dec 6	Sun	12 - 1 p.m.	6 Weeks, Fixed

Subcategory: Neuroscience

Leading Ourselves and Others: The Neuroscience of Exceptional Leadership



In today's complex world, each of us is called upon to lead—at home, at work and within our communities. This thought-provoking session will explore how neuroscience is transforming our understanding of leadership. We will examine research on emotional intelligence, resilience and human connection and how these capacities shape decision-making, fuel creativity and strengthen our ability to lead through uncertainty. Blending scientific insight with personal reflection, this talk offers a deeper understanding of what leadership truly requires, along with practical guidance for cultivating these qualities within yourself and those around you. Whether you lead teams, projects or community initiatives, this session will expand the way you think about leadership, impact, influence and human potential.

Date	Day	Time	Session
Dec 3	Thurs	10 - 11:15 a.m.	One-Off, In-Person





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

Subcategory: Painting

Introduction to Acrylic Painting



This class is an introduction to acrylic painting. Learn about materials and gain technical painting skills like brushwork, colour mixing and composition. You will be guided to create your own masterpiece in a relaxed, social environment. There is no step-by-step instruction; you will build your skills through independent exploration with materials and instructor feedback. Please bring a reference photo that you would like to paint to class.

Date	Day	Time	Session
Sept 8 - Oct 27	Tues	11:30 a.m. - 1:30 p.m.	8 Weeks, Fixed
Nov 3 - Dec 22	Tues	11:30 a.m. - 1:30 p.m.	8 Weeks, Fixed

Beyond the Basics: Advanced Acrylic Painting



Please note: The prerequisite for this class is the Introduction to Acrylic Painting class. In this class, you will continue to find your artistic voice through independent explorations with acrylic paint. You will be guided based on your individual needs as you work on your own acrylic painting. There is no step-by-step instruction; you will continue building your skills through independent exploration with materials and instructor feedback.

Date	Day	Time	Session
Sept 8 - Oct 27	Tues	1:45 - 3:45 p.m.	8 Weeks, Fixed
Nov 3 - Dec 22	Tues	1:45 - 3:45 p.m.	8 Weeks, Fixed

Colour Mixing



This course is ideal for anyone who wants to paint, is learning to paint or already paints and would like to build more confidence. In this relaxed, hands-on class, you'll learn how to mix colours and understand why they work. We'll cover the essentials of colour theory in a practical way — through simple exercises, painted swatches and small projects using acrylic or gouache.

Date	Day	Time	Session
Sept 9 - Sept 23	Wed	10 a.m. - 12:30 p.m.	3 Weeks, Fixed

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. Beginners are welcome.

Date	Day	Time	Session
Sept 18	Fri	12:30 - 3:30 p.m.	One-Off, In-Person
Oct 2	Fri	12:30 - 3:30 p.m.	One-Off, In-Person
Nov 13	Fri	12:30 - 3:30 p.m.	One-Off, In-Person
Dec 11	Fri	12:30 - 3:30 p.m.	One-Off, In-Person



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

Painting Movement: Expressive Figures in Watercolour



In this three-hour workshop, you will learn a variety of techniques that can be used to paint quick, loose and expressive figures in watercolour. Through demonstrations and guided exercises, we will explore introductory watercolour methods alongside a range of experimental effects, including wet-into-wet techniques, layering, expressive brushwork and spontaneous mark making. Emphasis will be placed on capturing the energy, movement and flow of the human figure rather than focusing on detailed representation.

Date	Day	Time	Session
Oct 16	Fri	1 - 4 p.m.	One-Off, In-Person
Nov 27	Fri	1 - 4 p.m.	One-Off, In-Person

Watercolour and Resist Techniques



Explore how resist techniques can add texture, pattern and a sense of surprise to your watercolour paintings. We'll work with a range of materials — including wax (candles), stencils, masking fluid and white acrylic — to see how they interact with washes of colour. Through simple demonstrations and guided exercises, you'll discover the different effects you can create and how to use them in your own work. Bring your own images to work from or use the ones provided.

Date	Day	Time	Session
Nov 4 - Dec 9	Wed	12 - 2 p.m.	6 Weeks, Fixed

Watercolour Foundations



Explore the foundational techniques of watercolour painting under the guidance of artist Farida Zaman. Through hands-on exercises, you will explore essential concepts like colour mixing, brushwork and controlling water on paper while working from a variety of reference material and subject matter. This course will give you the foundational principles in watercolour painting to create your own vibrant, expressive artwork.

Date	Day	Time	Session
Nov 3 - Nov 24	Tues	6 - 7:30 p.m.	4 Weeks, Fixed

Gel Printing



Learn the art of gel printing, which is the combination of acrylic painting and print media to create unique monoprints. This class will cover several gel print techniques, including texture, stenciling, multi-layering, charcoal/pastel transfer and photocopy transfer. Each week will cover a different technique, moving from simple to more challenging. Perfect for folks who love to experiment, embrace imperfections and try new things in a social studio environment.

Date	Day	Time	Session
Nov 16 - Dec 14	Mon	10:30 a.m. - 12:30 p.m.	5 Weeks, Fixed



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

Subcategory: Drawing

Still Life Drawing for Everyone



Learn the skills that will enable you to draw your favourite objects. Designed for all levels of experience, including complete beginners, this course will guide you through the basics of line, shape and proportional measuring. Working mainly in pencil, you will draw from fruits, flowers, leaves and variously shaped vessels. Participants will also be encouraged to bring their own objects to draw. Each class will offer engaging drawing exercises designed to build skills for drawing objects in a step-by-step manner, and conclude with a sharing session to celebrate progress and build a supportive artistic community.

Date	Day	Time	Session
Oct 1 - Oct 29	Thurs	10 - 11:30 a.m.	5 Weeks, Fixed

Drawing Portraits of Loved Ones



Learn the fundamentals of drawing expressive portraits of your loved ones. You will be introduced to core techniques such as capturing facial proportions, basic shading and conveying emotion through line work. Whether drawing from memory or a photo reference, you will explore how to infuse personality and warmth into each sketch. Encouraging personal connection and creative expression, this is a perfect opportunity to create a meaningful keepsake or heartfelt gift.

Date	Day	Time	Session
Oct 18 & Oct 25	Sun	1 - 2 p.m.	2 Weeks, Flex

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

Discovering Marks and Materials



This fun and relaxed course helps you develop drawing skills through experimentation with materials such as graphite, ink, wax and watercolor. You will explore line, texture and pattern while gaining confidence in your creative abilities. Each session begins with a short demonstration or guided activity, followed by time for individual work and one-on-one support.

Date	Day	Time	Session
Nov 4 - Dec 9	Wed	9:30 - 11:30 a.m.	6 Weeks, Fixed

Zentangle



Zentangle is an easy-to-learn, relaxing and fun way to create simple beautiful images by drawing structured patterns. By using a combination of dots, lines and simple curves, you can create tangles which become abstract art. Zentangle is non-representational and unplanned so you can focus on each stroke and not worry about the result. As you use the Zentangle method of drawing to create beautiful images, you can enjoy increased focus, creativity, self-confidence and an increased sense of well-being.

Date	Day	Time	Session
Nov 19	Thurs	3:30 - 5:30 p.m.	One-Off, Virtual
Dec 2	Thurs	9 - 11 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.



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

Doodle, Colour and Unwind



Come doodle with us. Learn simple, relaxing patterns using guided templates, then add your own creative touch with colourful markers. Spend a few enjoyable hours chatting, laughing and creating in a welcoming atmosphere. No artistic talent required—just a willingness to have fun and unwind.

Date	Day	Time	Session
Dec 3 - Dec 17	Thurs	10:30 a.m. - 12:30 p.m.	3 Weeks, Fixed

Sketching Animals and Birds



In this class, 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. Beginners are welcome.

Date	Day	Time	Session
Dec 4	Fri	9 a.m. - 12 p.m.	One-Off, In-Person
Dec 11	Fri	9 a.m. - 12 p.m.	One-Off, In-Person
Dec 18	Fri	9 a.m. - 12 p.m.	One-Off, In-Person

Subcategory: Textile Arts

Felting Explorations



If you are someone who enjoys learning new skills, playing with soft textures and engaging in slow, meditative artistic processes, this class is for you. In this workshop you will be taught both needle and wet felting techniques to create two-dimensional pictures and three-dimensional objects out of colourful, soft sheep's wool.

Date	Day	Time	Session
Sept 10 - Oct 29	Thurs	4 - 7 p.m.	8 Weeks, Fixed

Playing with Pattern: Design and Carve Printmaking Blocks



Explore pattern through play. Design your own motifs considering relationships between positive and negative space and how repetitive patterns work. Learn how to approach carving soft block material for best results. We'll use our blocks with stamp pads to create various unique patterns in this workshop and discuss further uses for your blocks using inks for paper and textiles.

Date	Day	Time	Session
Oct 18	Sun	12 - 4 p.m.	One-Off, In-Person



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

Subcategory: Mixed Media

Abstract Watercolour Flowers



Explore the beauty of loose, expressive watercolour painting while creating whimsical floral artwork. Participants will learn simple watercolour techniques to create vibrant abstract flowers and botanical designs. Finished pieces can be mounted on cardstock, attached to floral wire for display in a vase, or transformed into decorative hanging ornaments. This workshop encourages creativity while promoting relaxation, mindfulness and artistic exploration.

Date	Day	Time	Session
Sept 15	Tues	4 - 5:30 p.m.	One-Off, In-Person
Oct 6	Tues	4 - 5:30 p.m.	One-Off, In-Person

Leaf Garlands



Celebrate nature by transforming real leaves into miniature works of art. Participants will paint, embellish and decorate leaves before assembling them into a beautiful seasonal garland to display at home. This project combines creativity, mindfulness and connection to nature while encouraging fine motor skills and self-expression.

Date	Day	Time	Session
Oct 27	Tues	4 - 5:30 p.m.	One-Off, In-Person
Nov 3	Tues	4 - 5:30 p.m.	One-Off, In-Person

Introduction to Cyanotypes



Create beautiful images in shades of blue on specially treated fabric using everyday objects and a UV light. No experience needed, it's as easy as snapping a photograph. You will be guided through every step of this process by an experienced instructor.

Date	Day	Time	Session
Nov 4 - Nov 25	Wed	2:30 - 4 p.m.	4 Weeks, Fixed

Collage Techniques for Storytelling



In this course, we will focus on how to tell stories using the accessible medium of collage. We will explore the idea of junk journals and scrapbooking, adding an autobiographical twist to this fun craft. In the hands-on portion of this workshop you will create a variety of techniques such as integrating textiles and found objects, enhancing printed images with markers and paint and building a composition out of different visual elements. During the narrative part of the workshop we will get to know each other's passions and learn how to use images to tell a story.

Date	Day	Time	Session
Nov 5 - Dec 10	Thurs	4 - 7 p.m.	6 Weeks, Fixed



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

Heartfelt Affirmation Cards



In this relaxed, beginner-friendly mixed-media workshop, you'll design your own affirmation cards using colour, creativity, and meaningful words—no artistic experience required. Each card serves as a gentle reminder of your strength, gratitude, resilience and the joy found in everyday moments. Display your cards at home, tuck one into your purse, or share one with a friend who could use a smile.

Date	Day	Time	Session
Oct 11	Sun	1 - 4:30 p.m.	One-Off, In-Person
Nov 23	Mon	1 - 4:30 p.m.	One-Off, In-Person
Dec 18	Fri	10 a.m. - 1:30 p.m.	One-Off, In-Person

Pressed Flower Preservation



Learn the art of preserving flowers and botanicals while creating beautiful keepsakes. You will discover simple flower-pressing techniques and work with pre-pressed flowers to complete three projects: decorative tea lights, floral jar-lid magnets and a botanical artwork suitable for framing. This workshop celebrates nature, creativity, memory keeping and artist expression while introducing participants to the timeless art of floral preservation.

Date	Day	Time	Session
Nov 10 - Nov 24	Tues	4 - 5:30 p.m.	3 Weeks, Fixed
Dec 1 - Dec 15	Tues	4 - 5:30 p.m.	3 Weeks, Fixed

Subcategory: Sculpture

Creative Clay



Enter into a world of creativity and self-expression and push the limits of your creative mind. Work on projects that are pre-set or start something you have in mind—all you need is an image to work from. Creative clay helps with fine motor control, patience, confidence and it's a lot of fun.

Date	Day	Time	Session
Sept 11 - Oct 2	Fri	10 - 11:30 a.m.	4 Weeks, Flex
Oct 9 - Oct 30	Fri	10 - 11:30 a.m.	4 Weeks, Flex
Nov 6 - Nov 27	Fri	10 - 11:30 a.m.	4 Weeks, Flex

Crepe Paper Roses



Explore and create beautiful realistic crepe paper roses during this six-day class over two weeks. Since roses are at the intermediate to difficult skill level you will slowly learn the full process of working with crepe paper to gain the skills at your own pace. In the first two classes we will focus on preparing the centre bud and learning to stretch, shape and assemble the crepe paper into petals. In the second class we will make the calyx, leaves and more buds to finish our bouquets.

Date	Day	Time	Session
Sept 22 & Sept 29	Tues	4:30 - 7:30 p.m.	2 Weeks, Fixed



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

Plaster Casting and Mold Making



Learn how to cast plaster from silicone molds. First, explore and discuss the types of casting and mold making before starting to make your own small plaster casts such as decorative pendants or a small figurine. Later, we will make our own silicone molds and different casts for items like bowls and larger figurines.

Date	Day	Time	Session
Oct 13 & Oct 20	Tues	4:30 - 7:30 p.m.	2 Weeks, Fixed

Subcategory: Fibre Arts

Learn to Knit



Learn to knit using a sampler and explore all different types of skills. Pick a knitting project and begin to put your skills to use with the support of those around you.

Date	Day	Time	Session
Sept 17 & Sept 24	Thurs	10 a.m. - 12 p.m.	2 Weeks, Fixed

Learn How to Make Mittens



Learn how to use double pointed needles, join stitches in the round, increase stitches, decreasing stitches, put stitches on a stitch holder and pick up stitches.

Date	Day	Time	Session
Oct 5 - Oct 26	Mon	10 a.m. - 12 p.m.	3 Weeks, Fixed

Hand Embroidered Letters Workshop



Discover the expressive world of hand embroidery through letters, fonts and personal style. Font ideas and design prompts are provided and stitches are introduced with an emphasis on texture, pattern and a bit of creative play. There's no strict formula — just gentle guidance and room to find your own approach. Suitable for beginners and those with some stitching experience. Everyone works at their own pace in a friendly, relaxed setting. Leave with a finished piece ready to add to a favourite item, frame or keep as a sampler.

Date	Day	Time	Session
Oct 25	Sun	1 - 4 p.m.	One-Off, In-Person
Dec 13	Sun	1 - 4 p.m.	One-Off, In-Person

Knitting in the Round



Learn how to cast on a circular needle, join stitches in the round, increase and decrease stitches.

Date	Day	Time	Session
Sept 26 & Nov 9	Mon	10 a.m. - 12 p.m.	2 Weeks, Fixed



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

Fibre Arts Circle



Need some help on the project you are working on? Guidance on picking out new materials? Join one of our in-person sessions and meet up with fellow fibre friends to discuss all things crafty.

Date	Day	Time	Session
Nov 3	Tues	10 a.m. - 12 p.m.	One-Off, In-Person
Nov 10	Tues	10 a.m. - 12 p.m.	One-Off, In-Person
Nov 17	Tues	10 a.m. - 12 p.m.	One-Off, In-Person
Dec 1	Tues	10 a.m. - 12 p.m.	One-Off, In-Person
Dec 8	Tues	10 a.m. - 12 p.m.	One-Off, In-Person

Subcategory: Photography

Advanced Photography: Light, Lens and Looking



Take your photography skills to the next level with this online course. Learn about the importance of light, design, composition, camera settings and basic editing. Through demonstrations, presentations, discussions and feedback on suggested photography projects, your photography knowledge and creative vision will expand. This class is ideal for anyone who has taken introductory photography classes or understands how to use a DSLR or SLR camera or your cell phone's more advanced features, such as focus and exposure lock, grid and level, or using the macro, burst and live modes. Basic computer skills are required to share files in the Zoom chat.

Date	Day	Time	Session
Sept 9 - Oct 28	Wed	2 - 4 p.m.	8 Weeks, Fixed
(excl. Oct 14)			
This is a virtual Zoom class. You will receive the Zoom meeting link one day prior to the start of the session.			



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

Subcategory: Creative Writing

Comedy Writing for Cognitive Health



Have you ever wondered if you missed your chance to try stand-up comedy? It's never too late. In this fun and engaging workshop, participants will learn how comedians turn everyday experiences into funny stories, craft one-liners and find humour in the world around them. Through a series of writing prompts, exercises and group activities, you'll develop your comedic voice while strengthening memory, creativity, communication and storytelling skills. Whether you're interested in stand-up comedy or simply want to keep your mind active while having fun, this workshop offers a supportive and encouraging environment for all experience levels.

Date	Day	Time	Session
Sept 8 - Oct 20	Tues	1 - 2:30 p.m.	7 Weeks, Fixed

Comedy Writing for Cognitive Health II: Finding the Funny in Your Story



Take your comedy writing to the next level in this advanced workshop designed to build on the Comedy Writing for Cognitive Health course. Participants will build on the fundamentals of joke writing by transforming personal experiences into engaging, humorous stories through storytelling, premise development, punchline writing and editing techniques. Along the way, participants will strengthen memory, creativity, communication and cognitive flexibility by recalling life experiences, organizing ideas, making unexpected connections and refining their comedic voice.

Date	Day	Time	Session
Sept 8 - Oct 20	Tues	2:45 - 4 p.m.	7 Weeks, Fixed

Write Your Life Stories



You are the main character in your own life stories—a personal narrative that only you can tell. This course provides the tools you need to transform your memories and lived experiences into writing. You will learn how to use structure, voice and pacing to craft your life stories. By the end of the course, you will have a portfolio of vignettes about yourself to share.

Date	Day	Time	Session
Sept 28 - Oct 26	Mon	2:30 - 4 p.m.	4 Weeks, Fixed

Subcategory: Storytelling

Beyond Belief: Jewish Folktales and Myths



The prophet Elijah ascending into heaven in a fiery chariot, King Solomon and his teenage daughter and Adam's first wife Lilith before Eve—these are all stories that will be explored and discussed through Jewish tales.

Date	Day	Time	Session
Sept 14 - Oct 26	Mon	2:30 - 4 p.m.	6 Weeks, Fixed

(excl. Sept 21, Oct 12)

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



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

Tell Your Stories



Sharing your stories is one of the most powerful ways to connect with others. Learn what makes an interesting and engaging tale and how to tell it, without notes. You will use pictures, prompts and objects to explore your memories, then you'll work with partners and small groups to shape those memories into a story. Each class builds on the last, adding elements like plot, tension, character development, sensory details, emotion, audience engagement and controlling your nerves. This class is suitable for beginners.

Date	Day	Time	Session
Sept 24 - Oct 29	Thurs	1 - 3 p.m.	7 Weeks, Fixed
Nov 5 - Dec 17	Thurs	1 - 3 p.m.	7 Weeks, Fixed

Subcategory: Singing

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
Sept 14 - Oct 26	Mon	3 - 5 p.m.	7 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
Nov 2 - Dec 14	Mon	3 - 5 p.m.	7 Weeks, Fixed

Subcategory: Music Lessons

Keyboard Class - Section I



Whether you are an absolute beginner or have studied many years, develop your musical abilities in an encouraging environment. Course will be tailored to each individual's needs and goals. Classical, jazz and popular genres will be explored.

Date	Day	Time	Session
Sept 16 - Oct 21	Wed	3:30 - 5 p.m.	5 Weeks, Fixed
Nov 4 - Dec 2	Wed	3:30 - 5 p.m.	5 Weeks, Fixed



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 Class - Section II



Whether you are an absolute beginner or have studied many years, develop your musical abilities in an encouraging environment. The course will be tailored to each individual's needs and goals. Classical, jazz and popular genres will be explored.

Date	Day	Time	Session
Sept 16 - Oct 21	Wed	5:15 - 6:45 p.m.	5 Weeks, Fixed
Nov 4 - Dec 2	Wed	5:15 - 6:45 p.m.	5 Weeks, Fixed

Intermediate Keyboard



Expand and further your music abilities through keyboard study. Explore various genres from classical, jazz and popular music. This course is tailored to students with previous musical training whether on piano or another instrument.

Date	Day	Time	Session
Sept 20 - Oct 25	Sun	12:45 - 2:15 p.m.	4 Weeks, Fixed
(excl. Sept 27, Oct 4)			
Nov 1 - Nov 29	Sun	12:45 - 2:15 p.m.	5 Weeks, Fixed

Beginner Keyboard



Learn the foundations of keyboard music at your own pace. The program will be tailored to each participant's needs in a relaxed setting.

Date	Day	Time	Session
Sept 20 - Oct 25	Sun	11 a.m. - 12:30 p.m.	4 Weeks, Fixed
(excl. Sept 27, Oct 4)			
Nov 1 - Nov 29	Sun	11 a.m. - 12:30 p.m.	5 Weeks, Fixed

Keyboard Harmony



Learn the building blocks of music and the art of composing. In this class, we will take a look at how music is put together. A cross section of classical and popular genres will be discussed. Proficiency in music reading is required.

Date	Day	Time	Session
Sept 20 - Oct 25	Sun	2:30 - 4 p.m.	4 Weeks, Fixed
(excl. Sept 27, Oct 4)			
Nov 1 - Nov 29	Sun	2:30 - 4 p.m.	5 Weeks, Fixed



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

Subcategory: Acting

The Golden Stage: Acting for Artists 50+



Ever wondered what it really takes to step into a character on stage? Curious how actors transform words on a page into living, breathing stories? Thinking it might be your turn to try? This course introduces older artists to the fundamentals of acting, guiding participants through the essential steps an actor takes when first approaching a script—reading, analyzing and beginning to bring characters to life. Through hands-on exercises, students develop core acting skills, including movement, stage presence, voice and character building, gaining tools to perform with confidence and authenticity. The course is designed for artists of all backgrounds—whether you acted earlier in life, have always been curious about performing or are exploring acting for the first time.

Date	Day	Time	Session
Nov 2 - Dec 14	Mon	10 a.m. - 12 p.m.	6 Weeks, Fixed

Modern Classics Play Analysis



This six-week course explores the world of modern classic plays, offering participants tools to read and understand scripts through the lens of contemporary theatre practice. Together, we will engage with landmark works such as *Who's Afraid of Virginia Woolf?*, *The Seagull*, and *Death of a Salesman*, alongside other influential playwrights whose work continues to shape the stage. Through guided discussion and practical exercises, participants will learn how directors and actors approach a script—examining character, structure, language and rhythm. We will explore what lies beneath the text, how meaning is built through interpretation and how a play transforms from page to performance.

Date	Day	Time	Session
Nov 2 - Dec 14	Mon	12:15 - 2:15 p.m.	6 Weeks, Fixed

An Introduction to Playwriting



This introductory playwriting course is designed for artists at various stages of their writing journey, whether you are exploring playwriting for the first time or looking to reconnect with your creative practice through fresh prompts and foundational exercises. Through a series of guided, explorative writing tasks, participants will generate new dramatic text each session while being introduced to the core elements of writing for the stage, including character, dialogue, action and structure. The focus is on discovering how language operates in a theatrical context and how written text comes alive through dramatic intention and relationship. The course emphasizes experimentation, curiosity and process over product, offering a supportive environment where writers can take risks, test ideas and develop their unique voice.

Date	Day	Time	Session
Oct 6 - Oct 27	Tues	10 a.m. - 1 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.

Improv Practice for Presence and Play



You will be invited to practice connecting to the present moment in order to discover a deeper sense of belonging and light-heartedness. Each week we will explore a different theme (Presence, Curiosity, Acceptance, Play) through supportively guided creative games that help us to find the light, the joy, the giggles and opportunities for supportive connection that are always available to us in the present moment, just as we are.

Date	Day	Time	Session
Nov 5 - Nov 26	Mon	11 a.m. - 12:30 p.m.	4 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

Subcategory: Mind Body

Moving Well with the Alexander Technique



This course is an introduction to the Alexander Technique and how it can help you move through your daily life with more ease and less pain. We explore how to move well as we do daily activities while sitting, standing, walking and lifting.

Date	Day	Time	Session
Sept 8 - Oct 27	Tues	12:30 - 1:30 p.m.	8 Weeks, Drop-In
Nov 3 - Dec 15	Tues	12:30 - 1:30 p.m.	8 Weeks, Drop-In

Alexander Technique Lab



The Alexander Technique is a practical method of self care based on principles that develop good coordination, body awareness and injury prevention. This course offers you space to practice exercises that you do regularly with a new perspective that gives you better results. You can bring any physical activity to the class and we will explore new ways of approaching them that will keep you interested and committed to your fitness routine as well as help you prevent and rehabilitate injuries.

Date	Day	Time	Session
Sept 8 - Oct 27	Tues	1:45 - 2:45 p.m.	8 Weeks, Drop-In
Nov 3 - Dec 15	Tues	1:45 - 2:45 p.m.	8 Weeks, Drop-In

Brain Gym®: Movements for a Fit Brain and Strong Body



Brain Gym® is an internationally recognized brain-based movement program using gentle, intentional exercises that can be incorporated into daily routines and optimize daily living. Movements support the connection between the brain and body and are adaptable for all abilities.

Date	Day	Time	Session
Sept 8 - Oct 27	Tues	5 - 6:15 p.m.	8 Weeks, Fixed
Sept 11 - Oct 30	Fri	12:30 - 1:45 p.m.	7 Weeks, Fixed
(excl. Oct 16)			
Nov 3 - Dec 8	Tues	5 - 6:15 p.m.	6 Weeks, Fixed

Seated QiGong and Tai Chi



Discover the calming and restorative benefits of Seated QiGong and Tai Chi. This gentle practice combines mindful breathing, flowing movements and meditation to cultivate energy (Qi), improve circulation, enhance flexibility and promote inner balance—all from the comfort of a seated position. Perfect for beginners, individuals with limited mobility, those recovering from illness or injury or anyone seeking a gentle yet effective wellness practice.

Date	Day	Time	Session
Sept 9 - Dec 16	Wed	8:30 - 9:15 a.m.	Weekly, Drop-In
Note: Recommended for individuals comfortable with mind/body coordination movements.			



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

Yang Style Tai Chi



Experience the timeless art of Yang Style Tai Chi, one of the most widely practiced and accessible forms of Tai Chi in the world. Characterized by slow, flowing movements, relaxed posture and mindful breathing, Yang Style Tai Chi promotes balance, strength, flexibility and inner calm. This class is suitable for all levels, from beginners to experienced practitioners. Movements can be adapted to individual abilities, making it a safe and enjoyable practice for adults of all ages.

Date	Day	Time	Session
Sept 9 - Dec 16	Wed	9:30 - 10:15 a.m.	Weekly, Drop-In

Note: Recommended for individuals comfortable with standing and mind/body coordination movements.

QiGong I



This class is an introduction to QiGong, a form of Chinese medicine that involves slow meditative movements that help improve circulation throughout the body with an emphasis on deep breathing to improve oxygen intake and overall health. It can be done seated or standing or a combination of the two.

Date	Day	Time	Session
Sept 11 - Oct 30	Fri	2:15 - 3 p.m.	Weekly, Drop-In
Nov 6 - Dec 18	Fri	2:15 - 3 p.m.	Weekly, Drop-In

Note: It is more beneficial for circulation if you can stand, however seated modifications are available.

Gentle Lymphatic Movement and Mobilization



We will combine gentle movement, deep breathing and specific sequences to encourage overall wellness.

Date	Day	Time	Session
Sept 10 - Oct 29	Thurs	2 - 2:45 p.m.	Weekly, Drop-In
Nov 5 - Dec 17	Thurs	3 - 3:45 p.m.	Weekly, Drop-In

QiGong II



This class will build on the QiGong Level I class by beginning to understand the theory behind the practice. It is intended for those who would like to dive deeper into the history and meaning behind QiGong. Classes will consist of video education from QiGong masters and then movement and guided meditation. Feel the effects on your mind, body and spirit.

Date	Day	Time	Session
Sept 11 - Oct 30	Fri	3:15 - 4 p.m.	Weekly, Drop-In
Nov 6 - Dec 18	Fri	3:15 - 4 p.m.	Weekly, Drop-In



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

Subcategory: Mindfulness

Breathwork 101: Breathing for Brain Health



This introductory breathwork series explores the connection between breathing, stress regulation and overall well-being. Participants will learn simple, accessible breathing techniques designed to support nervous system balance, reduce stress, improve sleep quality and enhance mental clarity. Each session introduces and practices a variety of breathwork styles that can be used in daily life to support focus, attention, memory, emotional regulation and relaxation. The series offers practical tools to help participants cultivate greater calm, energy and cognitive support through intentional breathing practices.

Date	Day	Time	Session
Sept 8 - Oct 27	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.

Mindfulness and Self-Compassion: Education and Practice



This online series offers weekly sessions blending education, guided practice and discussion. Participants build skills in mindfulness and self-compassion through evidence-based learning and practical techniques that support focus, emotional regulation and well-being. Sessions include time to practice, reflect and apply concepts in daily life, helping participants develop consistency and grow through shared experiences.

Date	Day	Time	Session
Sept 9 - Oct 14	Wed	6:30 - 7:30 p.m.	6 Weeks, Fixed
Nov 4 - Dec 9	Wed	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.

Introduction to Meditation



Curious about meditation but not sure where to start? This introductory course offers a gentle, exploratory journey through a variety of meditation practices. Each week, we will try a different approach, giving you the chance to discover which techniques resonate most with you. Whether you are seeking greater calm, better sleep, a clearer mind or simply a few minutes of quiet in a busy day, this course offers practical tools you can return to again and again.

Date	Day	Time	Session
Sept 9 - Oct 28	Wed	5 - 6 p.m.	8 Weeks, Fixed
Nov 4 - Dec 16	Wed	5 - 6 p.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.

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 six-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
Sept 10 - Oct 15	Thurs	2:00 - 3:15 p.m.	6 Weeks, Fixed
Nov 10 - Dec 15	Tues	2:00 - 3:15 p.m.	6 Weeks, Fixed

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



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



This is a creative, mindfulness-based art practice that combines drawing with principles of psychology to support self-reflection, stress reduction and emotional regulation. Using simple lines, shapes and colours, participants translate thoughts or feelings into visual form, then gently transform the image through rounding, connecting and colouring. The process emphasizes presence and intuition rather than artistic skill, making it accessible to everyone. Neurographics encourages focus, calm and cognitive flexibility by engaging both analytical and creative processes in the brain.

Date	Day	Time	Session
Sept 30 - Oct 28	Wed	9:45 - 11:15 a.m.	6 Weeks, Fixed
Nov 4 - Dec 2	Wed	9:45 - 11:15 a.m.	6 Weeks, Fixed

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



We live in rhythm as we walk, talk and breathe. Join us for an interactive wellness experience where we connect to our heart beat, move our bodies to the beat, drum and play together. All while celebrating the power of rhythm to help us feel relaxed, invigorated and energized. Let's connect more deeply to ourselves and each other.

Date	Day	Time	Session
Oct 11	Sun	10:30 a.m. - 12 p.m.	One-Off, In-Person
Oct 25	Sun	10:30 a.m. - 12 p.m.	One-Off, In-Person
Nov 1	Sun	10:30 a.m. - 12 p.m.	One-Off, In-Person
Nov 15	Sun	10:30 a.m. - 12 p.m.	One-Off, In-Person
Nov 22	Sun	10:30 a.m. - 12 p.m.	One-Off, In-Person
Dec 6	Sun	10:30 a.m. - 12 p.m.	One-Off, In-Person

Deepening the Practice Within: Mindfulness Meditation for a Healthy Brain



This follow-up series builds on the foundations introduced in Mindfulness Meditation: The Essentials and is designed for participants looking to deepen and strengthen their practice. Together, we revisit themes and techniques that resonated most strongly from the introductory course while continuing to explore mindfulness in a supportive and accessible way. Each session includes a full hour of guided meditation and the opportunity to practice a variety of mindfulness techniques, allowing participants to discover what resonates most.

Date	Day	Time	Session
Nov 5 - Dec 17	Thurs	10 - 11 a.m.	7 Weeks, Fixed
Note: Best to have taken Breathwork 101 or have a general mindfulness/meditation practice already			

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

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 exercises led by Kinesiology students to get our heart rates up. Then "Talk it Out" together in small groups led by specially trained Masters of Social Work students.

Date	Day	Time	Session
Nov 6 - Dec 11	Fri	1 - 3 p.m.	6 Weeks, Fixed
Note: This class welcomes all levels, but there will be seated and standing movements.			



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

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



In this six-week course, you will learn evidence-based mindfulness and breathwork strategies for calming, repairing and strengthening the nervous system to support greater stress resilience and overall well-being. Each 75-minute 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
Nov 12 - Dec 17	Thurs	2 - 3:15 p.m.	6 Weeks, Fixed

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

Subcategory: Meditation

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
Sept 25 - Oct 9	Fri	11 - 12:15 p.m.	3 Weeks, Fixed
Oct 16 - Oct 30	Fri	11 - 12:15 p.m.	3 Weeks, Fixed

Restorative Breathing



A gentle, mindfulness-based practice focused on conscious, slow and intentional breathing to support relaxation and overall well-being. The session guides participants through simple breathing techniques designed to calm the nervous system, reduce stress and restore balance to the body and mind. Emphasis is placed on posture, breath awareness and rhythm, helping improve oxygenation and promote a sense of ease and clarity.

Date	Day	Time	Session
Sept 10 - Oct 29	Thurs	1 - 2:15 p.m.	Weekly, Drop-In
Nov 5 - Dec 17	Thurs	1 - 2:15 p.m.	Weekly, Drop-In

Five Elements Meditation



Through the perspective of traditional Chinese culture, we will explore the wisdom of Wood, Fire, Earth, Metal and Water, and how they apply to ourselves, our families, society and the world, with tailored practices for men and women. You will personally be led through this specialized meditation, which focuses on breathwork to exchange and refresh the energy within your body.

Date	Day	Time	Session
Nov 6 - 20	Fri	11 a.m. - 12:15 p.m.	3 Weeks, Fixed
Nov 27 - Dec 4	Fri	11 a.m. - 12:15 p.m.	3 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

Subcategory: Death Education

The Grief Circle Gathering: Building Tools, Community and Connection



The Grief Gathering provides a judgment-free space to help relieve the isolation of profound loss. By meeting weekly for one thoughtful hour, we will expand our capacity for heavy emotions and cultivate a flexible, shared resilience alongside others walking a similar path. Together, we will explore and gather a practical toolkit of grounding resources and coping strategies for your daily life. In doing so, we focus on honouring the legacy of those we love—finding meaning not in the loss itself, but in how we choose to respond to it. You will leave this program equipped with the concrete tools to help navigate your days and a brand-new, compassionate community to walk beside you on the path forward.

Date	Day	Time	Session
Sept 14 - Oct 26	Mon	9 - 10 a.m.	5 Weeks, Fixed
Nov 2 - Dec 7	Mon	3:30 - 4:30 p.m.	6 Weeks, Fixed

Conversations About Death and Dying



This two-hour workshop offers a warm, welcoming space to come together and openly discuss thoughts, curiosities and personal stories surrounding death and dying. Inspired by the global Death Cafe movement, this session is designed to increase our awareness of death with a view to helping us make the most of our finite lives. Through gentle, small-group conversations and structured listening exercises, you will have the opportunity to share your perspectives or simply listen to others in a completely safe, non-judgmental environment. Held in an atmosphere of warmth and community support, it is an inviting morning session dedicated to honouring our shared life journeys and normalizing a conversation topic that touches us all.

Date	Day	Time	Session
Oct 20 - Nov 3	Tues	9 - 11 a.m.	3 Weeks, Flex



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 Category

Aerobic: Low-Moderate:

Aerobic: Moderate-High:

Balance and Function:

Muscle Strengthening:

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 Movement Recommendations

Activity Category	Frequency
Aerobic (Low - Mod)	Aim for 3 - 4 times per week
Aerobic (Mod - High)	3 - 4 times per week (Sunday - Monday); no more than 1 time per day
Balance and Function	Aim for 3 - 4 times per week
Muscle Strengthening	3 - 4 times per week (Sunday - Monday); no more than 1 time per day

*** The Fitness and Aquatics registration is a rolling 30-day enrollment**

Aerobic: Low-Moderate Intensity Level Programs

Nordic Pole Walking



Nordic pole walking combines conventional fitness walking with the use of specialized Nordic walking poles to engage the upper and lower body. This full-body workout improves cardiovascular endurance, strength, balance and stability while providing a fun and social way to stay active.

Intensity	Day	Time	Session
	Mon	10 - 10:50 a.m.	Weekly, Drop-In



LOW-MOD

Note: Open to all fitness levels; beginner friendly

Step and Pump



Driven by motivating beats, this low-impact workout features high-energy step aerobics and weight training to spike your heart rate, burn calorie and sculpt and strengthen your entire body. It is designed to leave you feeling strong, energized and accomplished.

Intensity	Day	Time	Session
	Mon	12 - 1 p.m.	Sept 14 - Oct 5 Weekly, Drop-In



LOW-MOD

(excl. September 21)

Mon	12 - 1 p.m.	Nov 9 - Dec 14 Weekly, Drop-In
-----	-------------	-----------------------------------

Note: Open to all fitness levels.
Participants should be comfortable with standing exercises.



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 combines cardio, complex coordination, footwork and basic dance steps set to upbeat music from the disco and Motown eras. It includes a seated warm-up, conditioning and progresses to larger standing or seated movements and a fun dance routine.

Intensity	Day	Time	Session
 LOW-MOD	Mon	3 - 4:15 p.m.	Sept 14 - Oct 26 Nov 2 - Dec 14 Weekly, Drop-In
	Tues	1:30 - 2:45 p.m.	Sept 8 - Oct 27 Nov 3 - Dec 15 Weekly, Drop-In

Note: Students who are new or have only taken one term of Dance and Groove or don't attend regularly.

Note: Students who have taken Dance and Groove for at least one term and attend on a regular basis.

Water Walking



There are hundreds of different ways to walk and this class involves a variety of walking patterns and progressions in water that focus on core, balance, strength, mobility, posture and gait training, as well as avoiding momentum and torque on the joints. It includes group and partner work for beginner through advanced clients in a sociable and all-inclusive system, all in shallow water pool depths.

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

Note: This class is suitable for individuals looking to improve their gait, balance and mobility, as well as those recovering from hip or knee concerns.

Water Walk and Wellness



A gentle low-impact aquatic fitness class focused on walking-based movement, mobility and overall wellness. Participants use the natural resistance and support of water to improve cardiovascular health, coordination and functional mobility in a safe and social environment.

Intensity	Day	Time	Session
 LOW-MOD	Tues	8 - 8:45 a.m.	Weekly, Drop-In
	Wed	1 - 1:45 p.m.	Weekly, Drop-In
	Thurs	5 - 5:45 p.m.	Weekly, Drop-In

Note: This class is suitable for individuals looking to improve their gait, balance and mobility, as well as those recovering from hip or knee concerns.

Aquatic Fitness Level I



During this moderately challenging class you will move through the water to strengthen your muscles, balance, coordination and cardio fitness.

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

Note: This class is suitable for individuals who can move comfortably through water at a faster pace, participate in moderate intensity cardio activity and perform floating exercises.



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



Class begins in a chair with a warmup and some basic footwork. Next we are up on our feet for bigger movements that lead to some basic dance steps. The majority of the class is spent learning a routine to a popular musical theatre song. The choreography will include basic dance steps and gestures to help tell the song's story. As this is a dance class, singing is not taught but you can certainly sing along if you feel inspired.

Intensity	Day	Time	Session
	Thurs	11:30 a.m.- 12:45 p.m.	Sept 10 - Oct 15, Drop-In, Nov 5 - Dec 10, Drop-In



Note: This class is suitable for all fitness levels and no prior dance experience is required.

Aqua Nia I



This class involves gentle and fluid movement in warm water guided by music. Focusing on body awareness, rhythm and light aerobic work, it integrates the joy of dance with the disciplines of Martial arts, Pilates and Yoga.

Intensity	Day	Time	Session
	Fri	8:30 - 9:15 a.m.	Weekly, Drop-In



Note: This class is suitable for those with mobility and stamina who enjoy a more dynamic and continuous movement practice.

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
	Fri	9 - 10:30 a.m.	Sept 11 - Oct 30 Fixed



Aerobic: Moderate-High Intensity Level Programs

High Intensity Interval Training (HIIT)



This high intensity interval training (HIIT) class is designed to increase your heart rate. This class involves high intensity exercises that will help improve your cardiovascular fitness.

Intensity	Day	Time	Session
	Mon	1:15 - 2:15 p.m.	Weekly, Drop-In



Note: Must be able to lie on the floor and get up from laying on the floor.

Nia Dance: Moving to Heal



This gentle, therapeutic adaptation of the Nia dance technique blends elements of martial arts, dance arts and healing arts to promote movement, body and breath awareness, physical comfort and emotional well-being. Designed for older adults and those with limited mobility, the class includes seated and standing movements to support balance, flexibility and strength.

Intensity	Day	Time	Session
	Tues	9 - 10 a.m.	Weekly, Drop-In



Intensity	Day	Time	Session
	Thurs	1 - 2 p.m.	Weekly, Drop-In

Note: Suitable for all fitness levels. Recommended for those comfortable with standing exercises. Modifications available.



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 Boot Camp



Experience the energy, kick up the intensity and stay motivated with a no-nonsense workout. This program incorporates a variety of exercises that challenge your aerobic and muscular conditioning through interval sets and circuit stations. With gradual progression in intensity, it aims to build fitness through a self-paced exercise system.

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



Note: This class is suitable for people who are confident in the water and looking for a variety of movement in many planes of motion.

Easy Does It Cardio



Get your heart pumping without the high impact. This mod-high cardio class focuses on simple, easy-to-follow movements designed to improve cardiovascular fitness, endurance and energy levels. Enjoy a welcoming atmosphere, music and a comfortable pace while working toward better heart health and overall wellness.

Intensity	Day	Time	Session
	Thurs	8:30 - 9:15 a.m.	Weekly, Drop-In



Note: Suitable for those comfortable participating in standing exercises. Modifications are available as needed.

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

Aquatic Fitness Level II



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

Intensity	Day	Time	Session
	Wed	11:30 - 12:15 p.m.	Weekly, Drop-In



Note: This class is suitable for individuals who can move comfortably through water at a faster pace, participate in high-intensity cardio activity and perform floating exercises.

Progressed Aquatic Fitness



This class is a higher level of exercise and comprehension of body movements employed to work through range of motion, core strength, balance and flexibility. We will focus on helping you to gain better cardiovascular and respiratory output.

Intensity	Day	Time	Session
	Thurs	10:30 - 11:15 a.m.	Weekly, Drop-In



Note: This class is suitable for individuals with previous aquatic fitness experience.



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

Swimming Lessons



This class provides a supportive, low-impact environment for all experience levels to build water confidence, learn survival skills and improve stroke technique. Whether you are a beginner or looking to refine your laps, programs range from gentle water acclimation to advanced endurance and stroke mechanics.

Intensity	Day	Time	Session
 MOD-HIGH	Thurs	1 - 1:30 p.m.	Level: Beginner Weekly, Drop-In
	Thurs	1:30 - 2:30 p.m.	Level: Floaters Weekly, Drop-In
	Thurs	2:30 - 3 p.m.	Level: Stroke Improvement Weekly, Drop-In

Aqua Nia II



This is a more dynamic version of Aqua Nia with faster tempo, added jumps and turns for cardio, balance and coordination. Focusing on body awareness, rhythm and light aerobic work, it integrates the joy of dance with the disciplines of martial arts, Pilates and Yoga.

Intensity	Day	Time	Session
 MOD-HIGH	Fri	9:30 - 10:15 a.m.	Weekly, Drop-In

Note: This class is suitable for individuals comfortable standing and moving in chest-deep water without external support.

Aerobic Conditioning



This low-impact aerobic class is a high-energy, joint-friendly workout that keeps one foot on the floor while continuously elevating your heart rate. It combines simple movement steps to improve cardiovascular endurance, balance and muscular strength.

Intensity	Day	Time	Session
 MOD-HIGH	Thurs	4:15 - 5 p.m.	Weekly, Drop-In

Note: Recommended for those with some aerobic fitness experience who are comfortable with faster-paced movements and standing for the full class.

Aqua Fitness Intermediate



Moderate to high-intensity water workout designed to provide a total body workout in the pool. This class combines cardio, muscle conditioning and flexibility in every class.

Intensity	Day	Time	Session
 MOD-HIGH	Fri	1 - 1:45 p.m.	Weekly, Drop-In

Note: Recommended for those with some aerobic fitness experience who are comfortable with faster-paced movements and standing for the full class.



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 Zumba



This is a high energy cardiovascular workout using the resistance of the water in the pool. Each song is choreographed to Latin inspired rhythms to bring fun and exercise together in one class.

Intensity	Day	Time	Session
 MOD-HIGH	Fri	2 - 2:45 p.m.	Weekly, Drop-In
	Sun	10 - 10:45 a.m.	Weekly, Drop-In
	(excl. Sept 13, Sept 27, Oct 4)		
Note: Must be able to participate in advanced aqua classes prior to taking Aqua Zumba			

Balance and Function Programs

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	9 - 10 a.m.	Weekly, Drop-In
	(excl. Oct 12)		
	Thurs	9:30 - 10:30 a.m.	Weekly, Drop-In

Note: Participants should be comfortable performing seated and standing exercises with chair support for balance.

Aqua Fitness Advanced



High intensity water workout designed to provide a challenging total body workout in the pool. This class will combine cardio, muscle conditioning and flexibility in every class. You will be encouraged to work above comfort zones and to push yourself by travelling through the pool, moving rapidly and changing directions quickly.

Intensity	Day	Time	Session
 MOD-HIGH	Sun	12 - 12:45 p.m.	Weekly, Drop-In
	(excl. Sept 13, Sept 27, Oct 4)		
	Note: This class is suitable for individuals with at least three months of AquaFit experience and the ability to exercise at higher intensity, move independently in water and perform floating exercises without support.		

Chair Yoga



Chair yoga is an inclusive, low-impact practice that combines seated and standing postures using a chair for balance and support. The class promotes relaxation through mindful breathing while improving strength, joint mobility, flexibility and circulation.

Intensity	Day	Time	Session
 LOW-MOD	Mon	10 - 11 a.m.	Nov 2 - Dec 14, Fixed
	Note: Participants should be comfortable performing seated and standing exercises with chair support for balance.		



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

Moving Through Water



This is a gentle Aquafit class designed for people who are new to exercising in the water or prefer to work at a slower pace. You will work on balance, coordination and strengthening muscles.

Intensity	Day	Time	Session
 LOW-MOD	Mon	11 - 11:45 a.m.	Weekly, Drop-In
	Tues	12 - 12:45 p.m.	Weekly, Drop-In
	Wed	9:30 - 10:15 a.m.	Weekly, Drop-In

Note: This class is suitable for individuals comfortable with walking in various directions in water.

Aqua Yoga



This is a gentle, low-impact form of yoga practiced in the water, using the water's natural buoyancy and resistance to support movement and mental clarity. Traditional yoga poses are adapted to the aquatic environment, allowing for a calm, meditative experience that also works on balance, flexibility and strength with minimal strain on joints and muscles. This class is especially beneficial for individuals with limited mobility, joint pain or stiffness, arthritis or those recovering from injury.

Intensity	Day	Time	Session
 LOW-MOD	Mon	12 - 12:45 p.m.	Weekly, Drop-In
	Tues	1 - 1:45 p.m.	Weekly, Drop-In
	Fri	11 - 11:45 a.m.	Weekly, Drop-In

Note: You should be comfortable in chest-deep water and be able to stand without support from the pool wall or buoyancy equipment. This class is suitable for those of all levels.

Stretch and Tone



Move through a series of movements and stretches focused on lengthening your muscles. Practice strength exercises to help your balance, stability and mobility. Each of these movements will be done from lying, kneeling and standing positions.

Intensity	Day	Time	Session
 LOW-MOD	Mon	12 - 1 p.m.	Weekly, Drop-In
	Mon	5:30 - 6:30	Weekly, Drop-In

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

Note: Must be able to lie on the floor and get up from lying on the floor.

Gait, Mobility and Balance



We will focus on the foot, hip and ribcage relationship through movement and body positioning. We will improve strength, stability and coordination to help reduce the risk of falls and feel more aware of your body.

Intensity	Day	Time	Session
 LOW-MOD	Mon	1 - 1:45 p.m.	Fixed
	Thurs	1 - 1:45 p.m.	Fixed

Note: Participants should be comfortable participating in a predominantly standing class. Modifications are provided.



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

Ballet Basics



In this class, you will enjoy gentle movement combining classic ballet to help improve balance, flexibility and coordination.

Intensity	Day	Time	Session
 LOW-MOD	Mon	2 - 2:45 p.m.	Weekly, Drop-In
(excl. Sept 21, Oct 5, Oct 12)			
Note: Participants should be comfortable performing overhead arm movements, as the class includes overhead holds. Modifications will be provided.			

Feel the Music



This expressive, music-driven movement class uses simple guided movements inspired by dance and mindful exercise to explore rhythm, tempo, musical phrasing, coordination and body awareness. Focusing on self-expression rather than technical skill, the class supports physical and cognitive engagement through balance, mobility, confidence and creativity. Participants may join sitting or standing.

Intensity	Day	Time	Session
 LOW-MOD	Mon	3:30 - 4:30 p.m.	Weekly, Flex
Note: This class is suitable for all fitness levels and no prior dance experience is required.			

Rebuilding Fitness



This class takes simple steps to introduce strength, flexibility, mobility and balance exercises while in the comfort of your own pace. Ideal for those returning to exercises after an injury or wanting to bring physical activity back into their life.

Intensity	Day	Time	Session
 LOW-MOD	Mon	2:30 - 3:30 p.m.	Weekly, Drop-In
Note: Must be able to lie on the floor and get up from lying on the floor.			

Balance and Stretch



Improve stability, mobility and flexibility in this gentle, feel-good class. Using a combination of standing and seated exercises, you'll work on balance, posture, coordination and range of motion while stretching the major muscle groups. This class is ideal for anyone looking to move with greater confidence, reduce stiffness and support everyday activities.

Intensity	Day	Time	Session
 MOD-HIGH	Mon	4 - 4:45 p.m.	Weekly, Drop-In
(excl. Sept 21 and Oct 12)			

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

Note: Suitable for those comfortable standing with support and performing standing exercises.



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



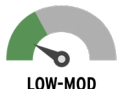
Physical Activity

Sit and Fit



A chair-based fitness class combining seated and supported standing exercises to improve strength, mobility and flexibility. Using resistance bands, light weights and bodyweight movements, this class is accessible and safe for all levels.

Intensity	Day	Time	Session
	Mon	4 - 4:45 p.m.	Sept 14 - Oct 26, Drop-In



(excl. Sept 21 and Oct 12)

Note: Participants should be comfortable using light dumbbells (2-3 lbs) and resistance bands, with seated and optional standing exercises.

Mindful Yoga



This gentle, breath-centered class invites you to slow down, reconnect and move with greater awareness. Through mindful movement, yoga postures and guided breathwork, you'll release tension, improve mobility and cultivate a sense of calm and balance. Each class leaves you feeling refreshed and restored through relaxation, supporting both physical and mental well-being.

Intensity	Day	Time	Session
	Mon	5:30 - 6:30 p.m.	Weekly, Drop-In



(excl. Sept 21 and Oct 12)

Thurs 10:30 - 11:30 a.m. Weekly, Drop-In

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

Note: Participants should be comfortable with standing and transitioning to and from the floor or a chair.

Improv Dance



This class explores spontaneous movement without pre-planned choreography, allowing participants to respond to prompts, music and their own internal rhythms. It is used for creative exploration through diverse music styles including classical, contemporary, jazz, rock and other genres. Participants can develop creativity, self-expression and connection in a supportive group environment.

Intensity	Day	Time	Session
	Mon	4:45 - 5:45 p.m.	Weekly, Flex



(excl. Sept 21 and Oct 12)

Gentle Strength: Balance and Mobility



A full-body low-impact class combining strength, balance and mobility training. Using light weights, resistance bands and functional movement patterns, participants build strength and stability in a safe, progressive format.

Intensity	Day	Time	Session
	Mon	6 - 6:50 p.m. 7 - 7:45 p.m.	Sept 14 - Oct 26, Drop-In



(excl. Sept 21 and Oct 12)

Note: This class is best suited for those who are able to transition to and from a chair independently or with minimal assistance.



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

Yin Yoga



A slow paced, meditative style of yoga using various props to help target deep, connective tissues like fascia, ligaments and joints. Poses are passively held on the floor for longer periods of time, allowing muscles to relax and gravity to deepen flexibility, while calming the nervous system.

Intensity	Day	Time	Session
	Mon	6:45 - 7:45 p.m.	Weekly, Drop-In



(excl. Sept 21 and Oct 12)

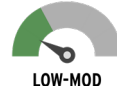
Note: Participants should be comfortable working on a mat, transitioning between standing, sitting and lying positions.

Better Balance



Explore standing, moving and walking while gaining a better understanding of how your hips, knees and ankles support balance and movement. This class will lead to improved range of motion in your joints, increased strength and a better sense of your own support.

Intensity	Day	Time	Session
	Tues	10 - 11 a.m.	Sept 15 - Oct 27, Flex



(excl. Oct 13 and Oct 20)

Thurs 10 - 11 a.m. Nov 5 - Dec 17, Flex

Note: This class is also appropriate if you use canes, walkers, zimmers and rollators.

Aqua Balance and Falls Prevention



A structured aquatic program designed to reduce fall risk and improve stability, coordination and strength. Using controlled walking patterns, balance drills and functional movement exercises in water, participants build safer movement habits for daily life.

Intensity	Day	Time	Session
	Tues	9 - 9:45 a.m.	Weekly, Drop-In
	Wed	2 - 2:45 p.m.	Weekly, Drop-In
	Thurs	6 - 6:45 p.m.	Weekly, Drop-In



Note: This class is suitable for beginners. Modifications are available.

Alignment Yoga



This style of Hatha yoga emphasizes precise body alignment, stability and gentle mindful movement. Poses are held longer with a focus on proper positioning of the feet, hips, spine, shoulders and head. The goal is to promote efficient alignment and balanced movement and encourage body awareness and steady breathing. Props may be used to support safe practice and improve posture and body awareness.

Intensity	Day	Time	Session
	Tues	10:15 - 11:15 a.m.	Weekly, Drop-In



Note: This class is suitable for those who can get up off the floor unassisted.



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

Rehabilitative Mat Pilates



This class comprises primarily gentle, controlled, exploratory movement and stabilization designed to help you understand how your joints function and investigate your movement potential. You will develop a better understanding of your body and slowly build deep abdominal strength that will support you in your daily activities. Please bring your own towel to use as a pillow.

Intensity	Day	Time	Session
 LOW-MOD	Tues	11:15 a.m. - 12:15 p.m.	Sept 14 - Oct 27, Flex
	(excl. Oct 13 and Oct 20)		
	Thurs	11 a.m. - 12 p.m.	Nov 3 - Dec 15

Note: For this class, participants need to be comfortable lying down and be able to get up and down off the floor by themselves.

Aqua Strength and Balance



A beginner-friendly AquaFit program designed to provide education and improve functional movement, balance, posture and activities of daily living through water-based exercise. Through the supportive properties of water, this class provides a safe environment for older adults, beginners and individuals managing common health conditions.

Intensity	Day	Time	Session
	Tues	1:45 - 2:30.	Weekly, Drop-In



Note: This class is suitable for beginners. Modifications are available.

Vinyasa Yoga



A mindful vinyasa flow designed to build strength, mobility and balance at a steady, accessible pace. Through breath-led movement, gentle sun salutations, standing postures and functional transitions, you'll improve stability, coordination and body awareness while supporting joint health. The practice will leave you feeling refreshed and restored through guided relaxation.

Intensity	Day	Time	Session
	Tues	12 - 1 p.m.	Weekly, Drop-In



Note: Participants should be comfortable with standing movements and transitioning to and from the floor.

Choy Li Fut Kung Fu



This class introduces foundational aspects of Choy Li Fut Kung Fu including stances, proper posture, body alignment, balance and martial arts techniques. Participants will develop strength, flexibility, mobility and body mechanics to support everyday activities.

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



Note: Participants should be able to stand for the duration of the class and balance on one leg for approximately 3–5 seconds. Modifications are available as needed.



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

Essentrics Level I



The focus of the class is to strengthen, rebalance the body, increase mobility, re-align joints and improve posture through various standing and seated exercises. This class level is intended for people with limited strength, flexibility and mobility, but people of any level are welcome to join.

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



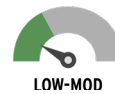
Note: This class welcomes participants with limited mobility. Participants should be able to participate in seated or standing exercises with chair support for balance.

Gentle Yoga



Slow down the pace as you bring awareness to the body, calm the mind and relax the nervous system. This class will help build strength and flexibility while improving balance and concentration.

Intensity	Day	Time	Session
	Wed	8:30 - 9:30 a.m.	Weekly, Drop-In



Note: This is an all level practice.

Essentrics Level II



The focus of the class is to strengthen, rebalance the body, increase mobility, re-align joints and improve posture through various standing and seated exercises. This class is intended for those with moderate to higher fitness levels and will involve standing balance exercises as well as floor-based exercises.

Intensity	Day	Time	Session
	Tues	6:15 - 7 p.m.	Weekly, Drop-In



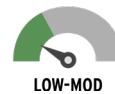
Note: Participants should have a moderate fitness level and be comfortable performing standing and floor-based exercises

Therapeutic Yoga



Therapeutic yoga is a gentle, intentional practice combining postures, breathwork and mindfulness to support healing, balance and overall well-being. This slow-paced class allows time to move consciously through each pose in a safe and supportive environment. Recommended for individuals managing stress, recovering from injury or living with chronic pain.

Intensity	Day	Time	Session
	Wed	10 - 11 a.m.	Nov 4 - Dec 16, Drop-In



Note: Participants should be comfortable participating in lying down, seated and standing yoga poses. Modifications are available as needed.



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

Yogalates



A combination of Yoga and Pilates, this class is designed as a form of falls prevention. You will strengthen your body as a whole unit and not individual parts to help with overall balance, posture, flexibility and mobility. There will be higher reps with lower weights and/or use of a ball.

Intensity	Day	Time	Session
 MOD-HIGH	Wed	11:30 a.m. - 12:30 p.m.	Weekly, Drop-In
	Thurs	4 - 4:45 p.m.	Weekly, Drop-In
Note: Participants must be comfortable with floor based exercises and giving self massage sequences using hands.			

Core and Back Basics



This class focuses on controlled, low-impact movements designed to activate the deep abdominal muscles, glutes and lower back. Through functional strength exercises, stability work and gentle mobility drills, you will learn to engage your core to improve posture, movement and back support during daily activities.

Intensity	Day	Time	Session
 LOW-MOD	Wed	2:30 - 3:30 p.m.	Sept 23 - Oct 28, Drop-In, Nov 4 - Dec 16, Drop-In

Restorative Yoga



This deeply relaxing, gentle yoga practice uses supported poses, various props, breath awareness and mindfulness to promote rest, recovery and relaxation. Poses are held for extended periods to help release tension and activate the parasympathetic nervous system to calm the mind and support emotional well-being.

Intensity	Day	Time	Session
 LOW-MOD	Wed	12:45 - 1:45 p.m.	Weekly, Drop-In
Note: This class is suitable for all fitness levels; chair modification is available.			

Core and Back Intermediate



Core and Back Intermediate takes your foundational strength to the next level through dynamic exercises that bridge the gap between basic stability and high-performance trunk power. It involves exercises that challenge your core and back with resistance training.

Intensity	Day	Time	Session
 MOD-HIGH	Wed	3:45 - 4:45 p.m.	Sept 23 - Oct 28, Drop-In, Nov 4 - Dec 16, Drop-In
Note: Participants should have a baseline level of fitness, experience with strengthening exercises and be able to tolerate a higher-intensity workout			



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**

30-Minute Functional Mobility Circuit



This circuit class moves you through a series of continuous, fluid exercises engineered to improve joint mobility, postural alignment and natural movement patterns. It targets the hips, upper back and shoulders and is an ideal warm-up/recovery session.

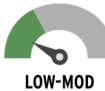
Intensity	Day	Time	Session
 MOD-HIGH	Wed	5 - 5:45 p.m.	Sept 23 - Oct 28, Drop-In, Nov 4 - Dec 16, Drop-In

Note: Suitable for those recovering from injury, managing pain or looking to improve mobility.

Song and Dance



This musical theatre class combines singing and dance through learning a song and simple choreography. Participants will develop vocal and movement skills while working toward singing and dancing at the same time.

Intensity	Day	Time	Session
 LOW-MOD	Thurs	10 - 11:30 a.m.	Sept 10 - Oct 15, Fixed, Nov 5 - Dec 10, Fixed

Easing into Aquatic Fitness



This class focuses on the movement of joints and muscles to increase range of motion, flexibility and comfort. You will work on functional movement to improve your activities of daily living. Lessons will focus on gaining strength, posture, balance and confidence. You will increase body awareness and gain knowledge of the basics of exercise.

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

Note: Participants must be able to work in a group setting, coordinate body movements and have ample mobility on land.

Cultivating Light: Yoga for Darker Days



As the hours of daylight dwindle in November and December, this gentle yoga series uses light as its focus and anchor. Through movement, breath and awareness, we explore how a mindful yoga practice and focusing on light can ease the effects of the darker days—lifting mood, calming the nervous system and kindling a sense of inner wellbeing.

Intensity	Day	Time	Session
 LOW-MOD	Thurs	12 - 1 p.m.	Nov 5 - Dec 17, Fixed

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

Yoga to Keep Your Mental House in Order



Ever feel like you're spending a lot of time thinking about the same things over and over again? This gentle yoga, breathing and meditation class draws from Patanjali's Yoga Sutras to explore practices that support mindfulness and a steady mind.

Intensity	Day	Time	Session
	Thurs	12 - 1 p.m.	Sept 10 - Oct 29, Fixed



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

Aqua Tai Chi



This mind and body class involves deep breathing, slow and fluid movements and low-impact exercises designed to reduce stress while improving balance, flexibility and core strength. By pairing rhythmic breathing with movement, the class encourages mindful focus and relaxation, making it ideal for individuals with joint pain, arthritis or limited mobility.

Intensity	Day	Time	Session
	Fri	12 - 12:45 p.m.	Weekly, Flex



Note: This class is suitable for all fitness levels. Participants should be comfortable standing independently in chest-deep water.

Pilates and Stretch



This is a low-impact workout that blends core-strengthening Pilates movements with deep flexibility exercises. It focuses on improving posture, lengthening muscles and releasing tension, leaving you feeling long, lean and deeply relaxed.

Intensity	Day	Time	Session
	Thurs	5:15 - 6 p.m.	Weekly, Drop-In



Note: Participants should be comfortable exercising on a mat, transitioning between standing, sitting and lying positions, and spending time on their back, stomach, side, hands and knees.

Stretch and Mobility



This class involves dynamic movement and deep static stretching to increase agility, correct muscular imbalances, and accelerate recovery. It focuses on both large and small joints to improve flexibility and mobility, release tension, and enhance everyday movements with greater ease.

Intensity	Day	Time	Session
	Sun	2 - 2:45 p.m.	Weekly, Drop-In



(excl. Sept 13 and Sept 27, Oct 4)

Note: Participants should be comfortable working on a mat, transitioning between standing, sitting, and lying positions, and spending time on their back, stomach, or hands and knees.



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

Muscle Strengthening Programs

Functional Fitness



Train your body for everyday life. This class focuses on strengthening the muscles used for daily activities such as lifting, reaching, bending, carrying and getting up and down with ease. Improve strength, balance, coordination and mobility through practical, functional movements that help maintain independence and confidence.

Intensity	Day	Time	Session
	Mon	9:15 - 10 a.m.	Weekly, Drop-In



(excl. Sept 21, Oct 12)

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

Note: This class is suitable for a wide range of fitness and mobility levels.

Intermediate Strength Training



This class focuses on building total body muscular strength by using a combination of dumbbells/hand weights and body exercises. It also focuses on supporting bone strength in the hips and legs through variations of squats, deadlifts, lunge movements as well as balance and stability exercises.

Intensity	Day	Time	Session
	Mon	9 - 9:50 a.m.	Weekly, Drop-In



(excl. Sept 21, Oct 12)

Tues 9 - 9:50 a.m. Weekly, Drop-In

Note: Participants should have at least one year of resistance training experience and be comfortable with strength training exercises.

Agility and Power in Motion



Agility and power are important components of overall fitness. This class focuses on developing agility, power, balance and stability through lower-body exercises, agility drills, power movements and obstacle courses. It targets overlooked leg muscles that are important for movement, stability and fall prevention.

Intensity	Day	Time	Session
	Mon	11:15 a.m. - 12:15 p.m.	Weekly, Flex



(excl. Sept 21, Oct 5, Oct 12)

Note: Beginner-friendly. Suited for those comfortable with turning, side-to-side movements, and agility exercises.

Women's Only Weightlifting



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
	Mon	3 - 3:45 p.m.	Weekly, Drop-In



(excl. Sept 21, Oct 12)

Note: You must be comfortable holding weights and getting on and off gym equipment unassisted.



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

Better Bones



A low-impact, weight-bearing strength class designed to support bone health and postural alignment. Exercises focus on safe resistance training, balance and controlled movement to promote long-term skeletal health and stability.

Intensity	Day	Time	Session
 LOW-MOD	Mon	5 - 5:45 p.m.	Sept 14 - Oct 26, Drop-In
	(excl. Sept 21, Oct 12)		
	Note: This class is suited for those who can perform exercises standing, using a chair or wall for support.		

Balls and Bands



Add variety and challenge to your workout using resistance bands and a 9-inch ball. This full-body strength and conditioning class helps improve muscular strength, balance, coordination, flexibility and core stability. The equipment provides both support and resistance, making exercises effective and adaptable for a wide range of abilities. A fun and engaging workout for all fitness levels.

Intensity	Day	Time	Session
 MOD-HIGH	Tues	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.		
	Note: This class is suitable for a wide range of fitness and mobility levels.		

Pilates With Props



A pilates workout that provides variety and challenge, using fun and simple props, like resistance bands, yoga blocks, Pilates balls, small dumbbells and yoga bolsters. Participants can perform the exercises without the props as well in order to learn proper technique. Props are added for challenge and variety and can be adapted to your level of strength and fitness.

Intensity	Day	Time	Session
 MOD-HIGH	Mon	5:30 - 6:30 p.m.	Weekly, Drop-In
	(excl. Sept 21, Oct 12)		
	Note: Participants should be comfortable exercising on a mat, transitioning between standing, sitting and lying positions and spending time on their back, stomach, side, hands and knees.		

Somatic Flow and Release



This class combines muscle and tissue release using tennis and lacrosse balls with somatic movement and dynamic mobility exercises. Through self-massage, active stretching and fluid movement, participants will work to release tension, improve mobility and support body awareness. This class is performed barefoot.

Intensity	Day	Time	Session
 LOW-MOD	Tues	8:30 - 9:30 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.		
	Note: Participants should be comfortable independently transitioning between standing and floor positions.		



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

Functional Ability: Shallow Water Fitness



A functional aquatic training class in shallow water focused on rehabilitation-inspired movement, strength and independence. Recommended for individuals recovering from injury or managing chronic conditions, it blends therapeutic exercise with functional fitness patterns.

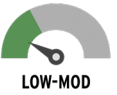
Intensity	Day	Time	Session
 LOW-MOD	Tues	10 - 10:45 a.m.	Weekly, Drop-In
	Wed	3 - 3:45 p.m.	Weekly, Drop-In
	Thurs	7 - 7:45 p.m.	Weekly, Drop-In

Note: This class is suitable for beginners. Modifications are available.

Gym 101



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

Intensity	Day	Time	Session
 LOW-MOD	Mon	1:30 - 2:30 p.m.	Biweekly, Oct 5 - Dec 14, Drop-In

Circuit Training Moderate



For members familiar with proper form and technique with Stan's Gym equipment, this class focuses on building strength across the muscle group while incorporating additional equipment. Designed to get your heart rate pumping.

Intensity	Day	Time	Session
 MOD-HIGH	Tues	1 - 1:45 p.m.	Weekly, Drop-In
	Thurs	1 - 1:45 p.m.	Weekly, Drop-In

Note: Must be able to lie on the floor and get up from lying on the floor.

Circuit Training Impact



Work your muscle groups at a higher intensity in this full body workout, alternating with minimal rest to build strength. This class adds elements of cardio and impact training.

Intensity	Day	Time	Session
 MOD-HIGH	Tues	2 - 2:45 p.m.	Weekly, Drop-In
	Thurs	2 - 2:45 p.m.	Weekly, Drop-In

Note: Must be able to lie on the floor and get up from lying on the floor. Must be able to take part in jumping.



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

Introduction to Pilates



This is a foundational pilates class designed to offer a gentle workout for beginners, people with osteopenia/osteoporosis as well as people who are rehabilitating from injury. Pilates will help you develop good coordination, body awareness, strength and flexibility.

Intensity	Day	Time	Session
	Tues	3 - 4 p.m.	Sept 8 - Oct 27, Drop-In, Nov 3 - Dec 15, Drop-In



Note: Participants should be comfortable getting up and down from the floor and spending time lying on their back and front.

Aquatic Taekwondo/ Kick Boxing



This advanced 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 into a total body training zone—maximizing resistance while minimizing joint stress. These aquatic martial arts will enhance your flexibility, agility, core strength and muscle balance.

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



Note: This class is suitable for individuals confident moving and challenging their fitness in water.

Circuit Training Basics



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

Intensity	Day	Time	Session
	Tues	3 - 3:45 p.m.	Weekly, Drop-In
	Wed	2 - 2:45 p.m.	Weekly, Drop-In
	Thurs	3 - 3:45 p.m.	Weekly, Drop-In



Note: Must be able to lie on the floor and get up from lying on the floor. Must be able to take part in jumping.

Flexible Strength



A muscle-strengthening class which also increases muscle length and joint mobility. Using mainly elastic bands and some dumbbells, whole body muscle strength will be addressed. This program provides an alternative to weight training for building strength.

Intensity	Day	Time	Session
	Wed	10 - 11 a.m.	Weekly, Drop-In



Note: Participants should be comfortable getting up and down from the floor, participating in high-intensity movements and have at least three months of consistent fitness participation.



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

Functional Balance



An active class that will have you practice your balancing skills in fun and creative ways in order to create better agility, less clumsiness and prevent falling. Exercises will be upright on foot, on a chair or on the mat.

Intensity	Day	Time	Session
	Wed	11:15 a.m. - 12:15 p.m.	Weekly, Drop-In



MOD-HIGH

Note: Participants should be comfortable participating in high-intensity movements and have at least three months of consistent fitness participation.

Chair Osteofit



This class is designed to increase strength and stability, improve posture and support alignment. Using TheraBands, free weights and Pilates balls for resistance, exercises focus on balance, core strength and deep stabilizing muscles to support joint stability and fall prevention.

Intensity	Day	Time	Session
	Wed	2 - 2:45 p.m.	Weekly, Drop-In



LOW-MOD

Note: Ideal for those who are new to exercising or returning after a long break.

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. Bring a notebook to this class.

Intensity	Day	Time	Session
	Wed	1 - 1:45 p.m.	Weekly, Drop-In



MOD-HIGH

Note: To participate in this class you must be able to lift challenging weights.

Osteofit Level II



This class combines low-impact aerobic exercises with functional strength training. The first half focuses on balance, coordination, cardiovascular endurance and posture, while the second half focuses on strengthening the back, core, hips and upper body using TheraBands, free weights and bodyweight exercises.

Intensity	Day	Time	Session
	Wed	3 - 3:45 p.m.	Weekly, Drop-In



LOW-MOD

Note: Need to be mobile and be able to stand for most of the class.



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

General Aquatic Fitness



This class will help you to increase your range of motion and joint flexibility. We will focus on core strength, balance and posture. There will also be a big focus on muscle strengthening to improve activities of daily living, so you can lead a more independent lifestyle.

Intensity	Day	Time	Session
	Thurs	9:30 - 10:15 a.m.	Weekly, Drop-In



Note: This class is suitable for individuals comfortable moving in water.

Seated Chair Exercise



This seated exercise class is perfect for those who are looking to strengthen arms and legs predominantly from a seated position. Please note that there are some standing aspects of the class for those who are able to stand. Modifications will be provided throughout. We will focus on range of motion, coordination, strengthening, breath work, stretching and much more.

Intensity	Day	Time	Session
	Thurs	5:30 - 6:15 p.m.	Weekly, Drop-In



Aqua Toning



Get ready to rep it out with this water-based workout designed to tone muscles and improve overall strength. Water equipment will be utilized to provide a challenging total body workout.

Intensity	Day	Time	Session
	Thurs	3:15 - 4 p.m.	Weekly, Drop-In
	Sun	11 a.m. - 12 p.m.	Weekly, Drop-In



(excl. Sept 13, Sept 27, Oct 4)

Note: This class is suitable for individuals with advanced AquaFit experience and the ability to independently float using a noodle or other aquatic equipment.

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. You will find at times that working more slowly will be surprisingly challenging, but you will also notice your progression unfold.

Intensity	Day	Time	Session
	Fri	8:30 - 9:30 a.m.	Weekly, Drop-In



Functional Pilates



It's functional movement, combining some classical mat work that will have you "thinking and moving outside the mat". Become stronger, more mobile and ready for anything.

Intensity	Day	Time	Session
	Fri	9:45 - 10:45 a.m.	Weekly, Drop-In



Note: This class is suitable for those who can comfortably manage controlled, low-impact movements on and off the mat.



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

Zumba Toning



A high-energy dance fitness class that combines the fun, Latin-infused rhythms of traditional Zumba with targeted strength training. By using lightweight dumbbells (1lbs and 2lbs), you will sculpt your arms, abs and thighs while burning calories to an upbeat soundtrack.

Intensity	Day	Time	Session
	Fri	11 - 11:45 a.m.	Weekly, Drop-In



Note: Participants should be comfortable participating in high-intensity movements and have at least three months of consistent fitness experience.

Strength and Core Fusion



Build muscular endurance, flexibility and core stability using light weights, bands or body weight exercises.

Intensity	Day	Time	Session
	Fri	3 - 4 p.m.	Weekly, Drop-In
	Sun	9 - 10 a.m.	Weekly, Drop-In



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

Note: Must be able to lie on the floor and get up from lying on the floor.

Fitness Fundamentals



This class introduces basic strength training using the machines in Stan's Gym. Learn how to use equipment, understand sets, reps and weights and build muscle strength and confidence through instructor-guided station workouts.

Intensity	Day	Time	Session
	Fri	12 - 12:45 p.m.	Sept 11 - Oct 16, 6 Weeks, Fixed
	Fri	12 - 12:45 p.m.	Nov 6 - Dec 11, 6 Weeks, Fixed



Note: This class is best for those who are able to move freely unsupported onto each machine. Some machines involve lifting the legs over apparatuses, standing or sitting.

Core Conditioning



A targeted fitness workout designed to strengthen the abdominal muscles as well as hips, glutes and lower back. This class will teach you what it means to engage the core, make that mind-body connection to different muscles for better posture, stronger abdominals and a healthier back.

Intensity	Day	Time	Session
	Sun	1 - 1:45 p.m.	Weekly, Drop-In



(excl. Sept 13, Sept 27, Oct 4)

Note: Participants should be able to comfortably exercise on a mat and transition between floor positions (e.g., side, back, stomach, hands and knees).

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.

The gym and pool are closed to general use during scheduled class times.

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 - 11 a.m.	11 a.m. - 12:00 p.m.	8 - 9:30 a.m.	11:15 a.m. - 1 p.m.	10:15 - 11 a.m.	CLOSED	12:45 - 2 p.m.
12:45 - 8 p.m.	4:30 - 8 p.m.	3:45 - 8 p.m.	4 - 5 p.m.	12:15 - 1 p.m.		2:45 - 8 p.m.
				1:45 - 3:30 p.m.		

Open Gym Hours

MON	TUES	WED	THURS	FRI	SAT	SUN
8 - 9 a.m.	8 - 9 a.m.	8 a.m. - 1 p.m.	8 a.m. - 1 p.m.	8 a.m. - 12 p.m.	CLOSED	8 a.m.- 8 p.m.
10 a.m. - 12 p.m.	10 a.m. - 1 p.m.	2:45 - 8 p.m.	3:45 - 8 p.m.	1 - 4 p.m.		
3:45 - 8 p.m.	3:45 - 8 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 centre. 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.

Help Us Improve - We Value Your Feedback

Please scan the QR code below to access our survey and share your suggestions on how we can improve our programs and services.



General Reminders

These guidelines keep our community fair and organized for everyone

Attendance Rules

Missing three classes results in removal from the class. You will receive a warning after your second absence. To stay on track, we suggest that members miss no more than one class.

For fixed classes, you must attend all classes. These classes build on your skills, requiring attendance from the beginning of the program and every class thereafter. Please do not sign up if you cannot attend every class in a fixed series.

Cancellation Guidelines

Please cancel your spot if you cannot make it between 48 and 12 hours before class. This gives waitlisted members the opportunity to join the program. Cancelling less than 12 hours before class counts as an automatic no-show.

Up to 2 days' notice	No penalties.
Within 48 to 12 hours	We kindly ask for these types of cancellations be occasional to allow adequate time for waitlist members to be contacted for available program spaces.
Less than 12 hours	Automatically counted as "no-show"

Walk-in Policy

Please do not arrive for a class unless you are registered or submitted for the waitlist. If a class spot becomes available only members on the waitlist will be admitted by the Administrative Team.

Class Registration Reminder

Please register for only one class per time slot per day and ensure you attend for the entire duration of the class to prevent disruptions.

Open Gym and Pool

When a class is in session (in the pool or Stan's Gym) that area is not available for leisure swim/exercise. Only access the pool and gym for your own exercise routine during open gym and pool times.

Facilities & Equipment

Pool Amenities	On-site towels are available in the changing rooms. Members are also welcome to bring their own towel from home. Please bring your own personal soap, shampoo and conditioner. Shared blow dryers are provided at the sink stations.
Towel Etiquette	Please do not leave used towels on the pool deck. All used towels are to be placed directly into the designated laundry bins.
Fitness Rooms	Please wipe down all gear and machines after using the provided cleaning supplies. All equipment and floor spaces are strictly for general, shared use. Please do not hold or claim specific machines, weights or work out areas when not in use.

Cleanliness & Maintenance

Please report any urgent cleanliness issues directly to the Administrative Team. Our Administrative Team will immediately dispatch housekeeping staff to resolve the problem. Please do not use the suggestion box for urgent cleaning needs; the box is only reviewed bi-weekly; we want to fix facility issues immediately.

Hours of Operation

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

Fall programming is from September 8 to December 18.

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

- Rosh Hashanah (Sept 11*, 12, 13)
- Yom Kippur (Sept 20*, 21)
- Sukkot (Sept 25*, 26, 27)
- Shemini Atzeret (Oct 2*, 3)
- Simchat Torah (Oct 4)
- Thanksgiving Day (Oct 12)
- Christmas Day (Dec 25)
- Boxing Day (Dec 26)

** 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



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.