



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

Virtual
In Person
Both
TBA: To Be Announced

Seniors Active Living Centre - October 2023

Virtual and In Person Workshops Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2. 10:00–11:00 am: Active Yoga (Inperson) 1:00 – 3:00 pm: Art Class at 3600 Kingston Rd., Scarb. ON in SCHC space (In person)	10:00–11:00 am : Sit Yoga (Inperson) 11:30–12:30 pm: Gentle Fitness (In-Person)	3. 9:30 – 12:00pm: Knitting (In person) 12:15pm –1:15pm: Zumba Gold (Chair) (Inperson) 1:30pm – 4:00pm: Stone Painting: Presenter: Cynthia Walker	4. 10:15am – 11:15 am: Cycle Fit (in person) 11:30–12:30 pm: Dancing with Dawn (In-Person) 1:00pm– 1:30pm – Laughing Yoga (Inperson)	5. 6. 10:00– 11:00 am : Sit Yoga (Inperson -65 Green Crest) – Residents only 10:00 – 11:00am : Mood Walk (Birkdale Ravine) (Free, Register now)
Happy Thanksgiving SCHC ALC CLOSED	9. 10:00– 11:00 am : Sit Yoga (Inperson) 11:30–12:30 pm: Gentle Fitness (In-Person) 1:00pm – 2:30 pm: Movie Tuesday (In person) – Registration started	10. 9:30 – 12:00pm: Knitting (In person) 12:15pm –1:15pm: Zumba Gold (Chair) (Inperson)	11. 10:15am – 11:15 am: Cycle Fit (in person) 11:30–12:30 pm: Dancing with Dawn (In-Person) 12:45pm– 1:15pm – Laughing Yoga (Inperson)	12. 13. 10:00– 11:00 am : Sit Yoga (Inperson -65 Green Crest) – Residents only 10:00 – 11:00am : Mood Walk (Birkdale Ravine) (Free, Register now) 12:00 – 1:30pm :Congregate Dining
16. 10:00–11:00 am: Active Yoga (Inperson) 1:00 – 3:00 pm: Art Class at 3600 Kingston Rd., Scarb. ON in SCHC space (In person)	17. 10:00– 11:00 am : Sit Yoga (Inperson) 11:30–12:30 pm: Gentle Fitness (In-Person) 1:00pm – 2:30 pm: Movie Tuesday (In person) – Registration started	18. 10am – 2:15pm: SCHC Seniors Active Living Fair	19. 10:15am – 11:15 am: Cycle Fit (in person) 11:30–12:30 pm: Dancing with Dawn (In-Person) 12:45pm– 1:15pm – Laughing Yoga (Inperson)	20. 20. 10:00– 11:00 am : Sit Yoga (Inperson -65 Green Crest) – Residents only 10:00 – 11:00am : Mood Walk (Birkdale Ravine) (Free, Register now)
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Interested in other support services and programs we provide?

1. Transportation support
2. Nutritional support - Meals on Wheels Program
3. Caregiver Wellness
4. Home Help
5. Adult Day Centre (ADC)
6. Acquired Brain Injury (ABI)
7. Assisted Living

Contact our client intake for more info at 416-847-4134

Program Descriptions

Laughing Yoga - Register Now

Laughing yoga is a popular movement and breathing exercise that aims to cultivate joy, bring out your inner child, and help you let go of daily life stressors.

Join us every Tuesday for Bingo (TBA)

Time: 1:00pm – 3:00 pm: (In person) - **Register Now**

Mood Walk (Birkdale Ravine)

Mood Walks is a province wide initiative that promotes physical activity in nature, or “green exercise,” as a way to improve both physical and mental health.

Creative Spaces

Workshops consisting of educational trips, and different forms of art

Dancing with Dawn

Dances will vary week to week and includes introduction to ballroom basics, line dancing, Slow Waltz, Rumba, Foxtrot, Tango, Merengue and more.

Knitting

Knitting is a making clothing with textile fabrics by interlacing yarn loops with loops of the same or other yarns.

Zumba Gold Chair Classes

A partially-seated Latin-inspired dance fitness program

LET'S CHAT, Conversation Café

60 minutes of exciting virtual social conversing through various topics.

Sit Yoga

Sitting yoga is a gentle form of yoga that can be done while sitting, it is especially good for seniors and people who sit in a chair at work.

Active Yoga

Active Yoga is a hybrid form of yoga that focuses on building strength and endurance.

Cycle Fit

A series of cycling exercises and drills designed to challenge your cardiovascular system and keep you fit!



**SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES**

Welcome to the SCHC Active Living Centre – October 2023

3600 Kingston Rd Scarborough, ON M1M 1R9

SCHC Active Living Centre

The Active Living Centre (formerly known as the Pine Tree Seniors Centre) is a gathering place for community members to enjoy a variety of activities and meet new friends.

Membership Fee: \$40 per year to anyone 55 years +

Your membership is valid for one full year after the time of enrollment.

It opens the door to exciting and affordable programs that will enrich the quality of your healthy and active lifestyle. Membership also gives you access to our multi-service, multi-purpose Centre that provides older adults and others a place to meet, gain skills, access resources, and make connections.

Registration

We kindly request that you register for each program in advance. To ensure the best experience for all members, we have implemented a 'three strikes' non-attendance policy. This means if you are unable to attend a program and fail to notify us three times within a month, it may result in forfeiture of your reserved spot. We appreciate your cooperation and understanding as we strive to provide a vibrant and enriching experience for all our members."

Please contact our Client Intake Registration Team for more details or to register

Tel: **416-847-4134** or Email: cssintake@schontario.ca

Program Coordinator

Anthony Rampersad, Seniors Active Living Centre Coordinator: 416-847-4136

Email: activelivingcentre@schontario.ca