



Recreation Program Guide

Apr - Jun 2019

SPLC | 3333 Finch Avenue East,

Scarborough | www.splc.ca

416.493.3333

MISSION STATEMENT

Understand the aspirations of seniors and respond with innovative supports.

VISION

Building inclusive communities where all seniors are connected to living their best possible life.

Values

S.E.N.I.O.R.S

Services: We are committed to providing efficient and effective services

Excellence: We offer excellent & competent programs, services, and housing

Nurturing: We create a nurturing environment to serve the best interests of our clients

Inclusive: We maintain an inclusive and welcoming environment regardless of race, ethnicity, color, religion, and sexual orientation

Outcomes: We create positive outcomes through collaboration with clients, caregivers, staff, partners and volunteers

Respect: We create a culture of respect

Safety: We ensure client, staff, and volunteer safety

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Visit www.splc.ca to download a FREE copy of the most current Program Guide

Code of Conduct

The following guidelines have been created to ensure a safe and enjoyable environment. All participants are expected to adhere by the following rules:

- Be respectful towards staff, volunteers, program instructors, guests, and participants.
- **Follow your instructor's guidelines.**
- Inform instructor/staff of safety concerns.
- SPLC will not tolerate any use of physical and / or verbal violence that threatens the safety and well-being of staff, volunteers, instructors, other participants and /or property. The Recreation Department reserves the right to suspend or terminate the participation of any person who has demonstrated inappropriate, rude, intimidating, aggressive or unsafe behaviour.

Client Safety

- If you experience flu symptoms i.e. fever, cough, sore throat, sore muscles, please refrain from attending recreational programs.
- Due to the health concerns arising from exposure to scented products, the use of scented products will not be allowed within program venues at any time

Emergency Procedures

- SPLC adheres to safety and risk prevention measures for all of our programs and services.
- If an emergency occurs, **remain calm and call 911. If the situation is out of control, pull the emergency cord at your nearest location.** Stay and wait for help.
- When the emergency cord is pulled, the emergency response staff will arrive at the pulled cord location. Lead the emergency staff to the scene, and let the staff handle the situation. The emergency response staff will assess the situation. They will call an ambulance if necessary.
- There are 2 emergency pull cords located in the **Recreation Room (near the Recreation Office and by the Church doors).**

Fire Alarm

- When the fire alarm is activated, Recreation Staff / Instructor / Convener / Volunteer will stop the activity. Stay calm. Go to the assembly point out of the building. Do not enter the building.
- All Recreation program staff / Instructor / Convener / Volunteer must be familiar with location of the assembly point, and alternate emergency exits.

Access Door Entrance For SPLC Recreation Participants

SPLC Recreation Program participants to enter from **entrance C** located beside the customer service desk when attending recreational programs. **Entrance C will be locked** at the following times:

8:30 PM - Monday

8 PM - Tuesday, Wednesday, Friday, Saturday & Sunday

9 PM - Thursday

SPLC Recreation Program Membership Registration

Sign up for a Senior Persons Living Connected (SPLC) Recreation Program Membership today for price discounts on classes, trips and events. Adults 55+ are eligible for Recreation Program Memberships. Please note, membership fees are non-refundable and non-transferable.

SPLC Recreation Program Memberships cost \$20 and will last 1 year from the date of enrollment. Registration is available at SPLC's Customer Service desk. Please bring a valid identification.

Payment is accepted via cash, credit or cheque.

Registration Schedule

Monday to Friday : 9:00 am – 3:30 pm at SPLC Customer Service desk

Spring Classes : April – June 2019

Registration Begins : Thursday March 7, 2019

Summer Classes : July - September 2019

Registration Begins : Thursday June 6, 2019

Office Hours : Monday - Friday, 8:30 am - 5:00 pm

For inquiries Call: 416 493 3333 (English) 416 490 2970 (Chinese)

STATUTORY HOLIDAYS (SPLC is closed)	
Good Friday	Friday April 19, 2019
Victoria Day	Monday May 20, 2019

Cancellation Policy

The SPLC Recreation department reserves the right to cancel or reschedule programs within appropriate guidelines. In the case of cancellations, make-up classes will be arranged or refunds will be given according to the number of classes remaining.

SPLC Recreation Class Withdrawal / Refund Policy

To ensure everyone has an equal opportunity to enroll in a class, a \$10 administrative fee will be charged for each class withdrawal.

Notification of withdrawal is required at least 3 business days prior to the second class.

Computer class participants must withdraw one week before the date of the class

Notifications are to be made in person at the Customer Service Desk or by fax at 416-493-3391.

Refund cheques are mailed within 3 weeks.

Registration for special events is non-refundable.

SPLC Recreation Trip Withdrawal / Refund Policy

Withdrawals can be made 14 days prior to departure to receive a refund but a \$10 charge will apply. The refund will be processed in 3 weeks.

If less than 14 days notice is given prior to departure [but before 48 hours of trip departure] a 50% refund will be issued.

Ticket transfers can be arranged by the participant at the front desk before 48 hours of departure. A fee of \$10 will apply.

No refunds will be issued with less than 48 hours notice of departure.




Remarks for SPLC Fitness & Dance Program Participants

We recommend that you consult your doctor before registering for fitness and dance classes.

SPLC will not assume financial responsibility for any medical expenses or compensation for any injuries sustained either during, or resulting from participation in these programs. We strongly advise participants enrolled in the fitness programs to observe the respective program requirements such as wearing suitable clothing & appropriate footwear.

We strongly advise program participants to do warm-up stretches before starting a program.

Level of Intensity

MILD 	Requires little or no skills; low physical impact
MODERATE 	Requires skills acquired from previous course, moderate physical impact.
INTENSE 	Requires advanced skills; high physical impact

Arts & Crafts Programs

COURSE	DAY	TIME	CODE	FEE
Chinese Painting Instructor: Chilun Amen Cheung Cantonese				
Chinese Painting Beginner L1 10 Sessions	Mon Apr 1	12:00 - 1:15 pm	MACB1ASP19	SPLC Recreation Member \$65 Non-Member \$75
Learn basic Chinese painting techniques like painting flowers, plants, insects, animals and more				
Chinese Painting Intermediate L2 10 Sessions	Mon Apr 1	10:45 am - 12:00 pm	MACB2ASP19	SPLC Recreation Member \$38 Non-Member \$45
In addition to learning basic painting styles of flowers and animals, students will learn how to paint landscape & use traditional and modern ink				
Chinese Calligraphy A 10 Sessions Cantonese & Mandarin Instructor: Linda Tam	Thurs Apr 4	7:30 - 9:00 pm	MACC1ASP19	SPLC recreation Member \$38 Non-Member \$45
Learn the basic artistic techniques of Chinese calligraphy				
Chinese Calligraphy B 10 Sessions Cantonese & Mandarin Instructor: Sabina	Fri Apr 5	1:00 - 2:30 pm	MACC1BSP19	SPLC Recreation Member \$40 Non-Member \$50
Learn the basic artistic techniques of Chinese calligraphy				
Calligraphy & Painting Club Cantonese & Mandarin	Wed Apr 3 (Apr - Sept)	12:45 - 2:15 pm	MACP0ASS19	SPLC Recreation Member \$5 Non-Member \$10
Learn and discuss Chinese art, painting, and calligraphy				
Knit & Chat	Thurs Apr 4 (Apr - Sept)	9:00am-11:00am	MAKCOASP19	SPLC Recreation Member only
Meet new people while knitting				
Craft Group	Thurs Apr 4 (Apr - Sept)	11:30am - 1:30 pm	MACG0ASP19	Free
Learn new crafts in a group setting that can be featured at SPLC events such as craft sales				
Nylon Flower 10 Sessions	Wed Apr 10	2:30 - 4:00pm	MANF0AFA18	SPLC Recreation Member \$5 Non-Member \$10
Learn how to turn nylon stockings into seasonal flowers. Fees exclude materials. Material cost is approximately \$3 per lesson				

Arts & Crafts Programs continue...

Drawing & Art Classes		Instructor: Sukaina Walji-Karim		English	
Landscape Painting Class 4 sessions English	Tue Apr 9	10:30 am - 12:00 pm	MAAS0ASP19	SPLC Recreation Member \$10 Non-Member \$15	
Learn various techniques in creating a blended sky background. Practice painting forest trees with various brush strokes. Once both techniques are mastered, we will apply them to your final piece in creating your very own circular landscape painting. Supplies needed: Material List will be provided upon registration.					

Technology Assistance Program

COURSE	DAY	TIME	CODE	FEE
Technology Assistance Program (3 Sessions) English Assisted by SPLC Volunteers	Mondays April 8, 15 & 22	3:30 pm - 5:00 pm	COET1ASP19	SPLC Recreation Member \$5 SPLC Recreation Non-Member \$10
	Mondays May 6, 13 & 27	3:30 pm - 5:00 pm	COET1BSP19	
	Mondays June 3, 10 & 17	3:30 pm - 5:00 pm	COET1CSP19	
Receive one on one assistance with a qualified volunteer who will help guide you to use your computer, iPad, smart phone. Students at all levels are welcome, each volunteer will be sure to work at your pace and track your progress				



Free Internet Access for Residents & Members
Location: SPLC Recreation Department, Computer Lab
Mondays: 1:30 pm - 3:00 pm & Fridays: 3:30 pm - 5:00 pm



Note: For Chinese Computer, Tablet & iPad classes information, please refer to the Chinese Program Guide.

Dance Programs

COURSE	DAY	TIME	CODE	FEE
Ballroom Dance	Instructor: Joseph & Shirley	English, Cantonese & Mandarin		10 sessions
Ballroom Absolute Beginner Level 0 ■■■■	Sat Apr 6	2:30 - 4:00 pm	DABD0ASP19	SPLC Recreation Member \$75 SPLC Recreation Non-Member \$85
No Experience required, learn very basic ballroom dance techniques.				
Ballroom Beginner Improver Level 1 ■■■■	Sat Apr 6	1:00 - 2:30 pm	DABD1ASP19	
Learn basic ballroom dance techniques				
Ballroom Advanced Level 2 ■■■■■■	Sat Apr 6	4:00 - 5:30 pm	DABD2ASP19	
Learn more challenging Latin and ballroom dances such as the waltz (Pre - requisite: Ballroom Dance beginner)				
Beginner Line Dance Instructor: Lily Yuen Cantonese / English ■■■■	Mon Apr 1	10:30 am - 11:45 am	DABLOASP19	SPLC Recreation Member \$20 Non-Member \$30
Enjoy the beautiful music and learn the basic steps of Ballroom and Latin dance. Participants will be able to dance with partner and groups				
Line Dance	Instructor: Irene	English & Cantonese		10 Sessions
Beginner ■■■■	Fri Apr 5	11:50 - 12:50 pm	DALIOASP19	SPLC Recreation Member \$40 SPLC Recreation Non-Member \$50
Learn and practice basic line dance steps				
Level 1 A ■■■■	Tue Apr 2	10:15 - 11:45 am	DALI1ASP19	
Level 1 B ■■■■	Fri Apr 5	10:15 - 11:45 am	DALI1BSP19	
Learn basic line dance steps. Prerequisite: Completion of line dance beginner.				
Level 2 A ■■■■■■	Tues Apr 2	7:30 - 9:00pm	DALI2ASP19	
Learn more line dance steps to improve and enhance balance and posture.				

Dance Programs continued...

COURSE	DAY	TIME	CODE	FEE
Line Dance Instructor: Rhoda		English & Cantonese		10 Sessions
Absolute Beginner ■■■■ Learn basic line dance steps	Thurs Apr 4	9:30 - 11:00 am	DALR0ASP19	SPLC Recreation Member \$40 SPLC Recreation Non-Member \$50
Beginner Improver Level 1A ■■■■	Tues Apr 2	12:30 - 2:00 pm	DALR1ASP19	
Beginner Improver Level 1B ■■■■	Thurs Apr 4	11:00 am -12:30 pm	DALR1BSP19	
Beginner Improver Level 1C ■■■■ Learn more complex line dance steps and techniques Prerequisite: Completion of line dance beginner	Thurs Apr 4	6:45 - 8:15 pm	DALR1CSP19	
Intermediate Level 2A ■■■■■■	Tues Apr 2	2:00 - 3:30 pm	DALR2ASP19	
Intermediate Level 2B ■■■■■■ Learn more line dance steps to improve and enhance balance and posture.	Thurs Apr 4	8:20 - 9:50 pm	DALR2BSP19	
Zumba Gold Instructor: Rhoda		English & Cantonese		10 Sessions
Zumba Gold ■■■■ Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!	Tues Apr 2	10:10 - 11:10 am	DAZG0ASP19	SPLC Recreation Member \$65 Non-Member \$75
Line Dance Instructor: Yvonne		English & Cantonese		10 Sessions
Level 1A ■■■■	Fri Apr 5	12:30 - 2:00 pm	DALY1ASP19	SPLC Recreation Member \$40
Level 1B ■■■■ Learn basic line dance steps Prerequisite: Completion of line dance beginner / basic line dance skills	Sat Apr 6	9:45 - 11:15 am	DALY1BSP19	
Level 2A ■■■■■■	Fri Apr 5	2:00 - 3:30 pm	DALY2ASP19	SPLC Recreation Non-Member \$50
Level 2B ■■■■■■ Learn more line dance steps to improve and enhance balance and posture.	Sat Apr 6	11:15 am - 12:45 pm	DALY2BSP19	
Gentle Salsa 8 Sessions Instructor: Charmaine English ■■■■	Wed Apr 3	11:30 am - 12:30 pm	DAGS0ASP19	SPLC Recreation Member \$30 Non-Member \$40
No experience of dance or exercise is required. Dance includes salsa and Caribbean full dance (African, Latin, Traditional Jazz & Ballet) in the mix				

Education Programs

COURSE	DAY	TIME	CODE	FEE
Fingertip Acupuncture Level 1		Instructor: Philip Mo		Cantonese
				10 Sessions
Level 2A (Triple Warmer Meridian)	Mon Apr 1	9:15 - 10:30 am	EDAM2ASP19	SPLC Recreation Member \$50 SPLC Recreation Non-Member \$60
Level 2B (Single Point Meridian Therapy)	Fri Apr 5	9:15 - 10:30 am	EDAM2BSP19	
Level 2C (Kidney Meridian)	Fri Apr 5	10:45 am - 12:00 pm	EDAM2CSP19	
Level 2D (Eight Extraordinary Vessels)	Mon Apr 1	1:30 - 2:45 pm	EDAM2DSP19	
<p>This course is designed to teach the concepts and theories of Meridian system and acupuncture therapy; emphasis is on application, There are twelve meridian in the human body example heart, liver, spleen, lung, kidney, stomach, gall, small intestine and large intestine, etc. Each session will address one specific meridian.</p> <p>Prerequisite: Completion of Acupuncture level 1 course.</p>				

English Language Learning		Instructor: Ali		English	8 Sessions
English Conversation for Beginners	Wed Apr 17	10:30 am - 12:00 pm	EDECOASP19	SPLC Recreation Member \$5 Non-Member \$10	
<p>This course is designed for individuals with minimal English speaking skills. Formulate descriptive sentences, asking/ responding to questions. This course is designed to be practical and interactive</p>					

Mandarin Learning		Instructor: Ya Fang Ding		Mandarin	10 Sessions
Level 1A (10 sessions)	Mon Apr 1	2:30 - 4:00 pm	EDMC1ASP19	SPLC Recreation Member \$40 SPLC Recreation Non-Member \$50	
<p>This course is designed to teach the standard Chinese phonetic alphabet and pronunciation of consonants / vowels</p>					
Level 1B (10 sessions)	Fri Apr 5	9:30 - 11:00 am	EDMC1BSP19		
<p>Review lessons from Mandarin Learning Level 1A classes. Prerequisite required: L 1A</p>					
Level 2A (10 sessions)	Wed Apr 3	2:00 - 3:30 pm	EDMC2ASP19		
Level 2B (10 sessions)	Fri Apr 5	11:00 am - 12:30 pm	EDMC2BSP19		
<p>These Level 2 courses are focused on improving pronunciation & practicing daily conversation. Prerequisite required: L1</p>					
Level 3A (10 sessions)	Wed Apr 3	12:15 - 1:45 pm	EDMC3ASP19		
Level 3B (10 sessions)	Mon Apr 1	12:45 - 2:15 pm	EDMC3BSP19		
<p>In these Level 3 courses, Practice additional conversation skills; learn the difference between Mandarin and Cantonese. Prerequisite required: L2</p>					

<input checked="" type="checkbox"/> English <input type="checkbox"/> Chinese <input checked="" type="checkbox"/> English & Chinese <input checked="" type="checkbox"/> English & Tamil			
Location	Monday	Tuesday	Wednesday
Recreation Room	<input checked="" type="checkbox"/> 9:00 - 10:00 am Carpet Bowling <input type="checkbox"/> 10:30am - 11:45 am <input checked="" type="checkbox"/> Beginner Line Dance <input checked="" type="checkbox"/> 12:15pm - 1:00pm Tiered Exercise Program <input checked="" type="checkbox"/> 1:30 - 2:30 pm <input checked="" type="checkbox"/> Gentle Fitness (Chair) A <input checked="" type="checkbox"/> 3:00 - 4:30 pm <input checked="" type="checkbox"/> Table Tennis B <input checked="" type="checkbox"/> 4:45 - 6:30 pm <input checked="" type="checkbox"/> Table Tennis 1A	<input checked="" type="checkbox"/> 8:30 - 9:55 am Mini Tennis A <input checked="" type="checkbox"/> 10:10 - 11:10 am Zumba Gold <input checked="" type="checkbox"/> 11:45 am - 12:30 pm Home Exercise <input checked="" type="checkbox"/> 1:00 - 3:30 pm Bridge <input checked="" type="checkbox"/> 4:00 - 6:00 pm Table Tennis 2A <input checked="" type="checkbox"/> 7:30 - 9:00 pm Line Dance L2A / Irene	<input checked="" type="checkbox"/> 9:30 - 10:30 am Tai Chi L2 Yeung <input checked="" type="checkbox"/> 10:30 - 11:15 am Tai Chi Yeung Beginner L1 <input checked="" type="checkbox"/> 11:30am - 12:30 pm Gentle Salsa <input type="checkbox"/> 1:15 - 2:00 pm Chair Tai Chi
Church Hall	<input checked="" type="checkbox"/> 10:30 - 11:45 am Tai Chi (Wu style) L1/L4 <input checked="" type="checkbox"/> 11:45am - 1 :00 pm Tai Chi (Wu style) L2/L3 <input type="checkbox"/> 1:20 - 2:50 pm Cantonese Opera Singing L2A <input type="checkbox"/> 3:15 - 5:30 pm Peking Opera Appreciation	<input checked="" type="checkbox"/> 10:15 - 11:45 am Line Dance L1 / Irene <input checked="" type="checkbox"/> 12:30 - 2:00 pm Line Dance (L1A) /Rhoda <input checked="" type="checkbox"/> 2:00 - 3:30 pm Line Dance (L2A) /Rhoda <input checked="" type="checkbox"/> 4:00 - 5:15pm Yoga (A)	
Craft Room	<input type="checkbox"/> 9:00am -12:30pm Music Theory & Vocal Training <input type="checkbox"/> 12:45 - 2:15 pm Mandarin Learning L3B <input type="checkbox"/> 2:30 - 4:00 pm Mandarin Learning L1A	<input checked="" type="checkbox"/> 10:30am - 12:00pm Landscape Painting Class <input type="checkbox"/> 1:00 - 6:00 pm Vocal Training	<input type="checkbox"/> 8:45 - 10:45 am Mandarin Sharing Group <input type="checkbox"/> 12:45 - 2:15 pm Calligraphy & Painting Club <input type="checkbox"/> 2:30 - 4:00 pm Nylon Flower
Activity Room	<input type="checkbox"/> 9:15 - 10:30 am Fingertip Acupuncture Therapy L2A <input type="checkbox"/> 10:45am-12:00 pm Chinese Painting L2 <input type="checkbox"/> 12:00- 1:15 pm Chinese Painting L1 <input type="checkbox"/> 1:30 - 2:45 pm Fingertip Acupuncture Therapy L2D	<input checked="" type="checkbox"/> 9:00am - 12:00 pm Mahjong Practice A <input type="checkbox"/> 3:30 - 5:00 pm Bible study (not a Recreation Program) <input checked="" type="checkbox"/> 5:00 - 7:00 pm Board Games - Scrabble <input checked="" type="checkbox"/> 7:00 - 9:00 pm (2nd Tue) Sri Lankan Gathering	<input type="checkbox"/> 10:00 - 11:30 am L1A Cantonese Opera Singing <input type="checkbox"/> 12:15 - 1:45 pm Mandarin Learning L3A <input type="checkbox"/> 2:00 - 3:30 pm Mandarin Learning L2A
Computer Lab	<input checked="" type="checkbox"/> 1:30 - 3:00 pm Free Drop in (Internet Access) <input checked="" type="checkbox"/> 3:30 - 5:00 pm Technology Assistance	<input type="checkbox"/> 1:15 - 3:15 pm Android Tablet L1 (Cantonese) <input type="checkbox"/> 3:30 - 5:30 pm iPad L1 (Cantonese)	<input checked="" type="checkbox"/> 10:30am - 12:30 pm English Conversation <input type="checkbox"/> 2:30 - 3:30 pm Digital Piano L1 <input type="checkbox"/> 3:30 - 4:15 pm Digital Piano L2A <input type="checkbox"/> 4:15 - 5:00 pm Digital Piano L2B
Bridlewood Mall	<input checked="" type="checkbox"/> 8:30 - 9:30 am Bridlewood Mall Morning Exercise		
Other			

SPLC Recreational Programs April - June 2019

Thursday	Friday	Saturday
<ul style="list-style-type: none"> ⊕ 9:30 - 11:00 am Line Dance L0A /Rhoda ⊕ 11:00am - 12:30 pm Line Dance L1B / Rhoda ⊕ 1:00 - 1:45 pm Brain Beat Dance A ⊕ 6:45 - 8:15 pm Line Dance L1C / Rhoda ⊕ 8:20 - 9:50 pm Line Dance L2B / Rhoda 	<ul style="list-style-type: none"> ⊕ 8:30 – 10:00 am Mini Tennis B ⊕ 10:15 – 11:45 am Line Dance (L1B) / Irene ⊕ 11:50 am – 12:50 pm Beginner Line Dance (L0A) / Irene ⊕ 4:00 – 6:00 pm Table Tennis (3A) ■ 7:00 - 9:00 pm Movie Night (Last Friday) “ 	<ul style="list-style-type: none"> ⊕ 9:45 - 11:15 am Line Dance L1B / Yvonne ⊕ 11:15am - 12:45 pm Line Dance (L2B) /Yvonne ⊕ 1:00 - 2:30 pm Ballroom Dance L1A ⊕ 2:30 - 4:00 pm Ballroom Dance L0A ⊕ 4:00 - 5:30 pm Ballroom Dance L2A ■ 7:00 - 9:00 pm Bingo
	<ul style="list-style-type: none"> ■ 9:30am - 10:30 am Yoga Class (B) ■ 11:00am - 12:00 pm Gentle Fitness ⊕ 12:30 - 2:00 pm Line Dance L1A / Yvonne ⊕ 2:00 - 3:30 pm Line Dance L2A / Yvonne 	
<ul style="list-style-type: none"> ■ 9:00 am - 11:00 pm Knit & Chat ■ 11:30 am - 1:30 pm Craft Group □ 3:05 - 6:00 pm Karaoke (A) 	<ul style="list-style-type: none"> □ 9:30 - 11:00 am Mandarin Learning (L1B) 11:00 - 12:30 pm Mandarin learning (L2B) ■ 1:00 - 3:00 pm Karaoke (B) (English) □ 3:05 - 6:00 pm Karaoke (C) (Chinese) 	
<ul style="list-style-type: none"> ⊕ 9:00am-12:00 pm Mahjong Practice B 2:30 - 4:00 pm Bible study (not a Recreation Program) Δ 5:00 - 7:00 pm Board Games - Scrabble □ 7:30 - 9:00 pm Chinese Calligraphy A 	<ul style="list-style-type: none"> □ 9:15 - 10:30 am Fingertip Acupuncture Therapy (L2B) □ 10:45 - 12:00 pm Fingertip Acupuncture Therapy (L2C) □ 1:00 - 2:30 pm Chinese Calligraphy B Δ 5:00 - 7:00 pm Board Games - Scrabble 	
	<ul style="list-style-type: none"> □ 9:30 am - 11:00 am iPad Tutorial in Mandarin □ 3:30 - 5:00 pm Free Drop in (Internet Access) 	
	<ul style="list-style-type: none"> ⊕ 8:30 - 9:30am Bridlewood Mall Line Dance ■ 6:00 - 8:00pm Bridlewood Chess Club 	
<ul style="list-style-type: none"> □ 10:00am - 12:15 pm People Link Choir (Church Chapel) 	<ul style="list-style-type: none"> ■ 1:00 - 3:30 pm Bridge Drop in (Seminar Room C) 	

Fitness Programs

COURSE	DAY	TIME	CODE	FEE
Chair Tai Chi 10 Sessions Cantonese / English Instructor: Jason Kwok	Wed Apr 10	1:15 - 2:00 pm	FTCT0ASP19	SPLC Recreation Member \$10 Non-Member \$15
Learn 18 basic stretching and breathing Tai Chi Qigong steps. Seniors who wish to participate in a seated position are welcome				





Tai Chi Wu	Instructor: Philip Mo	Languages: English / Cantonese		10 Sessions
Level 1	Mon Apr 1	10:30 am - 11:45 am	FTTW1ASP19	SPLC Recreation Member \$50 Non-Member \$60
Learn forms 1-14. Basic Tai Chi warm up exercises/emphasis is placed on body joint movements, improving muscle relaxation and strength. Objective includes better balance and decreasing falls				
Level 2	Mon Apr 1	11:45 am - 1:00 pm	FTTW2ASP19	
Learn 15 - 54 forms. Focus on kicking exercises/emphasis on leg and foot movement				
Level 3	Mon Apr 1	11:45 am - 1:00 pm	FTTW3ASP19	
Learn 55 - 80 forms. Emphasis on lower back, waist and hip joint exercises				
Level 4	Mon Apr 1	10:30 - 11:45 am	FTTW4ASP19	
Learn 81 - 108 forms. Emphasis on punches and leg Exercises & an overview of all 108 forms				

Tai Chi Yeung	Instructor: Kent	Languages: English / Cantonese		10 Sessions
Beginner Level 1	Wed Apr 3	10:30 - 11:15 am	FTTC1ASP19	SPLC Recreation Member \$5 Non-Member \$10
Learn 18 basic forms of Tai Chi Quan				
Level 2	Wed Apr 3	9:30 - 10:30 am	FTTC2ASP19	SPLC Recreation Member \$30 Non-Member \$40
Learn 24 forms of Tai Chi Quan				

Yoga A 10 Sessions English Instructor: Charmaine	Tue Apr 2	4:00 - 5:15 pm	FTYO0ASP19	SPLC Recreation Member \$32 Non-Member \$42
Learn Yoga techniques such as posture, breathing & relaxation				

Yoga B Tamil / English Instructor: Sriranjani	Fri Apr 5	9:30 - 10:30 am	FTYO0BSP19	SPLC Recreation Member \$25 Non-Member \$35
Learn Yoga techniques such as posture, breathing & relaxation				

Fitness Programs continued...

COURSE	DAY	TIME	CODE	FEE
Bridlewood Mall Morning Exercises  English & Cantonese	Mon Apr 1 (Mon - Fri) (Tai Chi & Dance) (Apr - Sept)	8:30 - 9:30 am	FTBR0ASS19	SPLC Recreation Member only \$15
	Fri Apr 5 (Line dance Practice) (Apr - Sept)	8:30 - 9:30 am	FTBL0ASS19	SPLC Recreation Member \$6 Non-Member \$10
Opportunities for exercise in the Fall/Winter seasons Instruction on exercise is not offered. Exercises include Tai Chi Line Dance and other dances				
Gentle Fitness Chair  English Instructor: Maija 10 Sessions	Mon Apr 8	1:30 - 2:30 pm	FTGC0ASP19	SPLC Recreation Member \$25 SPLC Recreation Non-Member \$35
These classes are designed to increase the functional fitness of seniors with limited mobility. Most activities are in a sitting position with light resistance training				
Gentle Fitness  English Instructor: Maija 10 Sessions	Fri Apr 5	11:00 am -12:00 pm	FTGF0ASP19	
This class is designed for warm up, aerobic training, weight bearing, and muscle conditioning and uses light weights, resistance bands and cool down exercises.				
Tiered Exercise Program (TEP)  Instructor: Tracy YUAN English / Chinese 7 Sessions	Mon Apr 1	12:15 - 1:00 pm	FTTE0ASP19	SPLC Recreation Member \$20 Non-Member \$30
The Tiered Exercise Program is for older adults who are either chair-bound, have transfer ability, or are ambulatory. The exercise programs are evidence-based, include 10 exercises each that are simple yet progressive, and will help participants maintain or improve their current functional abilities to help them age in place and prevent falls.				
Fall Prevention Home Exercise  Instructor: Evelyn LAU English / Chinese 10 Sessions	Tue Apr 2	11:45 am - 12:30 pm	FTHE0ASP19	SPLC Recreation Member \$20 Non-Member \$30
Learn safe & easy exercises you can do in the comfort of your own home in both seated and standing positions				
Brain Beat Dance 10 Sessions Instructor: May Wong  Cantonese / English	Thu Apr 4	2:30 - 3:15 pm	FTBD0ASP19	SPLC Recreation Member \$ 35 Non-Member \$ 45
Understanding the benefit of music and dance, Learning the influence of music on brain . Brain Beat Dance will enrich lives with mental stimulation, physical exercise, music and social interactions.				

Leisure Programs

COURSE	DAY	TIME	CODE	FEE
SPLC Mandarin Sharing Group Mandarin	Wed Apr 3 (Apr - Sept)	8:45 - 10:45 am	LAMS0ASS19	SPLC Recreation Member Only Free
Chat as a group in Mandarin. Individuals wishing to practice Mandarin are welcome!				
SPLC Monthly Sri Lankan Gathering Tamil / English	May 14 & June 11	7:00 - 9:00 pm	N/A	SPLC Recreation Member \$7 Non-Member \$9
Cultural gathering consisting of a meal and fun activities				
SPLC Free Monthly Movie Night English	April 26, May 31, & June 21	7:00 - 9:00 pm (subject to change)	N/A	SPLC Residents & SPLC Recreation Members
Join us for movie night where we feature movies on a large screen in the company of family and friends. We do not recommend bringing children under age 16 due to some mature content				

Music Programs

COURSE	DAY	TIME	CODE	FEE
Cantonese Opera Instructor: Lun Shi Wang	Cantonese		10 Sessions	
Cantonese Opera Singing Level 1 10 Sessions	Wed Apr 17	10:00 - 11:30 am	MACN1ASP19	SPLC Recreation Member \$50
Learn the basic theory and practice of Cantonese opera singing				
Cantonese Opera Singing Level 2 10 Sessions	Mon Apr 8	1:20 - 2:50 pm	MACN2ASP19	SPLC Recreation Non-Member \$60
Learn and practice Cantonese opera singing on an in depth level. Prerequisite: Cantonese Opera Singing L1				
Peking Opera Mandarin	Mon Apr 1 (Apr - Sept)	3:15 - 5:30 pm	MAPO0ASS19	SPLC Recreation Member \$5 Non-Member \$10
Discover the style and tradition of Peking Opera				
People Link Choir Chinese	Thurs Apr 4 (Apr - Sept)	10:00 am - 12:15 pm	MAPL0ASS19	SPLC Recreation Member only \$35
Join a choir for musical relaxation and a fun social gathering				

Music Programs continued...

COURSE	DAY	TIME	CODE	FEE
Digital Piano Instructor: TAN BI LEI (Bik) Cantonese / Mandarin 10 Sessions				
Digital Piano I (for new students)	Wed Apr 10	2:30 - 3:30 pm	MADP1ASP19	SPLC Rec Member \$50 Non-Member \$60
This class is for new learners, no previous music knowledge required. Each student will be given individual tutoring and reviews, within a group setting. (Instructor is teaching according to Student's level & anyone with interest can join this class)				
Digital Piano Instructor: TAN BI LEI (Bik) Cantonese / Mandarin 10 Sessions				
Digital Piano II (Individual Private Tutoring for Returning Students)	Wed Apr 10	3:30 - 4:15 pm	MADP2ASP19	SPLC Recreation Member \$25 Non-Member \$35
	Wed Apr 10	4:15 - 5:00 pm	MADP2BSP19	
Participants must complete Digital Piano I recently . Each student will be given individual tutoring and reviews, within a group setting. The exact time for each student will be assigned at the first session.				

Karaoke	Cantonese / English			10 Sessions
Karaoke A. (Cantonese)	Thurs Apr 4	3:05 - 6:00 pm	MAK00ASP19	SPLC Recreation Member only \$5
Karaoke B. (English)	Fri Apr 5	1:00 - 3:00 pm	MAK00BSP19	
Karaoke C. (Cantonese)	Fri Apr 5	3:05 - 6:00 pm	MAK00CSP19	

Vocal Training Instructor: Gabrielle Tung	Language: English / Mandarin / Cantonese			9 Sessions (every alternate week)
Music Theory Reading & Singing Technique (9 Sessions)	Mon Apr 8	9:00 pm - 10:30 am	MAMT0ASP19	SPLC Recreation Member \$70 SPLC Recreation Non-Member \$80
Learn to read Music notes and practice singing techniques.				
Vocal Training (9 Sessions in alternate weeks)	Mon Apr 1 (Apr- Aug)	10:30 am - 12:30 pm	MAVT2ASS19	
	Tues Apr 2 (Apr- Aug)	1:00 - 6:00 pm		
Learn more vocal singing techniques. Prerequisite: Completion of Music Theory and Reading or equivalent music knowledge. Please Call Instructor Gabrielle Tung at 416 494 5301 to arrange the class time prior to registration.				

Participants must be at least 18 years old, independent and be able to:

- Understand and follow instructions
- Load on and off buses, walk for at least 30 minutes and Climb several stairs
- Remain with the trip group
- Complete the trip registration form [pre-day questionnaire and personal information]
- Provide an emergency contact number upon registration to the Recreation Coordinator prior to the trip
- Present an OHIP card at the time of the trip
- Consult with family doctors (for those with health conditions) before registering. Participants are required to stay home if they are unwell
- Park your car before the trip in the upper southeast parking lot in Bridlewood Mall & retrieve a parking pass from SPLC’s front desk
- Disclose information to receptionists regarding additional services such as walkers (4 seats are assigned for walker users for most events and are allocated on a first come first serve basis)

Important Notes

- Coaches and school buses are not wheelchair accessible
- Participants who require additional assistance must have an escort 18 years/older
- The Recreation Department reserves the right to suspend or terminate the participation of any person who has demonstrated inappropriate behavior

OUTING	DAY & TIME	FEE	DESCRIPTION
Lunching Out Club English	2nd Friday of each Month 11:15 am - 1:15 pm	Transportation only SPLC Recreation Members: \$4:50 - 6:00. Non Members:	Join us for lunch at local restaurants. Meals will range in price from \$10 to \$30. Each person is responsible for the cost of their meal.

DATE	LOCATION
Friday April 12	Black Horn Dining Room
Friday May 10	Red Lobster, 3252 Sheppard Ave E
Friday June 14	Mandarin Restaurant, 7660 Woodbine Ave

Recreation Trips

TRIP	DAY & TIME	FEE	DESCRIPTION
<p>Serenata Singers Location: Korean Presbyterian Church on Scarsdale Road. Language: English</p>	<p>Friday April 26 6:45 - 9:30 pm</p> <p>Concert Time: 7:30 - 9:00 pm</p>	<p><u>Show ticket only</u> SPLC Recreation Members: \$ 20 Non Members: \$ 25</p> <p><u>Ticket to Show & Transportation</u> Members: \$ 40 Non Members: \$ 45</p>	<p>Enjoy the 43rd year of community singing by the Serenata Singers. This group consists of 62 members, all seniors from ages 60 to 104.</p> <p>The program will feature folk songs from around the world along with guest artists.</p>
<p>The Sharon Temple national historic site & museum Location : 18974 Leslie St, Sharon, ON LOG 1V0 Language: English</p>	<p>Wednesday May 22 9:15 am - 2:30 pm</p>	<p>SPLC Recreation Members: \$ 45</p> <p>SPLC Recreation Non Members: \$ 50</p> <p>(Price includes: Lunch, Admission, Tour & Transportation)</p>	<p>Enjoy The Sharon Temple an open-air museum site. Receive a one hour tour of the beautiful compound consisting of eight heritage buildings, with a chance to take pictures, feed chickens as well as explore the well known beautiful heritage gardens.</p> <p>A delicious lunch in the heritage dining area, consists of sandwiches, salad, dessert and a drinks (vegetarian option available) will be provided.</p>
<p>St. Lawrence Market Location: 93 Front St E, Toronto, ON M5E 1C3 Language: English</p>	<p>Thursday June 6 9:00 am - 2:30 pm</p>	<p>SPLC Recreation Members: \$ 25</p> <p>SPLC Recreation Non Members: \$ 30</p> <p>(Fee for Transportation by School bus and <u>Lunch not included</u>)</p>	<p>Take a relaxing walk at the St. Lawrence Market where you can view or purchase form over 50 vendors. (unique fine art, jewelry, crafts, clothing, fresh vegetables, fruits and organic items such as honey).</p> <p>Must bring your own lunch or purchase at the market, transportation by school bus.</p>
<p>Terre Bleu Lavender Farm & Toronto Premium Outlet Mall Location: 2501 25 Side Rd Campbellville ON L0P 1B0 Language: English</p>	<p>Friday July 5 9:15 am - 5:30 pm</p>	<p>SPLC Recreation Members: \$ 55</p> <p>SPLC Recreation Non Members: \$ 60</p> <p>(Price includes: Admission, Tour & Transportation) <u>Lunch not included</u>)</p>	<p>Explore Terre Bleu, Ontario's largest lavender farm with over 40,000 plants. Take a guided tour, visit the farm store, essential oil distillery, honey house, equestrian ring, herb bar and stroll through 200 year old cedar forest, all surrounded by the spectacular fields.</p> <p>We will then depart for the Toronto Premium Outlet Mall located in Halton Hills, where you are free to eat, shop and explore.</p>

Recreation Special Events

EVENT	DATE & TIME	FEE	DESCRIPTION
Tamil New Year Celebration Location: Recreation Room Language: Tamil / English	Friday Apr 12 7:00 - 8:30 pm	SPLC Recreation Members: \$ 5 SPLC Recreation non Members: \$ 7	"Puthandu Vazthukall" We will be celebrating the Tamil New Year with cultural dance, music & refreshments
William Shakespeare Day Location: Recreation Room Language: English	Friday Apr 26 2:15 - 3:15 pm	SPLC Recreation Members: \$ 3 SPLC Recreation non Members: \$ 5	Let's celebrate the life of one of the greatest English poets and playwrights. Watch video clips of some of his finest work, play games and win prizes. Light refreshments will be provided.
History of Mothers Day Location: Recreation Room Language: English	Friday May 10 2:15 - 3:15 pm	SPLC Recreation Members: \$ 3 SPLC Recreation non Members: \$ 5	Join us while welcome the kindergarten students from the Sathiya Sai School choir as they perform a short mothers day melody, followed by brief history of mothers day. Light refreshments will be provided.
Mother's Day Celebration Location: Recreation Room Language: Cantonese / Mandarin	Sunday May 12 2:30 - 4:00 pm	SPLC Recreation Members: Free SPLC Recreation non Members: \$ 2	Cantonese and Mandarin songs performed by Irene Cheung and her students, enjoy games and lucky-draw Registration Required at CSR
Father's Day Celebration Location: Recreation Room Language: Cantonese / Mandarin	Sunday June 9 2:30 - 4:00 pm	SPLC Recreation Members: Free SPLC Recreation non Members: \$ 2	A variety show includes Chinese instrumental music, talk show, vocal singing, Cantonese Opera, Mandarin songs, etc. Offers by Nelson Chan and Friends. Registration Required at CSR

Recreation Special Events continue...

EVENT	DATE & TIME	FEE	DESCRIPTION
Summer Bazaar Location: Recreation Room Language: English	Friday June 21 10:00 am - 2:30 pm	FREE Admission Vendors: \$30 / Table (Call Sukaina 416 493 3333 ext. 256 to rent a table)	Come out and enjoy our Spring Bazaar. Purchase various one of a kind items such as art, hand made jewelry, scarves, books and so much more.
Canada Day Celebration @ Bridlewood Mall	To be confirmed	Free	Bring Your friends & families to celebrate Canada Day with a special ceremony and multicultural performances and other activities



Senior Persons Living Connected Provides Community Services and Housing for older Adults.

Our integrated services include...

- Addiction Supportive Housing (ASH) & Addiction Support Program (ASP)
- Adult Day Program
- Caregiver & Support Groups
- Counselling & Support
- GAIN Clinic / Wellness clinic
- Health Promotion Programs
- Home Support Services (Personal Care & Homemaking)
- Friendly Visiting
- Independent Housing for seniors (Life Lease & Rental units)
- Meals on Wheels
- On-site Restaurant
- Recreational Programs (Trips & Events)
- Transportation Services & Volunteer services

For more information, please call (416) 493-3333 or email info@splc.ca

Health Promotion Workshops / Programs

Caregiver Support Group	DATE	TIME	VENUE	LANGUAGE	FEE
English (Second Tue of Every Month)	Tuesdays April 9, May 14, June11.	1:30pm - 3:00pm	Seminar Room C	English	Free
Cantonese (Last Wed of Every Month)	Wednesdays April 24, May29, June26	5:30pm - 6:30pm	Recreation Room	Cantonese	Free
Mandarin (Fourth Wed of Every Month)	Wednesdays April 24, May22, June26	1:30pm - 3:00pm	Seminar Room C	Mandarin	Free

Good Food Box / Fresh Fruit & Vegetable Market at SPLC

Thursdays: April 11, May 09, May 30 & June 13. Time: 1:30 PM

Pick and Choose Fresh Produce Starting from \$1.00 OR Buy a Food Box of your choice. If you wish to buy a Food Box, please pay **two weeks before the delivery date** at SPLC - Customer Service Desk

Price: Large (Family size) - \$ 18, Large Organic - \$ 34, Small - \$ 13, Small Organic - \$ 24, Wellness (senior) - \$ 13, Fruit - \$ 13

COURSE	DAY	TIME	CODE	FEE
Gardening Club English	1st Tuesday of the month	10:30 am - 12:00 pm	LAGE0AWS19	Free
Gardening Club Mandarin	1st Friday of the month	10:30 am - 12:00 pm	LAGM0BWS19	Free



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Use the "follow" button on twitter to follow  **@SPLCDOTCA**

Tell your family & friends to "like" & "follow" us online too!

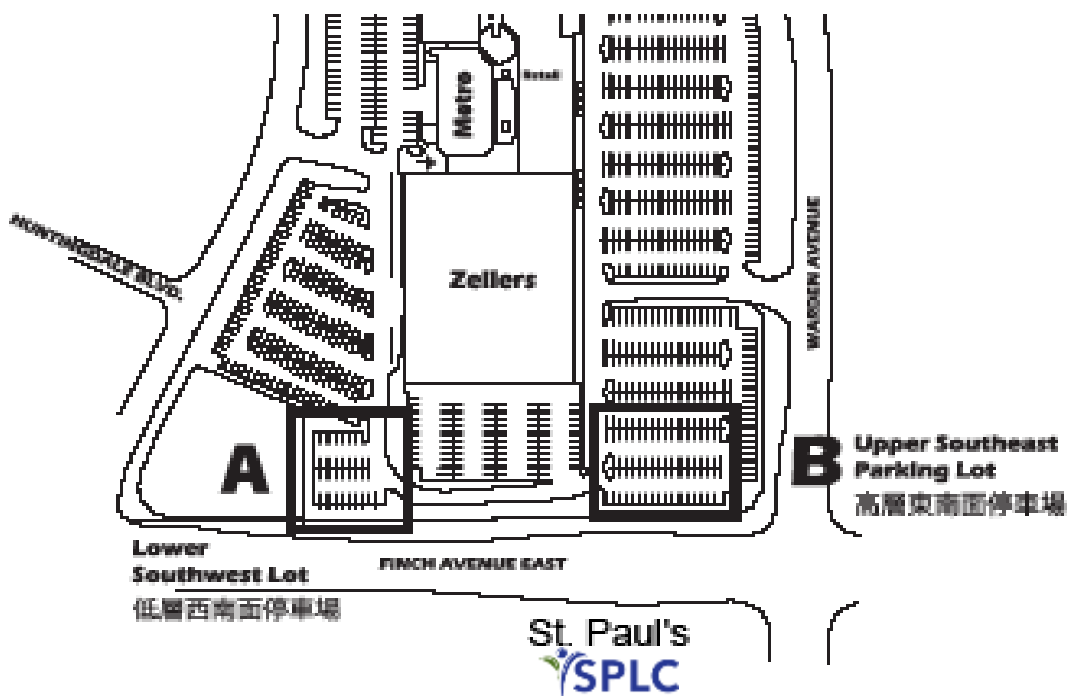


PARKING

All visitors/program participants can park in the upper southeast parking lot at Bridlewood Mall (located as B on map below).

Please contact SPLC Customer Service desk for a visitor parking permit & display it on your dashboard.

Vehicles are subject to ticketing/towing if not parked in designated area of Bridlewood Mall and/or if parking permit is not displayed correctly.



Protect the environment and please recycle.

Share this program guide with someone after you have read it.

Acknowledgements:

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Feb 27, 2019