



## **Recreation Program Guide**

**July - September 2018**

SPLC | 3333 Finch Avenue East,  
Scarborough | [www.splc.ca](http://www.splc.ca)



## **MISSION STATEMENT**

SPLC supports healthy aging by providing client centered housing, programs, and services that meet the needs of diverse older adults.

## **VISION**

We envision a community in which all older adults live in wellness & dignity with equal access to the support they need.

## **Values**

### **S.E.N.I.O.R.S**

**S**ervices: We are committed to providing efficient and effective services

**E**xcellence: We offer excellent & competent programs, services, and housing

**N**urturing: We create a nurturing environment to serve the best interests of our clients

**I**nclusive: We maintain an inclusive and welcoming environment regardless of race, ethnicity, colour, religion, and sexual orientation

**O**utcomes: We create positive outcomes through collaboration with clients, caregivers, staff, partners and volunteers

**R**espect: We create a culture of respect

**S**afety: We ensure client, staff, and volunteer safety

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## 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 Recreation Participants

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



## Membership Registration

Sign up for a Recreation Program Membership today for price discounts on classes, trips and events. Adults 55+ are eligible for memberships. Please note, Membership fees are non-refundable and non-transferable. 1 Year Membership is \$20 from enrolment date

### How to Register:

Membership registration is available at the Customer Service desk at SPLC.

Registration is on a first come first serve basis. 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

Summer Classes : July – September 2018

Registration Begins : Monday June 11, 2018

Fall Classes : October – December 2018

Registration Begins : Thursday September 6, 2018

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)	
Holiday in lieu for Canada Day	Monday July 2, 2018
Civic Holiday	Monday August 6, 2018
Labour Day	Monday September 3, 2018

### Cancellation Policy

The 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.

## 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.

## 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 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
<b>Chinese Painting</b> <span style="float: right;">Instructor: <b>Chilun Amen Cheung</b> <span style="float: right;">Cantonese</span></span>				
<b>Chinese Painting Beginner L1</b> 10 Sessions	Mon July 9	12:00 - 1:15 pm	MACB1ASU18	Member \$65 Non-Member \$75
Learn basic Chinese painting techniques like painting flowers, plants, insects, animals and more				
<b>Chinese Painting Intermediate L2</b> 10 Sessions	Mon July 9	10:45 am - 12:00 pm	MACB2ASU18	Member \$65 Non-Member \$75
In addition to learning basic painting styles of flowers and animals, students will learn how to paint landscape & use traditional and modern ink				
<b>Sketching</b> <span style="float: right;">10 Sessions</span> English	Wed July 11	11:00 am - 12:15 pm	MASK1ASU18	Member \$65 Non-Member \$75
This class will touch upon the key elements of sketching, perspective, figure and still life sketching. Moderate experience needed.				
<b>Chinese Calligraphy A</b> 10 Sessions Cantonese & Mandarin Instructor: Linda Tam	Thurs July 12	7:30 - 9:00 pm	MACC1ASU18	Member \$38 Non-Member \$45
Learn the basic artistic techniques of Chinese calligraphy				
<b>Chinese Calligraphy B</b> 10 Sessions Cantonese & Mandarin Instructor: Sabina	Fri July 13	1:00 - 2:30 pm	MACC1BSU18	Member \$40 Non-Member \$50
Learn the basic artistic techniques of Chinese calligraphy				
<b>Calligraphy &amp; Painting Club</b> Cantonese & Mandarin	Wed on going	12:45 - 2:15 pm	MACP0ASS18	Member only \$5
Learn and discuss Chinese art, painting, and calligraphy				


## Arts & Crafts Programs continued...

<b>Drawing &amp; Art Classes</b>		Instructor: Sukaina Walji-Karim		English	
<b>Art Studio Class</b> English	5 sessions	Tue July 10	10:30 am - 12:00 pm	MAAS0ASU18	Member \$10 Non-Member \$15
This class welcomes individuals who are experienced with art. You have the option of drawing at least two still life pieces or work on your own independent piece. Students are welcome to ask for critiques of their work or assistance as needed. Materials needed: Sketching pad, pencil, sharpener, ruler and eraser.					


<b>Nylon Flower</b>	10 Sessions	Wed July 11	2:30 - 4:00pm	MANF0ASP18	Member \$0 Non-Member \$5
Learn how to turn nylon stockings into seasonal flowers. Fees exclude materials. Material cost is approximately \$3 per lesson					

## Technology Assistance Programs

COURSE	DAY	TIME	CODE	FEE
<b>Technology Assistance Program</b> (3 Sessions) English Assisted by SPLC Volunteers	Mondays July 9, 16 & 23	3:30 pm - 5:00 pm	COET1ASU18	Member \$5 Non-Member \$10
	Thursdays July 5, 12 & 19	3:30 pm - 5:00 pm	COET1BSU18	
	Mondays Aug 13, 20 & 27	3:30 pm - 5:00 pm	COET1CSU18	
	Thursdays Aug 9, 16 & 23	3:30 pm - 5:00 pm	COET1DSU18	
	Mondays Sept 10, 17 & 24	3:30 pm - 5:00 pm	COET1ESU18	
	Thursdays Sept 13, 20 & 27	3:30 pm - 5:00 pm	COET1FSU18	
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: 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
<b>Ballroom Dance</b>		<b>Instructor: Joseph &amp; Shirley</b>		<b>English, Cantonese &amp; Mandarin</b>	
<b>10 sessions</b>					
<b>Ballroom Absolute Beginner Level 0</b>	■■■■■	Sat July 14	2:30 - 4:00 pm	DABD0ASU18	Member \$75 Non-Member \$85
No Experience required, learn very basic ballroom dance techniques.					
<b>Ballroom Beginner Improver Level 1</b>	■■■■■	Sat July 14	1:00 - 2:30 pm	DABD1ASU18	
Learn basic ballroom dance techniques					
<b>Ballroom Advanced Level 2</b>	■■■■■■■	Sat July 14	4:00 - 5:30 pm	DABD2ASU18	
Learn more challenging Latin and ballroom dances such as the waltz (Pre - requisite: Ballroom Dance beginner )					
<b>Beginner Line Dance</b>	10 Sessions	Mon July 9	10:30 am - 11:45 am	DABLOASU18	Member \$20 Non-Member \$30
Instructor: Lily Yuen, Cantonese / English	■■■■■				
Learn and practice basic line dance steps, no experience required					
<b>Line Dance</b>		<b>Instructor: Irene</b>		<b>English &amp; Cantonese</b>	
<b>10 Sessions</b>					
Beginner	■■■■■	Fri July 6	11:50 - 12:50 pm	DALIOASU18	Member \$40 Non-Member \$50
Learn and practice basic line dance steps					
Level 1 A	■■■■■	Tue July 3	10:15 - 11:45 am	DALI1ASU18	
Level 1 B	■■■■■	Fri July 6	10:15 - 11:45 am	DALI1BSU18	
Learn basic line dance steps. Prerequisite: Completion of line dance beginner.					
Level 2 A	■■■■■■■	Tues July 3	7:30 - 9:00pm	DALI2ASU18	
Learn more line dance steps to improve and enhance balance and posture.					
<b>Gentle Salsa</b>	8 Sessions	Wed July 11	11:30 am - 12:30 pm	DAGS0ASU18	Member \$30 Non-Member \$40
Instructor: Charmaine English	■■■■■				
No experience of dance or exercise is required. Dance includes salsa and Caribbean full dance (African, Latin, Traditional Jazz & Ballet) in the mix					

## Dance Programs continued...

COURSE	DAY	TIME	CODE	FEE
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Line Dance Instructor: Rhoda		English & Cantonese		10 Sessions
<b>Absolute Beginner</b> ■■■■ Learn basic line dance steps	Thurs June 28	9:30 - 11:00 am	DALR0ASU18	Member \$40 Non-Member \$50
<b>Beginner Improver Level 1A</b> ■■■■ Learn more complex line dance steps and techniques Prerequisite: Completion of line dance beginner	Tues June 26	12:30 - 2:00 pm	DALR1ASU18	
<b>Beginner Improver Level 1B</b> ■■■■	Thurs June 28	11:00 am -12:30 pm	DALR1BSU18	
<b>Beginner Improver Level 1C</b> ■■■■ Prerequisite: Completion of line dance beginner	Thurs June 28	6:45 - 8:15 pm	DALR1CSU18	
<b>Intermediate Level 2A</b> ■■■■■■	Tues June 26	2:00 - 3:30 pm	DALR2ASU18	
<b>Intermediate Level 2B</b> ■■■■■■	Thurs June 28	8:20 - 9:50 pm	DALR2BSU18	
Learn more line dance steps to improve and enhance balance and posture.				
Zumba Gold Instructor: Rhoda		English & Cantonese		8 Sessions
<b>Zumba Gold</b> ■■■■ Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!	Tues July 17	10:10 - 11:10 am	DAZG0ASU18	Member \$50 Non-Member \$60

Line Dance Instructor: Yvonne		English & Cantonese		10 Sessions
<b>Level 1A</b> ■■■■	Fri July 6	12:30 - 2:00 pm	DALY1ASU18	Member \$40 Non-Member \$50
<b>Level 1B</b> ■■■■ Learn basic line dance steps Prerequisite: Completion of line dance beginner / basic line dance skills	Sat July 7	9:45 - 11:15 am	DALY1BSU18	
<b>Level 2A</b> ■■■■■■	Fri July 6	2:00 - 3:30 pm	DALY2ASU18	
<b>Level 2B</b> ■■■■■■	Sat July 7	11:15 am - 12:45 pm	DALY2BSU18	
Learn more line dance steps to improve and enhance balance and posture.				

# Education Programs

COURSE	DAY	TIME	CODE	FEE
<b>Fingertip Acupuncture Level 1</b> Instructor: Philip Mo Cantonese				<b>10 Sessions</b>
<b>Level 2A</b> (The Small Intestine Meridian)	Mon July 9	9:15 - 10:30 am	EDAM2ASU18	Member \$50 Non-Member \$60
<b>Level 2B</b> (Single Point Meridian Therapy)	Fri July 13	9:15 - 10:30 am	EDAM2BSU18	
<b>Level 2C</b> (The Stomach & Lung Meridian)	Fri July 13	10:45 am - 12:00 pm	EDAM2CSU18	
<b>Level 2D</b> (The Governor Meridian)	Mon July 9	1:30 - 2:45 pm	EDAM2DSU18	
<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>				

<b>English Language Learning</b> Instructor: Ali English			<b>8 Sessions</b>
<b>English Conversation for Beginners</b>	Wed July 11	10:30 am - 12:00 pm	EDECOASU18
<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>			

<b>Mandarin Learning</b> Instructor: Ya Fang Ding Mandarin			<b>10 Sessions</b>
<b>Level 1A</b>	Mon July 23	2:30 - 4:00 pm	EDMC1ASU18
<p>This course is designed to teach the standard Chinese phonetic alphabet and pronunciation of consonants/vowels</p>			
<b>Level 1B</b>	Fri July 13	9:30 - 11:00 am	EDMC1BSU18
<p>Review lessons from Mandarin Learning Level 1A classes. Prerequisite required: L 1A</p>			
<b>Level 2A</b>	Wed July 11	2:00 - 3:30 pm	EDMC2ASU18
<b>Level 2B</b>	Fri July 13	11:00 am - 12:30 pm	EDMC2BSU18
<p>These Level 2 courses are focused on improving pronunciation &amp; practicing daily conversation. Prerequisite required: L1</p>			
<b>Level 3A</b>	Wed July 11	12:15 - 1:45 pm	EDMC3ASU18
<b>Level 3B</b>	Mon July 23	12:45 - 2:15 pm	EDMC3BSU18
<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"/> 12:00pm - 12:45pm Tiered Exercise Program <input checked="" type="checkbox"/> 1:30 - 2:30 pm Gentle Fitness (Chair) A <input checked="" type="checkbox"/> 3:00 - 4:30 pm Table Tennis B <input checked="" type="checkbox"/> 4:45 - 7:00 pm Table Tennis 1A <input checked="" type="checkbox"/> 8:00 - 9:00 pm Boxing and Self-Defense	<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 - 6:15 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 <input checked="" type="checkbox"/> 2:15 - 3:15 pm Strength & Stretch <input checked="" type="checkbox"/> 5:00 - 6:00 pm Shuffleboard (No Program on Last Wed)
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	
Craft Room	<input type="checkbox"/> 9:00am -12:30pm 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 Art Studio Class <input type="checkbox"/> 1:00 - 6:00 pm Vocal Training	<input type="checkbox"/> 8:45 - 10:45 am Mandarin Sharing Group <input checked="" type="checkbox"/> 11:00 - 12:15 pm Sketching <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 L2A Fingertip Acupuncture Therapy <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 L2D Fingertip Acupuncture Therapy	<input checked="" type="checkbox"/> 9:00am - 12:00 pm Machet Practice A <input checked="" type="checkbox"/> 12:30pm - 3:30 pm Machet Practice B <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 <input checked="" type="checkbox"/> 8:30 - 9:30 am		
Other			

# Recreational Programs July - September 2018

Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li>⊕ 9:30 - 11:00 am Line Dance L0A /Rhoda</li> <li>⊕ 11:00am - 12:30 pm Line Dance L1B / Rhoda</li> <li>■ 3:00 - 4:00 pm Fitness for Better Bones &amp; Brain</li> <li>⊕ 6:45 - 8:15 pm Line Dance L1C / Rhoda</li> <li>⊕ 8:20 - 9:50 pm Line Dance L2B / Rhoda</li> </ul>	<ul style="list-style-type: none"> <li>⊕ 8:30 – 10:00 am Mini Tennis B</li> <li>⊕ 10:15 – 11:45 am Line Dance (L1B) / Irene</li> <li>⊕ 11:50 am – 12:50 pm Beginner Line Dance (L0A) / Irene</li> <li>⊕ 4:00 – 6:15 pm Table Tennis (3A)</li> <li>■ 7:00 - 9:00 pm Movie Night (Last Friday)</li> </ul>	<ul style="list-style-type: none"> <li>⊕ 9:45 - 11:15 am Line Dance L1B / Yvonne</li> <li>⊕ 11:15am - 12:45 pm Line Dance (L2B) /Yvonne</li> <li>⊕ 1:00 - 2:30 pm Ballroom Dance L1A</li> <li>⊕ 2:30 - 4:00 pm Ballroom Dance L0A</li> <li>⊕ 4:00 - 5:30 pm Ballroom Dance L2A</li> <li>■ 7:00 - 9:00 pm Bingo</li> </ul>
	<ul style="list-style-type: none"> <li>■ 9:30am - 10:30 am Yoga Class (B)</li> <li>■ 11:00am - 12:00 pm Gentle Fitness</li> <li>⊕ 12:30 - 2:00 pm Line Dance L1A / Yvonne</li> <li>⊕ 2:00 - 3:30 pm Line Dance L2A / Yvonne</li> </ul>	
<ul style="list-style-type: none"> <li>■ 9:00 am - 11:00 pm Knit &amp; Chat</li> <li>■ 11:30 am - 1:30 pm Craft Group</li> <li>□ 3:05 - 6:00 pm Karaoke (A)</li> </ul>	<ul style="list-style-type: none"> <li>□ 9:30 - 11:00 am Mandarin Learning (L1B) 11:00 - 12:30 pm Mandarin learning (L2B)</li> <li>■ 1:00 - 3:00 pm Karaoke (B) (English)</li> <li>□ 3:05 - 6:00 pm Karaoke (C) (Chinese)</li> </ul>	<ul style="list-style-type: none"> <li>■ 7:00 - 8:30 pm Sunday Merry Music Makers Choir</li> </ul>
<ul style="list-style-type: none"> <li>⊕ 9:00am-12:00 pm Machet Practice C class</li> <li>Δ 5:00 - 7:00 pm Board Games - Scrabble</li> <li>□ 7:30 - 9:00 pm Chinese Calligraphy A</li> </ul>	<ul style="list-style-type: none"> <li>□ 9:15 - 10:30 am Fingertip Acupuncture Therapy (L2B)</li> <li>10:45 - 12:00 pm Fingertip Acupuncture Therapy (L2C)</li> <li>□ 1:00 - 2:30 pm Chinese Calligraphy B</li> <li>Δ 5:00 - 7:00 pm Board Games - Scrabble</li> </ul>	
<ul style="list-style-type: none"> <li>■ 3:30 - 5:00 pm Technology Assistance</li> </ul>	<ul style="list-style-type: none"> <li>□ 9:30 am - 11:00 am iPad Tutorial in Mandarin</li> <li>□ 3:30 - 5:00 pm Free Drop in (Internet Access)</li> </ul>	
<ul style="list-style-type: none"> <li>□ 10:00am - 12:15 pm People Link Choir (Church Chapel)</li> </ul>	<ul style="list-style-type: none"> <li>⊕ 8:30 - 9:30am Bridlewood Mall Line Dance</li> <li>■ 1:00 - 3:30 pm Bridge Drop in (Seminar Room C)</li> </ul>	

# Fitness Programs

COURSE	DAY	TIME	CODE	FEE
<b>Chair Tai Chi</b> 10 Sessions Cantonese / English Instructor: Jason Kwok	Wed July 11	1:15 - 2:00 pm	FTCT0ASU18	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				
<b>Tai Chi Wu</b>	<b>Instructor: Philip Mo</b>	<b>Languages: English / Cantonese</b>		<b>10 Sessions</b>
Level 1	Mon July 9	10:30 am - 11:45 am	FTTW1ASU18	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 July 9	11:45 am - 1:00 pm	FTTW2ASU18	
Learn 15 - 54 forms. Focus on kicking exercises/emphasis on leg and foot movement				
Level 3	Mon July 9	11:45 am - 1:00 pm	FTTW3ASU18	
Learn 55 - 80 forms. Emphasis on lower back, waist and hip joint exercises				
Level 4	Mon July 9	10:30 - 11:45 am	FTTW4ASU18	
Learn 81 - 108 forms. Emphasis on punches and leg Exercises & an overview of all 108 forms				
<b>Tai Chi Yeung</b>	<b>Instructor: Kent</b>	<b>Languages: English / Cantonese</b>		<b>10 Sessions</b>
Beginner Level 1	Wed July 11	10:30 - 11:15 am	FTTC1ASU18	Member \$5 Non-Member \$10
Learn 18 basic forms of Tai Chi Quan				
Level 2	Wed July 11	9:30 - 10:30 am	FTTC2ASU18	Member \$30 Non-Member \$40
Learn 24 forms of Tai Chi Quan				
<b>Yoga A</b> 10 Sessions English; Instructor: Charmaine	Tue July 10	4:00 - 5:15 pm	FTYO0ASU18	Member \$32 Non-Member \$42
Learn yoga techniques such as posture, breathing & relaxation				
<b>Yoga B</b> 8 Sessions English; Instructor: Sriranjani	Fri July 13	9:30 - 10:30 am	FTYB0BSU18	Member \$20 Non-Member \$25
Learn basic yoga techniques such as posture, breathing & relaxation				
<b>Boxing and Self-Defense</b> Instructor: Fatima Garsi English	Mon June 25	8:00 pm - 9:00 pm	FTBD0ASU18	Member \$90 Non-Member \$100
For beginners, No Experience required, Women's class only. There is a drop in sessions as well. For more information contact Sukaina 416 293 3333 Ext 256				



# Fitness Programs continued...

COURSE	DAY	TIME	CODE	FEE
<b>Bridlewood Mall Morning Exercises</b>	On going Mon - Thu (Tai Chi & Dance)	8:30 - 9:30 am	FTBR0ASS18	Member only \$15
	English & Cantonese Fri on going <b>(Line dance Practice)</b>	8:30 - 9:30 am	FTBLOASS18	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				
<b>Fitness for Better Bones &amp; Brain</b> 8 Sessions English Instructor: Viktoria	Thurs July 12	3:00 - 4:00 pm	FTFB0ASU18	Member \$25 Non-Member \$30
This class is designed to maintain bone strength and brain function; reduce the risk of falls/bone loss, low impact aerobics, stretching & brain activities				
<b>Gentle Fitness Chair</b> English 10 Sessions Instructor: Charmaine	Mon July 9	1:30 - 2:30 pm	FTGC0ASU18	Member \$25 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				
<b>Strength &amp; Stretch</b> English; 5 Sessions Instructor: Charmaine	Wed July 11	2:15 pm-3:15 pm	FTSS0ASU18	Member \$15 Non-Member \$20
This class focuses on muscle strength & improving joint mobility /flexibility. Activities in seated & standing positions.				
<b>Gentle Fitness</b> English 10 Sessions Instructor: Charmaine	Fri July 13	11:00 am -12:00 pm	FTGF0ASU18	Member \$25 Non-Member \$35
This class is designed for warm up, aerobic training, weight bearing, and muscle conditioning and uses light weights, resistance bands and cool down exercises.				
<b>Tiered Exercise Program (TEP)</b> Instructor: Tracy YUAN English / Chinese 7 Sessions	Mon July 9	12:00 - 12:45 pm	FTTE0ASU18	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.				
<b>Fall Prevention Home Exercise</b> Instructor: Evelyn LAU English / Chinese 10 Sessions	Tue July 10	11:45 am - 12:30 pm	FTHE0ASU18	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				
<b>Brain Beat Dance</b> Instructor: May Wong Cantonese 4 Sessions	Thu July 5	1:45 - 2:30 pm	FTBD0ASU18	Member \$15 Non-Member \$20
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.				

## Fitness Programs continued...

COURSE	DAY	TIME	CODE	FEE
<b>Table Tennis</b> ■■■■■ English, Mandarin & Cantonese	Indoors with racquets and Table Tennis balls on standard tables			
1A	Mon July 9	4:45 - 7 :00 pm	FTTT1ASU18	Member only \$5
2A	Tues July 3	4:00 - 6:15 pm	FTTT2ASU18	
3A	Fri July 6	4:00 - 6:15 pm	FTTT3ASU18	
B	Mon July 9	3:00 - 4:30 pm	FTTT0BSU18	
<b>Mini Tennis</b> ■■■■	Tue on going	8:30 - 9:55 am	FTMN0ASS18	Member \$5
	Fri on going	8:30 - 10:00 am	FTMN0BSS18	Non-Member \$10
Play mini tennis indoors with lightweight racquets and sponge balls on a full size court				

## Games Programs

COURSE	DAY	TIME	CODE	FEE
<b>Bridge</b>	Tue on going	1:00 - 3:30 pm	GABR0ASS18	Member only \$ 5
Learn how to play bridge and Practice.				
<b>Bingo</b>	Sat on going	7:00pm-9:00pm	GABC0ASS18	Member only Free + card fee
Join us playing the Social bingo game.				
<b>Board Game</b>	Tue on going	5:00 - 7:00 pm	GABG0ASS18	Member only Free
Join us playing board games (Scrabble).				
<b>Bridge Drop In</b>	Fri on going	1:00 - 3:30 pm	GABX0ASS18	Member only Free
Experience playing bridge is required				
<b>Carpet Bowling</b> ■■■■	Mon on going	9:00 - 10:00 am	FTCA0ASS18	Member only Free
Bowl indoors and meet new friends!				
<b>Shuffleboard</b> ■■■■	Wed on going	5:00 - 6:00 pm	FTSB0ASS18	Member only \$2
Try your hand at an exciting game of shuffleboard. Use a cue with pucks on our portable court. (No Program on last Wednesday of the Month)				
<b>Machet - simplified version of the Mahjong game</b> (East / West mahjong, no gambling) <b>Convener: SPLC Volunteer</b>				
Machet Practice session A	Tues on going	9:00 am -12:00 pm	GAMP0ASS18	Member only \$5
Machet Practice session B	Tues on going	12:30 -3:30 pm	GAMP0BSS18	
Machet Practice session C	Thurs on going	9:00 am -12:00 pm	GAMPOCSS18	
Students will learn & improve their technique in the game. Prerequisite: Machet beginners class				

## Leisure Programs

COURSE	DAY	TIME	CODE	FEE
<b>Mandarin Sharing Group</b>	Wed on going	8:45 - 10:45 am	LAMS0ASS18	Member Only Free
Chat as a group in Mandarin. Individuals wishing to practice Mandarin are welcome!				
<b>Monthly Sri Lankan Gathering</b> Tamil / English	July 10, August 14 & September 11	7:00 - 9:00 pm	N/A	Member \$7 Non-Member \$9
Cultural gathering consisting of a meal and fun activities				
<b>SPLC Free Monthly Movie Night</b> English	July 27, August 24 & September 28	7:00 - 9:00 pm	N/A	Free
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				
<b>Gardening Club</b> English	1st Tuesday of the month	10:30 am - 12:00 pm	HPGE0ASF18	Free
<b>Gardening Club</b> Mandarin	1st Friday of the month	10:30 am - 12:00 pm	HPGM0BSF18	Free

## Music Programs

COURSE	DAY	TIME	CODE	FEE
<b>Cantonese Opera</b> Instructor: Lun Shi Wang	<b>Cantonese</b>		<b>10 Sessions</b>	
<b>Cantonese Opera Singing Level 1</b>	Wed July 11	10:00 - 11:30 am	MACN1ASU18	Member \$50 Non-Member \$60
Learn the basic theory and practice of Cantonese opera singing				
<b>Cantonese Opera Singing Level 2</b>	Mon July 16	1:20 - 2:50 pm	MACN2ASU18	
Learn and practice Cantonese opera singing on an in depth level. Prerequisite: Cantonese Opera Singing L1				
<b>Merry Music Makers</b>	Sun on going	7:00 - 8:30 pm	MAMM0ASS18	Member only Free
Join a choir for musical relaxation and a fun social gathering. If you enjoy singing, this class is for you!				
<b>Peking Opera</b> Mandarin	Mon on going	3:15 - 5:30 pm	MAPO0ASS18	Member only \$5
Discover the style and tradition of Peking Opera				
<b>People Link Choir</b>	Thurs on going	10:00 am - 12:15 pm	MAPL0ASS18	Member only \$35
Join a choir for musical relaxation and a fun social gathering				

## Music Programs continued...

COURSE	DAY	TIME	CODE	FEE
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<b>Vocal Training</b> Instructor: <b>Gabrielle Tung</b>		<b>Cantonese</b>	<b>9 Sessions (every alternate week)</b>	
<b>Vocal Training</b> (9 Sessions )	Mon	9:00 am - 12:30 pm	MAVT2ASS18	Member \$65 Non-Member \$75
	Tues	1:00 - 6:00 pm		
<p>Learn more vocal singing techniques. Prerequisite: Completion of Music Theory and Reading or equivalent music knowledge. Please Call Instructor <b>Gabrielle Tung</b> at 416 494 5301 to arrange the class time prior to registration.</p> <p><b>Note : Vocal Training Concert for the current term will be happened on Tuesday July 31 and Next term will start on Monday September 10</b></p>				

<b>Digital Piano</b> Instructor: <b>Bik Tam</b>		<b>Cantonese</b>	<b>10 Sessions</b>	
<b>Digital Piano I</b> (for new students)	Wed July 11	2:30 - 3:30 pm	MADP1ASU18	Member \$50 Non-Member \$60
<p>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 &amp; anyone with interest can join this class)</p>				
<b>Digital Piano II</b> (Individual Private Tutoring for Returning Students)	Wed July 11	3:30 - 4:15 pm	MADP2ASU18	Member \$25 Non-Member \$30
	Wed July 11	4:15 - 5:00 pm	MADP2BSU18	
<p>Participants must complete Digital Piano Class recently . Each student will be given individual tutoring and reviews, within a group setting. The maximum time slot for the whole group is as listed, but the exact time for each student will be assigned at the first session.</p>				

<b>Karaoke</b>		<b>Cantonese / English</b>	<b>10 Sessions</b>	
<b>Karaoke A. (Cantonese)</b>	Thurs July 12	3:05 - 6:00 pm	MAK00ASU18	Member only \$5
<b>Karaoke B. (English)</b>	Fri July 13	1:00 - 3:00 pm	MAK00BSU18	
<b>Karaoke C. (Cantonese)</b>	Fri July 13	3:05 - 6:00 pm	MAK00CSU18	

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
- Anyone with food allergies or special dietary needs must make arrangements for themselves

OUTING	DAY & TIME	FEE	DESCRIPTION
Lunching Out Club English	2nd Friday of each Month  11:15 am - 1:15 pm	Transportation only  Members: \$4  Non Members: \$6	Join us for lunch at local restaurants. Transportation is \$4.00 for members & \$6.00 for Non-members. <b>Meals will range in price from \$10 to \$30. Each person is responsible for the cost of their meal.</b>

OUTING LOCATION	DATE
Friday June 8	Remezzo’s Italian Bistro
Friday July 13	Blackhorn Dining Room (251 Ellesmere Road)
Friday August 10	Red Lobster (3252 Sheppard Ave East)
Friday September 7	Frankie Tomatto's (7225 Woodbine Ave)

# Trips

TRIPS	DAY & TIME	FEE	DESCRIPTION
<p><b>Allen Gardens</b></p> <p>Location: Allan Gardens Children's Conservatory, 19 Horticultural Ave, Toronto, ON M5A 2P2</p>	<p>Tuesday July 17</p> <p>10:30 am - 3:00 pm</p>	<p>Members: \$ 25</p> <p>Non Members: \$ 30</p>	<p>Let's explore one of Toronto's most popular Gardens. The Allan Gardens is a park and an indoor botanical garden with six greenhouses comprising over 16,000 square feet. The indoor conservatory features colorful plants and flowers from around the world. Enjoy your lunch outdoors in the park alongside beautiful flowers.</p> <p>Trip includes School Bus ride, Lunch not included).</p>
<p><b>Camp Sunshine for Seniors Wards Island</b></p> <p>Location: Jack Layton Ferry Terminal to Wards Island</p>	<p>Thursday August 9</p> <p>8:30 am - 3:30 pm</p>	<p>Members age 60 &amp; over : \$35</p> <p>Non Members age 60 &amp; over : \$40</p> <p>Members age under 60: \$45</p> <p>Non Members age under 60: \$50</p>	<p>Board the ferry for a 15 minute ride to Wards Island. Awaiting your arrival will be golf carts that will escort you to the wonderful Sunshine Centre for Seniors. Refreshments will be served upon arrival along with some light exercise. You will then be taken on a nature walk or golf cart tour through the beautiful gardens.</p> <p>Trip includes: Ferry admission to Wards Island, light refreshments, lunch and transportation by school bus.</p> <p>Lunch included: Delicious barbecue lunch consisting of hamburger, salad, potato chips and a drink (vegetarian options are available)</p>
<p><b>Grand River Lunch Cruise &amp; Blazing Fiddles Show in Caledonia</b></p> <p>Location: 36 Country Rd 22, Caledonia, Ontario</p>	<p>Wednesday September 5</p> <p>8:30 am - 3:30 pm</p>	<p>Members: \$ 85</p> <p>Non Members: \$ 90</p>	<p>Begin your day in "The Landing" with a complimentary coffee and muffin and shopping experience at the Big Creek Bakery and Crafts Store. Enjoy "The Grand Adventure" video presentation followed by a fabulous live Music Show featuring "the Blazing Fiddles". You will then embark on a 3 hour cruise featuring a delicious 3 course meal. (Beef/Chicken/Pasta). During the cruise your captain gives an informative commentary and you can sit out on the promenade deck to enjoy the river scenery</p>



## Recreation Special Events

EVENT	DATE & TIME	FEE	DESCRIPTION
<b>Canada Day Celebration</b> @ Bridlewood Mall	Friday June 29 11:00 am -2:30 pm	Free	Bring Your friends & families to celebrate Canada Day with a special ceremony and multicultural performances and other activities
<b>National Vanilla Ice Cream Day</b> Location: Recreation Room Language: English	Friday July 20 2:30 pm - 3:30 pm	Members: \$ 3 Non Members: \$ 5	Let's learn the history behind ice cream and the significance of national vanilla ice cream. We will discover how ice cream is made and enjoy a scoop of vanilla ice cream in a cone. Games and prizes to be won.
<b>Vocal Training Concert</b> Location: St. Paul's Church Chapel Language: Cantonese, Mandarin & English	Tuesday July 31 2:00 pm - 6:30 pm	Free	Come out and enjoy performances by the students of Gabrielle Tung Vocal training class!
<b>National Waffle Day</b> Location: Recreation Room Language: English	Friday August 24 2:30 pm - 3:30 pm	Members: \$ 3 Non Members: \$ 5	Let's enjoy some waffles while we discover where the fascination with waffles all began. Games and prizes to be won
<b>Cantonese Opera Show by Julia Wong &amp; Friends</b> Location: Recreation Room Language: Cantonese	Sunday Sept 23 2:00 pm - 4:00 PM	Members: Free Non Members: \$ 2	Cantonese opera, songs, dances & a lucky draw, provided by Julia Wong and her friends
<b>Summer Social</b> Location: SPLC Terrace Patio Language: English	Friday September 28 2:30 pm - 3:30 pm	Members: \$ 3 Non Members: \$ 5	Let's enjoy the summer weather out on the Terrace Patio, where we will enjoy live music, games and light refreshments



## **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](mailto:info@splc.ca)

## Health Promotion Workshops / Programs

Caregiver Support Group	DATE	TIME	VENUE	LANGUAGE	FEE
English	Tuesdays June 12, July 10, August 14 & September 11.	1:30pm - 3:00pm	Seminar Room C	English	Free
Cantonese	Wednesdays June 27, July 25, August 29 & September 26.	5:30pm - 6:30pm	Recreation Room	Cantonese	Free
Mandarin	Wednesdays June 27, July 25, August 29 & September 26.	1:30pm - 3:00pm	Seminar Room C	Mandarin	Free

### Good Food Box / Fresh Fruit & Vegetable Market at SPLC

Thursdays: June 14, July 12, August 9, August 30 & September 13

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



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**@SPLCDOTCA**

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

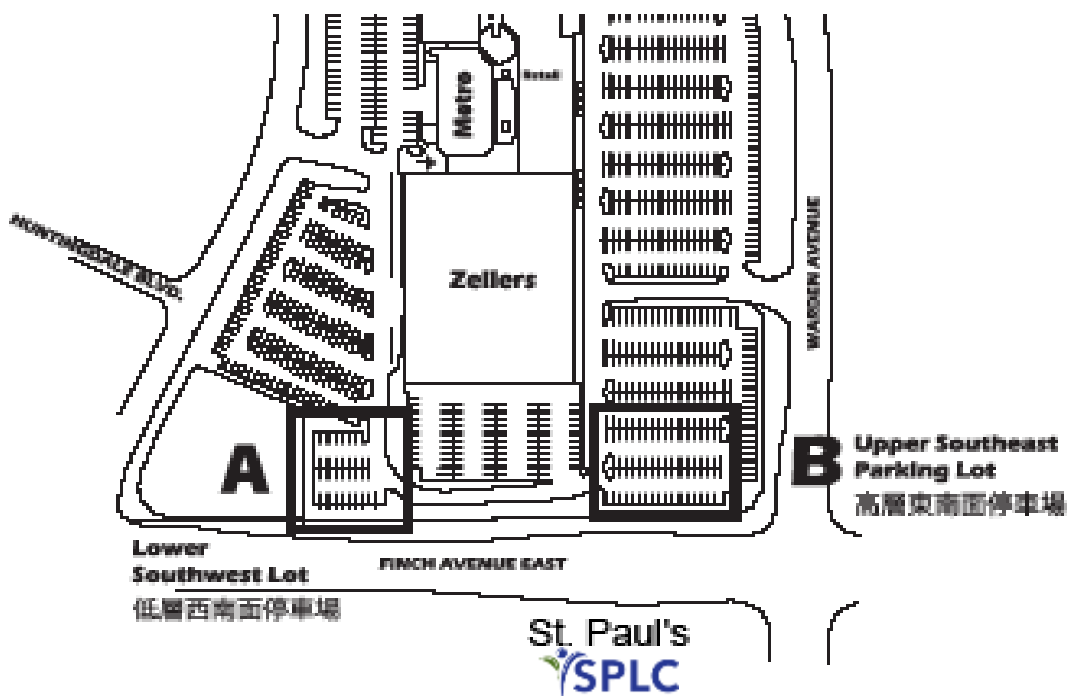


## PARKING

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:

Recreation Programs partly funded by the City of Toronto - Community Service Partnership Programs, & Ministry of Health - Elderly Persons Programs

June 7, 2018