

BetterLiving at Deauville

JANUARY - JUNE 2019



PROGRAM GUIDE

 **BetterLiving**
Health and Community Services

Better Living Health and Community Services

Our Mission:

To support individuals in our community in maintaining their independence, enhancing their social well being, and optimizing their overall health and wellness through the provision of a wide range of community support services and leisure opportunities.

Our Vision:

Our Community will experience a Better quality of life.

Our Beliefs:

- We believe in providing an exceptional client experience.
- We believe in the power of our people.
- We believe in outstanding quality and innovation.
- We believe in the strength of our community.
- We believe in the generosity of our supporters.

Facts

Population we serve: 55+

Address: 5 Deauville Lane
Toronto, ON M3C 0J8
Phone: (416) 447-7244, ext. 800
Email: shalim@betterlivinghealth.org

Hours of Operation:

Monday 9:00 a.m. - 5:00 p.m.
Tuesday 8:30 a.m. - 4:30 p.m.
Wednesday 8:30 a.m. - 4:30 p.m.
Thursday 8:30 a.m. - 4:30 p.m.
Friday 9:00 a.m. - 5:00 p.m.

Centre Closures

New Year's Day – Tuesday, January 1
Family Day – Monday, February 18
Good Friday – Friday, April 19
Victoria Day – Monday, May 20

We are here for you!

Jenny Qiao
Community Programs Worker
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Sri Halim
Community Programs Coordinator
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Dena Silverberg
Vice President Community Development
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How To Register

By Phone: (416) 447-7244, ext. 651 or ext. 716
By Email: shalim@betterlivinghealth.org
In Person: 5 Deauville Lane, Main Office

Please Note:

1. Program are FREE and subject to first come first served availability, unless otherwise noted.
2. Register early to avoid disappointment!
3. All programs are held in the Community Room at 5 Deauville Lane unless otherwise noted.
4. If you require an accommodation to participate in a Better Living Program or Service please contact Sri Halim. (If someone needs help e.g. reading something aloud, changing font, etc) I will help coordinate any reasonable accommodation requests.

Cancellation Policy

Better Living Health and Community Services, operating out of 5 Deauville Lane reserves the right to cancel any program with low registration/attendance.

Better Living Health and Community Services Community Programs are funded by special grant funding. In the absence of available funds Better Living will continue to provide programming with support of volunteers. Programs are not guaranteed and are subject to cancellation based on registration and available resources.

Death Café (In partnership with Circle of Care)

Don't be put off by the name. A Death Café is a group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counselling session. The place where people come together in a relaxed, comfortable atmosphere, sipping drinks, munching treats and sharing respectful engaging thought provoking and life affirming conversations.

When: Monday, January 21st, 2019
Time: 1:00 pm - 3:00 pm
Where: 5 Deauville Lane, Community room
Pre-registration required. Session in English

Brain Healthy Aging (by: Baycrest)

Noticed changes with your thinking skills and memory? Want to maintain a healthy brain for as long as possible? Join this talk to learn about current research on healthy aging, and find out what you can do to promote healthy brain aging. Attendees will gain knowledge about current trends in aging 'brain and health' research and will receive practical tips on various methods shown to support brain functioning in older adults. Attendees will also learn about ongoing research projects in the area of healthy aging.

When: Wednesday, February 20th, 2019
Time: 2:00 pm - 3:00 pm
Where: 5 Deauville Lane, Community room
Pre-registration required. Maximum 20 participants. Session in English

Pedestrian Safety (By Sri Halim, Community Program Coordinator – Better Living)

Walking is an ideal way to get physical activities. It also provides opportunities to socialize and feel connected to the community. Join this workshop and learn what you can do to be as safe as possible while walking.

When: Wednesday, June 5th, 2019
Time: 2:00 pm – 3:00 pm
Where: 5 Deauville Lane, Community room
Pre-registration required. Maximum 40 people. Session in English with Mandarin interpreter

Planning Ahead

It is never too soon to start thinking about long-term care. Understand your options and their costs. Find helpful information about **Long Term Care, Power of Attorney, and Advanced Directives.**
Pre-registration required. Maximum 30 people for each session. Session in English with Mandarin interpreter.

Long Term Care (by: Toronto Central Local Health Integration Network)

When: Wednesday, March 20th, 2019
Time: 2:00 pm – 3:30 pm
Where: 5 Deauville Lane, Community room

Power of Attorney and Advanced Directive (by Flemingdon Legal Clinic)

When: Wednesday, March 27th, 2019
Time: 2:00 pm – 3:30 pm
Where: 5 Deauville Lane, Community room

Gardens in our Lives (Virtual Tour to Royal Botanical Gardens)

Discover what makes Royal Botanical Gardens the gem that it is...its history, the gardens, and natural lands and the wonderful conservation work we do. Experience the virtual tour: see the images, videos, and live specimens in the gardens and nature sanctuaries from where you are.
When: Wednesday, May 8, 2019
Time: 2:00 pm – 4:00 pm
Where: 5 Deauville Lane, Community room
Pre-registration required. Maximum 40 people for each session. Session in English with Mandarin interpreter

Service Canada Programs and Services for Seniors (by Service Canada)

Get all the information about programs and services that Service Canada provides for Seniors.
When: Wednesday, May 29, 2019
Time: 2:00 pm – 4:00 pm
Where: 5 Deauville Lane, Community room
Pre-registration required. Maximum 40 people. Session in English with Mandarin interpreter





Tai Chi

Instructor: Hua Gao
Learn the ancient Chinese form of exercise, at your own pace. Tai-Chi uses gentle flowing century-old movements to relax and strengthen muscles. Practicing Tai Chi can help you to improve balance, flexibility, posture and general overall wellbeing. You can also learn to harmonize your mind, body, and spirit.

When: Tuesdays (January 8 – June 25)
Where: 5 Deauville Lane, Community room
Time: 9:30 am – 10:30 am

Pre-registration required. Max 15 people.
Mandarin speaking instructor

Pole Walking

(In partnership with Flemingdon Health Centre)

Instructor: Cristina Luta
This instructor led program is full body workout that combines cardio and resistance training. By using the specialty poles you learn how to walk more effectively and efficiently to aid in the burning of calories and strengthening of your body!

When: Tuesdays (January 8 – June 25)
Where: Meet 5 minutes early at 5 Deauville Lane
Time: 9:00 am – 10:00 am

Nordic Poles will be provided.
Pre-registration required. Max 15 participants.

Chair Exercise

Instructor: Joanne Picot
This low-impact chair exercise class is suggested for Individuals with little fitness experience. This exercise will benefit your mind, body, and spirit. It's a great way to meet people and stay healthy and active!

When: Mondays (January 7 – June 24)
Where: 5 Deauville Lane, Community room
Time: 10:00 am – 10:50 am

Class cancelled: April 1st, 2019. Registered onsite

Falls Prevention

Instructor: Joanne Picot
Increase your knowledge, skills, awareness, strength and balance to learn preventative measures to reduce the risk of falls.

When: Mondays (January 7 – June 24)
Time: 11:00 am – 11:50 am
Where: 5 Deauville Lane, Community room

Class cancelled: April 1st, 2019. Registered onsite

Multicultural Spring Celebration



When: Friday, June 28, 2019
Where: 5 Deauville Lane Community Room
Time: 11:00 am – 1:00 pm

Join us for a festival celebrating diversity and richness of our community. Admission, performances and multicultural food are free and open to the community. We hope you can join us for all or part of the event!

Pre-registration required. Max 80 people



Building Bones and Balance

Instructor: Jessica Chin-Yee
Strong bones build a strong foundation and improve balance, posture, and confidence in everyday activities. Bone density and muscle mass are both affected by regular weight-bearing exercise. It's never too late to get stronger – you owe it to yourself!

When: Fridays (January 11 – June 28)
Where: 5 Deauville Lane, Community room
Time: 1:00 pm – 2:30 pm

Class cancelled: April 5, 2019. Registered onsite.

Line Dance Multi Level

Instructor: Susan Steckel
Get your feet moving while having some fun and a great workout! Dances will use a variety of ballroom, Latin, and Contemporary music. The instructor will adjust the level depending on the experience of the participants.

When: Fridays (January 11 – June 28)
Where: 5 Deauville Lane, Community room
Time: 11:00 am – 12:00 pm

Pre-registration required. Max 20 people.

Indian Therapeutic Dance

Instructor: Munni Subhani
Join this unthreatening and approachable class that will expose your inner creativity. This class is great for all levels and can help individuals reduce stress through 'tuning inwards' and finding their moments of bliss within their dance flow.

When: Wednesdays (January 9 – June 26)
Where: 5 Deauville Lane, Community room
Time: 10:15 am – 11:15 am

When: Tuesdays (January 8 – June 25)
Where: 10 Deauville Lane, Community room
Time: 11:00 am – 12:00 pm

Pre-registration required. Max 25 people.



PING PONG CLUB

If you are a senior looking for ways to stay physically and mentally active, this fun fast paced sport might be the right one for you. Come join the club.

When: Thursdays (January 10 – June 27)
Where: 5 Deauville Lane, Community room
Time: 10:30 am – 12:30 pm

Pre-registration required. Max 25 people.

Functional Fitness

Instructor: Anna Nieminen
This is a complete body workout featuring simple exercises to build muscles, flexibility and boost heart health. A mix of standing and seated exercises (No floor work) using resistance bands and light free weights.

When: Mondays (January 7 – June 24)
Where: 5 Deauville Lane, Community room
Time: 2:00 pm – 3:00 pm

Pre-registration required. Max 20 people.

Yoga for Every Body

Instructor: Anna Nieminen
Yoga is a mindful movement practice that combines physical activity, deliberate breathing techniques and mental focus. Learn basic yoga routines to work your whole body. You'll have the option of doing the poses while seated and/or standing on a floor mat with a chair nearby for support if needed. You'll also learn about mudras (hand gestures) for the body, mind and spirit!

When: Fridays (January 11 – June 28)
Where: 5 Deauville Lane, Community room
Time: 3:00 pm – 4:00 pm

Pre-registration required. Maximum 20 people.





English Conversation Group

Instructor: May Lau
This group is designed for people who speaks English as a second language. The goal of English conversation group is to provide you a learning environment to practice your English speaking and listening skills with daily life related practical topics which planned and facilitated by a group facilitator.

When: Wednesdays (January 9 – June 26)
Where: 5 Deauville Lane, Community room
Time: 9:00 am – 10:00 am

Singing Group

Facilitator: Shujun Liu
Come together to share your love of song. Sing for fun while getting the physical and mental benefits of a choir experience.

When: Thursdays (January 10 – June 27)
Where: 5 Deauville Lane, Community room
Time: 9:15 pm – 10:15 pm

Pre-registration required. Max 25 people.
Mandarin speaking instructor

Hymn Sing

Instructor: Rev. Raymond Cheng
Come and enjoying singing the wonderful traditional hymns.

When: Fridays (January 11 – June 28)
Where: 5 Deauville Lane, Library
Time: 10:00 am – 10:45 am

Chinese Bible Studies

(In partnership with East Toronto Chinese Baptist Church)

Better Living and East Toronto Chinese Baptist Church are pleased to offer a Bible studies program for seniors within the Flemingdon Park community. This group will provide opportunities for seniors for all faiths to address their spiritual needs and occasions for prayer reflection.

When: Fridays (January 11 – June 28)
Where: 5 Deauville Lane, Library
Time: 10:45 am – 11:30 am

Brush Painting

Instructor: Wenhua Zhang
Chinese brush painting is an ancient art that continues to fascinate contemporary artists. Learn the basic stroke and discover the simple beauty, harmony, serenity, and tranquility in a symbol, a bird, or a landscape.

When: Every other Thursdays (January 10 – June 27)
Where: 5 Deauville Lane, Community room
Time: 2:00 pm – 3:30 pm

Pre-registration required. Max 15 people
Mandarin speaking instructor with English interpreter available in the class.



Knitting Club

Facilitator: Mary McLaren
Join us for fun, informal class. Learn to knit and create unique, one-of-a-kind gifts for family and friends and yourself.

When: Thursdays (January 10 – June 27)
Where: 5 Deauville Lane, Library
Time: 10:30 am – 12:00 pm

Garden Club

Coming soon...(June to September)

To register please call: 416-447-7244 ext. 651
If you like garden and love plants, come out and Join us! Help us promote the love of gardening while we maintain the flower beds and the roof top garden at 5 Deauville Lane.
Flexible schedule from June to September

Bingo

BINGO is a fun game where players mark down numbers on card, that are randomly called out. Come and have fun with us!

Day: Tuesdays (second Tuesdays of the month)
Date: January 8, February 12, March 12, April 9, May 14, June 11
Time: 3:15 pm – 4:15 pm
Where: 5 Deauville Lane, Community room

Mah Jong

This tile-based game developed in China during the Qing dynasty. Learn to play this ancient, interesting game of chance & skill in simplified version everyone can enjoy.

When: Tuesdays (January 8 – June 25)
Where: 5 Deauville Lane, Community Room
Time: 10:15 am – 11:15 am

Movie Day

Sit and relax with friends while you enjoy a movie in the community room!
Choose the movie you like:
(English movie with Mandarin subtitle or Mandarin movie with English subtitle).

Movie: La La Land
When: Thursday, January 17
Time: 2:00 pm - 4:00 pm
Note: English Movie with Chinese subtitle

Movie: Youth
When: Thursday, February 14
Time: 2:00 pm - 4:00 pm
Note: Chinese Movie with English subtitle

Movie: Hidden Figures
When: Thursday, March 14
Time: 2:00 pm - 4:00 pm
Note: English Movie with Chinese subtitle

Movie: Fences
When: Thursday, May 23
Time: 2:00 pm - 4:00 pm
Note: English Movie with Chinese subtitle

Movie: Dying to Survive
When: Thursday, June 20
Time: 2:00 pm - 4:00 pm
Note: English Movie with Chinese subtitle

Program cancelled: April 18





SOCIAL LIVES ARE HEALTHIER LIVES!

**BECOME A COMPANIONSHIP
VOLUNTEER TODAY
YOU CAN MAKE A DIFFERENCE!**

SEEKING VOLUNTEERS WHO:

- Can provide regular in-home visits to seniors
- Will participate in activities such as friendly conversation, playing games or reading books
- Are available for daytime visits Monday to Friday
 - Are able to visit for 1-2 hours/week

FREE TRAINING AND RESOURCES ARE PROVIDED.