

BetterLiving at Deauville

JULY - DECEMBER 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

Canada Day – Monday, July 1
Civic Holiday – Monday, August 5
Labour Day - Monday September 2
Thanksgiving Day – October 14
Holiday Season Break – From December 16 to January 3

We are here for you!

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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.



Therapeutic Touch

Get your appointment, discover the healing power of Therapeutic Touch.

In Therapeutic Touch, therapists place their hands on or near their patient's body with the intention to help or heal. In doing so, therapist believe that they are consciously directing or modulating an individual's energies by interacting with his or her energy field. The focus is on balancing the energies of the total person and stimulating the body's own natural healing ability rather than on the treatment of specific physical diseases.

When: Tuesday, July 16th
Time: 10:00 am - 12:00 pm
Where: 5 Deauville Lane, Library

Pre-registration required. Maximum 10 people. Space is limited and subject to first come first serve system. Appointments are max 20 minutes length.

Fire Safety

Facilitated by: Angela Safko, Toronto Fire Services – Public Education

Get prepared, not scared!

What are the main causes of fire? What resources are available to help encourage fire prevention?

Come and hear from the Toronto Fire Services – Public Education, Angela Safko.

When: Friday, August 9th
Time: 10:30 am - 11:30 am
Where: 5 Deauville Lane, Community room

When: Tuesday, August 20th
Time: 11:00 am - 12:00 pm
Where: 10 Deauville Lane, Recreation Room A

Pre-registration required. Maximum 40 people. Session in English with Mandarin interpreter.

Extend Years to Your Life and Live in Better Health with Herbal Medicine

Facilitated by: David Miquez

Discover how you can better your mental health, improve memory and energy. Regain the strength in your legs and feel physically stronger with simple herbal remedies. David Miquez a Registered Acupuncturist and Herbalist will be leading the workshop taking you on a journey to better health. This natural form of medicine is making a comeback and we invite you to take part in this workshop.

When: Wednesday, August 7th
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



Laughter Yoga

Laughter Yoga is a revolutionary idea – simple and profound. An exercise routine and complete well-being workout. Developed by a medical doctor from India, Dr. Madan Kataria (1995). Laughter Yoga is not about fancy pants or poses. It is laughter for no reason to encourage a sense of child-like play and feelings of joy. The yoga part is the deep breathing and gentle stretches. 10-15 minutes of sustained belly laughter can be equivalent to 300 sit ups!

Come and learn about the tremendous health benefits from regular, sustained belly laughter and have a few laughs along the way.

When: Wednesday, September 4th
Time: 2:00 pm – 3:00 pm
Where: 5 Deauville Lane, Community room



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 (July 2 – December 10)
Where: 5 Deauville Lane, Community room
Time: 9:30 am – 10:30 am

Pole Walking

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 (July 2 – December 10)
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.

Walking Group

Walking is the number one physical activity in Canada. It is easy to do and can be done by people of all ages. Benefits includes improved asleep, reduced stress, increased energy, and helping you achieve or maintain a healthy weight. Walking can also lower cholesterol, reduce the risk of diabetes and heart disease. Join us and start walking TODAY!

Program subject to weather conditions.

When: Thursdays (Group 1)
Where: Meet at 5 Deauville Lane Community room
Time: 9:00 am – 10:00 am

When: Fridays (Group 2)
Where: Meet at 5 Deauville Lane Community room
Time: 9:00 am – 10:00 am

Pre-registration required.

Chair Fitness

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 (July 8 – December 16)
Where: 5 Deauville Lane, Community room
Time: 10:00 am – 10:50 am

BBQ (Sponsored by Mahogany Management)

When: Thursday, August 22nd
Where: 5 Deauville Lane, Community room
Time: 11:00 am – 1:00 pm

Pre-registration required. Opens to 5 Deauville residents only.

White Elephant Sale Don't miss this treasure trove of fun!

When: Friday, November 15th
Where: 5 Deauville Lane, Community room
Time: 10:30 am – 3:30 pm

All proceeds will be directed towards seniors programming in Flemington Park.

Holiday Party (Sponsored by Mahogany Management)

When: Thursday, December 12th
Where: 5 Deauville Lane, Community room
Time: 4:00 pm – 6:00 pm

Pre-registration required. Opens to 5 Deauville Lane residents only.



Falls Prevention

Instructor: Joanne Picot
Falls are leading cause of seniors ending up with injuries and needing to go to the hospital. Participants will be led through exercises for your balance, mobility, muscle strength and if you have a fear of falling.

When: Mondays (July 8 – December 16)
Time: 11:00 am – 11:50 am
Where: 5 Deauville Lane, Community room

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 (July 12 – December 20)
Where: 5 Deauville Lane, Community room
Time: 1:00 pm – 2:30 pm

Chair Yoga

Instructor: Joanne Picot
This Yoga series is for people with Chronic Disease. Chair Yoga is one of the gentlest forms of yoga available. Participants will perform posture and breathing exercises with the aid of a chair. Experience the many benefits of yoga without having to get up or down from the floor. Chair Yoga benefits include: Increased balance, strength, flexibility, range of motion and stress reduction.

When: Tuesdays (July 2 - December 10)
Where: 5 Deauville Lane, Community room
Time: 11:45 am – 12:45 pm



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 (July 8 – December 9)
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 (July 5 – December 13)
Where: 5 Deauville Lane, Community room
Time: 3:00 pm – 4:00 pm



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 (July 4 – December 12)
Where: 5 Deauville Lane, Community room
Time: 10:30 am – 12:30 pm





English as a Second Language (ESL)

Instructor: May Lau

This group is designed for people who speaks English as a second language. The goal of this class is to provide you a learning environment to improve your English. Learn grammar, listening skills with daily life related practical topics, and practice English with your friends.

When: Wednesdays (July 3 – December 11)
Where: 5 Deauville Lane, Community room
Time: 9:00 am – 10:30 am

Practical English Conversation Group

Instructor: Marylin Gao

Come join the conversation today. This class will help you navigate everyday life experience such as doctor visits, going to the bank, eating out at a restaurant, going to the post office.

All English learners are welcome.

When: Fridays (July 5 – December 13)
Where: 5 Deauville Lane, Community room
Time: 9:00 am – 10:00 am

Mandarin for Beginner

Let's learn Mandarin!

Come and learn daily social conversation in Mandarin.

This class is designed for participants with little or no basic in Mandarin.

When: Fridays (July 5 – December 13)
Where: 5 Deauville Lane, Community Room
Time: 10:30 am – 11:30 am

Pre-registration required. Max: 12 people.

Class cancelled: Friday, August 9th

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: 2nd and 4th Wednesdays of the month, starting July 10
Where: 5 Deauville Lane, Library
Time: 10:45 am – 12:00 pm

Knitting Club

Facilitator: Mary McLaren

Knitting or crochet? This club is for you. Develop your skills while enjoying time with others.

When: Thursdays (July 4 – December 12)
Where: 5 Deauville Lane, Library
Time: 10:30 am – 12:00 pm

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 (July 4 – December 12)
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.

Arts and Life Skills

Come enjoy this therapeutic tool that can help improve practical interpersonal skills, achieve personal insight and reduce stress. Heighten your creativity, enrich your life, and practice self-care. All skill levels welcome.

When: Every other Thursday (July 11 – Dec 12)
Where: 5 Deauville Lane, Community room
Time: 2:00 pm – 3:30 pm

Pre-registration required. Max 12 people.

Garden Club

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
 To register please call: 416-447-7244 ext. 651

Hymn Sing

Come and enjoy singing a selection of traditional hymn

When: 2nd and 4th Wednesdays of the month starting July 10
Where: 5 Deauville Lane, Library
Time: 10:00 am – 10:45 am

Pre-registration required. Max 10 people

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: Wednesdays (once a month)
Date: July 10, August 21, September 18, October 9, November 13, December 11
Time: 3:15 pm – 4:15 pm
Where: 5 Deauville Lane, Community room

Mah Jong

Come and join the fun. Our Mandarin group is looking for more players. No requirements or experience needed. Learn and play this interesting game of chance & skill in simplified version everyone can enjoy.

When: Tuesdays (July 2 – Dec 10)
Where: 5 Deauville Lane, Community Room
Time: 9:30 am – 11:30 am

Pre-registration required. Max 16 people.

Movie Day

Sit and relax with friends while you enjoy a movie in the community room!
 Choose the movie you like:

Movie: Me Before You
When: Wednesday, July 24
Time: 2:00 pm - 4:00 pm
Note: English Movie with Chinese subtitle

Movie: Rush
When: Wednesday, August 28
Time: 2:00 pm - 4:00 pm
Note: English Movie with Chinese subtitle

Movie: Green Book
When: Wednesday, September 25
Time: 2:00 pm - 4:00 pm
Note: English Movie with Chinese subtitle

Movie: A Star is Born
When: Wednesday, October 23
Time: 2:00 pm - 4:00 pm
Note: English Movie with Chinese subtitle

Movie: Wonder
When: Wednesday, November 27
Time: 2:00 pm - 4:00 pm
Note: English Movie with Chinese subtitle





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.