

SPRING 2022 APRIL - JUNE

# BetterLiving

## ACTIVE LIVING PROGRAMS



**REGISTRATION OPENS: MARCH 21<sup>ST</sup>**

## 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 experience.
- the power of our people.
- outstanding quality and innovation.
- the strength of our community.
- the generosity of our supporters.

### Community Centre Facts

**Address:** 1 Overland Dr, Toronto ON M3C 2C3

**Phone:** (416) 447-7244 ext. 622

**Email:** [frontdesk@betterlivinghealth.org](mailto:frontdesk@betterlivinghealth.org)

#### Hours of Operation:

Monday - Friday, 9:00 a.m. - 4:30 p.m.

**Membership Fee:** \$ 35.00 per year

**Membership Valid:** September 1st to August 31st

*\*No proration on membership fee*

Population Serve: 50+

#### Centre Closures:

Good Friday: Friday, April 15th

Victoria Day: Monday, May 23rd

#### Council Corner:

The Better Living Community Centre is governed by our elected Members' Council which represents the membership body within the Centre.

#### 2021/2022 Council Members

Ian Lavery(Chair), Ganapathy Parmesh, Iris D'Silva, Jacqui van Bruggen, Joan Pennings, Shirley Lucas, Usha Srvastava, & Vi Milanowski

### We are HERE for you!

**Front Desk Support** (416) 447-7244 ext. 622

#### Jenny Qiao

Coordinator, Active Living Programs  
[jqiao@betterlivinghealth.org](mailto:jqiao@betterlivinghealth.org) | ext. 651

#### Serena Kim

Manager, Active Living Programs  
[skim@betterlivinghealth.org](mailto:skim@betterlivinghealth.org) | ext. 618

### How to Register

**By phone:** (416) 447-7244 ext. 622

**In person:** Front Desk at the Centre

#### Payment methods:

Cash, Cheque, Debit, Visa, Master Card

#### Please Note:

- Valid membership required for in-person and virtual programming effective April 1st, 2022
- Pre-registration is required for participating in both virtual and in-person programming.



#### IN-PERSON

- ▶ COVID-19 Health and Safety measures
  - Masks are mandatory unless entitled to an exemption.
  - You must show proof of vaccination with a second dose taken at least 14 days ago.
  - Wellness checks
- ▶ All Class fees must be paid in full prior to the start date of the program to confirm and secure registration.

## OVER ZOOM

### Zoom Etiquette:

- ▶ If you are not the person currently speaking, it is recommended that you mute your microphone.
- ▶ Make sure you are aware of your surroundings when enabling your video.
- ▶ All programming can be accessed via telephone too.

### Refund Policy

1. Membership fees are non-refundable
2. All refunds must be issued to the same method of payment.
3. Credit will be issued on cheque payment.
4. Refunds will be prorated to reflect the number of scheduled classes that have occurred by the date the written request was received.



### Credit Policy

1. Credit will be prorated to reflect the number of scheduled classes that have occurred by the date the written request was received.
2. Credit does not expire. Credits are not redeemable for cash and are not transferable.
3. Credit can be put towards any Centre activities and Membership Fees.

### Cancellation

Better Living reserves the right to cancel a program due to low enrollment. A full refund will be issued.

## IN-PERSON

### Paper Please!

**Instructor:** May Chan

Paper crafting; the art of creating figures with paper. It is an exciting and highly affordable way of decoration and involvement in fun activities to enhance your creativity skills as well as sharpening your eyes.

**Fridays, 10:30 a.m. - 11:30 a.m.**

**April 22nd - June 24th (10 weeks)**

**Fee: \$ 60.00 (Non-members: \$ 84.0)**

**\*including supply cost**

### Carpet Bowling

**Instructor:** Diane Bradey

It's a lot like lawn bowling, only it's played rain or shine. Get a little exercise and socialize at the same time. All are welcome to play!

**Tuesdays, 1:00 p.m. - 2:30 p.m. \$ 2.50 per day**

## OVER ZOOM

### Mandarin: Beginner Level

**Instructor:** Hong Shang | **Thursdays 11:30 A.M.**

### Mandarin: Intermediate Level

**Instructor:** Hong Shang | **Tuesdays 11:30 A.M.**

### Spanish Conversation

**Led by:** Cheryl Garcia/ Norma Rojas | **Tuesdays 2 P.M.**

### French Conversation

**Tuesdays 11:00 A.M.**

### Issues in the Media

**Instructor:** Terry Davies

This group will examine and analyze the events that impact Canadian society, and issues happening in the world. Group discussions will lead participants to a broader understanding of our role in the global village.

**1:00 p.m. - 3:00 p.m.**

**April 1st - June 24th (12 weeks)**

**Fee: \$ 72.00 (Non-members: \$ 101.00)**

**Cancelled Date:** Good Friday, April 15th

### Boccia

**Instructor:** Diane Bradey

Boccia is a Target game. Participants will learn about and practise sending an object toward a target while trying to avoid any obstacles.

**Fridays, 11:30 a.m. - 12:30 p.m. \$ 2.50 per day**

### Mindfulness Meditation (via telephone)

**Led by:** Shirley Wong | **Fridays 10:00 A.M.**

### Everyone is an Artist Creative Expression

**Instructor:** Cari Shim | **Fridays 1:00 P.M.**

### Bingo

**Led by:** Active Living Team | **April 6th - June 29th**  
**Every other Wednesdays 1:00 P.M.**

### Therapeutic Touch (TT) Works for Self-Care

**Instructor:** Paula Neilson | **Fridays 11:00 A.M.**

Promote relaxation and healing for yourself with Therapeutic Touch®. TT is a gentle form of energy healing based on ancient healing practices – easy to learn and safe to do.

### Music Afternoon

**Led by:** Steve O'Brien | **Mon, April 18th at 1:30 P.M.**

**Chicago with Rene Zelwegger and Catherine Zeta-Jones**

**Monday, May 16th at 1:30pm. "Hairspray"**

**Monday, June 20th at 1:30pm.**

**"South Pacific" starring Mitzi Gaynor and Rosanno Brazzi.**

### Computer Club

**Led by:** Vernon Paige | **Mondays Bat 2:30 P.M.**

**April 11th & 25th, May 9th, June 6th & 20th**

## OVER ZOOM

### Current Events Discussions

**Presented By:** Paul Dias **May 5 & 19, June 2, 16 & 30**

**Thursdays at 1p.m. | [Registration Link](#)**

Better Living offers facilitated discussions of topics from newspapers and mainstream websites. In addition to big headlines we also like to include human-interest stories, new technological innovations, issues affecting the elderly, photos of the week, and more. While we sometimes wade into some very contentious subjects, never does a discussion become heated or hostile. Rather, more often than not, there's a lot of laughter that contributes to a positive, upbeat atmosphere.

### Vaccine Engagement - Wheel Spinner Program

**Presented By:** Melissa Lai & Casey Courtney

**Tuesday, June 7 at 2 p.m. | [Registration Link](#)**

By engaging participants to answer or share their experience on commonly questions focusing on vaccine, vaccination, library services, community centre programs and local neighbourhood parks & recreation facilities, we would provide information for participants to be familiar with current programs available and what doctors from North York General Hospital say on vaccine and vaccination.

### Photography Club

**Led by:** Vernon Paige | **Mondays at 2:30 P.M.**

**April 4th, May 2nd, 16th & 30th**

**June 13th & 27th**

### Musical Therapy

**Led by:** Nicholas Scott | **Thursday April 14 & 28 at 1:00 P.M.**

### Men's Shed via Zoom or Telephone

**Instructor:** Ian Lavery | **Thursdays at 10:30 A.M.**

### Book Club

**Led by:** Bryan Blenkin | **Thursdays at 2:00 P.M.**

- **April 28:** The Giver of Stars by Jo Jo Moyers
- **May 26:** The Book Woman of Troublesome Creek by Kim Michele Richardson
- **June 23:** Hamnet and Judith by Maggie O'Farrell (sometimes called Hamnet)



### Fire Safety

**Presented By:** Angela Safko

**Wednesday, June 22 at 1 p.m. | [Registration Link](#)**

Join this fire safety workshop facilitated by Toronto Fire Service department to learn about how to prevent a fire in your home and the presentation will cover information of smoke alarms, kitchen fire safety, careless smoking, use of candles, and emergency planning, and general fire prevention in high-rise and low-rise buildings.

## WELLNESS SATURDAYS AT 12:00 P.M.

Presented by **Cristiane B. Cruz, R.Kin** [Registration Link](#)**June 4: Osteoporosis: What is it?**

Osteoporosis is a condition that causes bones to become thin and porous, decreasing bone strength and leading to increased risk of breaking a bone. This presentation will be discussing how our bones develop, and how they are affected by osteoporosis.

**June 18: Osteoporosis: How Can Exercise Help?**

Exercise is important for everyone, even those who have had bone fractures in the past. This presentation will be discussing how exercise has positive effects on our bones, and some precautions for those with a history of bone fractures.

**Online Kinesiology Service**

Discover how to exercise in a fun and safe way! We are offering 30 minutes online one on one appointments with our Kinesiologist. If you have any questions about how to exercise safely or concerns about any current health conditions, book an appointment to learn more!

**Upcoming Appointment Days/Time:****Saturdays 1:00 P.M., 1:40 P.M.**

To book an appointment, please email at [communityfitness@betterlivinghealth.org](mailto:communityfitness@betterlivinghealth.org)

## OVER ZOOM

**Low Impact Fitness Class**

**Instructor:** Cathy Liang  
**Mondays 3 P.M.**

**Chinese Jia-Mu-Si Happy Dancercise**

**Instructor:** Hui Juan Shen  
**Monday to Friday, 8:20 A.M.**

**English Conversation Group**

**Instructor:** May Lau  
**Tuesdays 10:00 A.M.**

**Hand Crafts Group**

**Led by:** Gui Zhen Chen  
**Tuesdays 3 P.M.**

**Bring Seniors Online**

**Led by:** Irene Fang  
**Wednesdays 11:00 A.M.**

**Chinese Folk Dancing**

**Instructor:** Yihua Liu  
**Thursdays 1:00 P.M.**

**Practical English**

**Led by:** Hong Shang  
**Fridays 10:00 A.M.**



## LOW INTENSITY

**Tai Chi – Beginners**

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

**Group 1. IN-PERSON**

**Wednesdays, 9:30 a.m. – 10:30 a.m.**  
**April 13th – June 29th (12 weeks)**  
**Fee: \$90.00 (Non-Members \$126.00)**

**Group 2. OVER ZOOM**

**Wednesdays, 10:45 a.m. – 11:45 a.m.**  
**April 13th – June 29th (11 weeks)**  
**Fee: \$55.00 (Non-Members \$77.00)**  
**April 13th is a open class as a trial.**

## MODERATE INTENSITY

**Bone Fitness Instructor:** Chris Moffett **OVER ZOOM**

Improve bone and muscle strength in a fitness class that is filled with variety! Exercises include weight bearing, balance, strength training and those promoting proper alignment and movement, all done with music.  
**Tuesdays, April 5th - May 24th at 10:00 a.m. | Fridays, April 1st - May 27th at 10:00 a.m.**

**IN-PERSON****Line Dancing- Multi-Level**

**Instructor:** Vivian Yoon  
Get your feet moving while having some fun and enjoying a great workout! Dances include a variety of ballroom, Latin and contemporary moves to music. The instructor will adjust the level depending on the experience of the participants.  
**Mondays, 11:00 a.m. – 12:00 p.m.**  
**April 11th - June 27th (11 weeks)**  
**Fee: \$ 83.00 (Non-Members \$ 116.00)**  
**Class Cancelled: Victoria Day - May 23rd**

**Indoor Pole Walking for Fitness and Balance**

**Instructor:** Luisa DiSimone  
This 60 minute class uses Nordic Poles and starts with a gentle warm up, minimum of 10 minutes of cardiovascular training, muscle strengthening, flexibility conditioning and balance exercises. Activator Poles or Nordic Poles are required for this program.  
\* Nordic Pole can be borrowed from the Centre.  
\* Activator Poles can be purchased the website at [www.urbanpoling.com](http://www.urbanpoling.com)

Please let the Active Living Programs Team know, if you need any assistance.

**Thursdays, 12:10pm to 1:10pm**  
**April 14th - June 23rd (11 weeks)**  
**Fee: \$ 83.00 (Non-Members \$ 116.00)**

**Strengthen Your Structure**

**Instructor:** Luisa DiSimone  
This standing gentle exercise class incorporates a warm up, cardiovascular and muscle conditioning plus balance exercises. All exercises during this 45 minute class bring attention to posture, joint alignment and range of motion.

- Bring your own resistance band or can be purchased through the Centre.

**Thursdays, 11:00 a.m. - 12:00 p.m.**  
**April 14th - June 23rd (11 weeks)**  
**Fee: \$ 83.00 (Non-Members \$ 116.00)**

**Tai-Chi: Intermediate**

**Instructor:** Mary Yeung  
**Pre-Requisites:** This class is suited to those who have over a year of structured Tai Chi experience. This century old Chinese form of exercise uses gentle flowing movements to relax and strengthen your muscles. By practicing Tai Chi, you can improve your balance, flexibility, posture, and general well-being. You can also learn to harmonize your mind, body and spirit. "Yang" style Tai Chi is taught in this class.

**Group 1.**  
**Tuesdays, 10:00 a.m. – 11:00 a.m.**  
**April 12th - June 28th (12 weeks)**  
**Fee: \$ 90.00 (Non-Members \$ 126.00)**  
**Group 2.**  
**Fridays, 10:00 a.m. – 11:00 a.m.**  
**April 22nd - June 24th (10 weeks)**  
**Fee: \$ 75.00 (Non-Members \$ 105.00)**

**IN-PERSON**

**Falls Prevention**

Falls Prevention Program is geared towards building a strong foundation while teaching preventive measures to help reduce the risk of falls.

**Group 1.**  
**Monday & Thursday 9:45 a.m. – 10:30 a.m.**  
**April 11th – June 30th**

**Group 2.**  
**Monday & Wednesday 1:45 – 2:30 p.m.**  
**April 11th – June 29th**

**LOW INTENSITY**

**OVER ZOOM**

**Falls Prevention**

**Instructor:** Jose Balba  
**Tuesday, Thursday & Friday 4:00 P.M.**  
 Falls Prevention Program is geared towards building a strong foundation while teaching preventive measures to help reduce the risk of falls. harmonize your mind, body and spirit.

**Gentle Fitness**

**Instructor:** Jose Balba **Tuesday & Friday 3:00 P.M.**  
**Instructor:** Rafael Gomez **Saturday 10:00 A.M**  
 Falls Prevention Program is geared towards building a strong foundation while teaching preventive measures to help reduce the risk of falls. harmonize your mind, body and spirit.

**Chair Yoga**

**Instructor:** Lupita Romo  
**Monday 4:30 P.M. & Sunday 9:15 A.M.**  
 Designed to help you find more energy, stay focused, bring flexibility back to your muscles and joints as well as reduce stress in your body. Take time to reconnect with your body, breath and mind.

**MEDIUM INTENSITY**

**OVER ZOOM**

**Total Body Conditioning**

**Instructor:** Azadeh Shoostari & Jose Balba  
**Mondays, 11:10 A.M. \*Tuesday – Thursday ON HOLD**  
 This class provides a balance to your cardio workout and good strength training for all muscle groups. A variety of equipment is used – free weights, resistance bands, and more.

**Gentle Fitness**

This fitness class will focus on a circulatory warm-up, cardio, strength training as well as balance to help promote and improve flexibility and strength.

**Group 1.**  
**Monday & Thursday 8:45 a.m. – 9:30 a.m.**  
**April 11th – June 30th**

**Group 2.**  
**Monday & Wednesday 12:30 p.m. – 1:15 p.m.**  
**April 11th – June 29th**

**Line Dancing**

**Instructor:** Cathy Liang **Tuesday 3 P.M.**  
 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.

**Building Bones & Balance**

**Instructor:** Jose Balba **Thursdays 12:05 p.m.**

**Healthy Heart & Body Balance**

**Instructor:** Jessica Chin-Yee **Thursday 4 P.M.**  
 This easy-to-follow workout increases energy and stamina, while featuring the importance of heart health, muscle strengthening and wellness.

**Pilates (Floor-based)**

**Instructor:** Jessica Chin-Yee **Thursday 5:10 P.M.**  
 This class will help you to increased flexibility to improve your posture and coordination.

**Zumba Gold**

**Instructor:** Lupita Romo **Thursday 4:30 P.M.**  
**Sunday 10:15 A.M.**

**Dance Fitness**

**Instructor:** Rafael Gomez **Saturday 11:00 A.M.**  
 Dance Fit targets wellness through creative movements with selected music. It improves physical and cognitive ability and brings smiles and joy. The Dance includes modifications for both standing and sitting positions.

**Functional Fitness**

**Instructor:** Rafael Gomez **Saturday 12:00 P.M.**  
 Complete body workout featuring simple exercises to build muscles, flexibility and boost heart health. This class will lead you through a mix of energizing standing and seated exercises.

**HIGH INTENSITY**

**OVER ZOOM**

**Zumba Toning Instructor:** Lupita Romo **Fridays, 4:30 P.M.**  
 Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves, to create a calorie-burning strength-training dance fitness party. Using light weight maraca-like toning sticks or weights you'll work every muscle group, enhancing a sense of rhythm and co-ordination while you groove.

**Legend** ● General Interests/Groups ● Lifelong Learning ● Health & Wellness  
 ● Community Fitness and Falls Prevention

VIRTUAL PROGRAMMING						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Bone Fitness 10:00 a.m.		Men's Shed 10:30 a.m.	Bone Fitness 10:00 a.m.	Gentle Fitness 10:00 a.m.	Chair Yoga 9:15 a.m.
	English Conversation 10 p.m.	Tai-Chi Begineer 10:00 a.m.	Mandarin for Beginners 11:30 a.m.	Mindfulness Meditation 10:00 a.m.	Dance Fitness 11:00 a.m.	Zumba Gold 10:15 a.m.
Total Body Conditioning 11:10 a.m.	Total Body Conditioning 11:10 a.m.	Total Body Conditioning 11:10 a.m.	Total Body Conditioning 11:10 a.m.	TT for Self-Care 11:00 a.m.	Functional Fitness 12:00 p.m.	
	French Conversation 11:00 a.m.				Wellness Saturdays 12:00 p.m.	
	Mandarin for Intermediate 11:30 a.m.		Music Therapy 1:00 p.m.	Building Bones & Balance 12:05 p.m.		
Music Afternoon 1:30 p.m.	Lifelong Learning 1:00 p.m.	Bingo 1:00 p.m.	Lifelong Learning 1:00 p.m.	Creative Expression 1:00 p.m.		
Photography Club 2:30 p.m.	Spanish Conversation 2:00 p.m.		Falls Prevention 1:00 p.m.	Gentle Fitness 3:00 p.m.		
Computer Club 2:30 p.m.	Line Dancing 3:00 p.m.		Book Club 2:00 p.m.	Falls Prevention 4:00 p.m.		
Chair Yoga 4:30 p.m.	Gentle Fitness 3:00 p.m.	Zumba Gold 4:30 p.m.	Healthy Heart & Body Balance 4:00 p.m.	Zumba Toning 4:30 p.m.		
	Falls Prevention 4:00 p.m.		Pilates 5:10 p.m.			



### IN-PERSON PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gentle Fitness 8:45 a.m.	Tai-Chi Intermediate 10:00 a.m.	Tai-Chi Beginner 9:30 a.m.	Gentle Fitness 8:45 a.m.	Tai-Chi Intermediate 10:00 a.m.
Falls Prevention 9:50 a.m.			Falls Prevention 9:50 a.m.	Paper Please 10:30 a.m.
Line Dancing 11:00 a.m.			Strengthen Your Structure 11:00 a.m.	Boccia 11:30 a.m.
Gentle Fitness 12:30 p.m.	Carpet Bowling 1:00 p.m.	Gentle Fitness 12:30 p.m.	Indoor Pole Walking 12:10 p.m.	Issues in the Media 1:00 p.m.
Falls Prevention 1:45 p.m.		Falls Prevention 1:45 p.m.		

### MANDARIN INSTRUCTION PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dancercise 8:20 a.m.	Dancercise 8:20 a.m.	Dancercise 8:20 a.m.	Dancercise 8:20 a.m.	Dancercise 8:20 a.m.
	English Conversation 10:00 a.m.	Bring Seniors Online 11:00 a.m.		Practical English 10:00 a.m.
Low Impact Fitness 3:00 p.m.	Hand Crafts Group 3:00 p.m.		Chinese Folk Dancing 1:00 p.m.	