

SUMMER 2022 JULY - AUGUST

BetterLiving

ACTIVE LIVING PROGRAMS



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

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

PLEASE NOTE

Any NEW memberships that are taken out after July 1st, 2022, will not expire until August 31st, 2023! That means 2 months FREE for new members, so help us spread the word!

We will start accepting membership renewals for the 2022/2023 year beginning August 1st, 2022.

Population Serve: 50+

Centre Closures:

Canada Day: Friday, July 1st

Civic Holiday: Monday, August 1st

We are HERE for you!

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

Jenny Qiao

Coordinator, Active Living Programs
jqiao@betterlivinghealth.org | ext. 651

Serena Kim

Manager, Active Living Programs
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.

July 8th - August 26th (8 weeks)

Fee: \$ 48.00 (Non-members: \$ 67.00)

***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.**

Cancelled on August 4th & 11th

Mandarin: Intermediate Level

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

Cancelled on August 9th

Spanish Conversation

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

French Conversation

Tuesdays 11:00 A.M.

Mindfulness Meditation

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

Cancelled on July 1st

Issues in the Media

Moderator: 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.

Fridays, 1:00 p.m. - 3:00 p.m.

July 8th — August 26th (8 weeks)

Fee: \$ 48.00 (Non-members: \$ 67.00)

**Everyone is an Artist Creative Expression**

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

Cancelled on July 1st & 8th, August 26th

Therapeutic Touch (TT) Works for Self-Care

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

Cancelled on July 1st, August 5th & 26th

Bingo

Led by: Active Living Team | **Wednesdays 1:00 P.M.**

July 13th & 27th, August 10th & 24th

Music Afternoon

Led by: Steve O'Brien | **Mondays at 1:30 P.M.**

- **July 18th "Hello Dolly"**

starring Barbra Streisand, Walter Matthau and Michael Crawford.

- **August 22nd : "The Music Man"**

starring Robert Preston, Shirley Jones and Buddy Hackett.

- **September 19th : "Oliver!"**

starring Ron Moody, Oliver Reed and Mark Lester (as Oliver Twist).

Computer Club

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

July 4th & 18th, August 1st, 15th, & 29th

Photography Club

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

July 11th & 25th, August 8th & 22nd

JULY**OVER ZOOM****Canada's National Parks**

Presented By: Jennifer Merrick

Thursday, July 7th at 1p.m. | [Registration Link](#)

"National Parks exist in order that every citizen of Canada may satisfy a craving for Nature and Nature's beauty; that we may absorb the poise and restfulness of the forests; that we may steep our souls in the brilliance of the wild flowers and the sublimity of the mountain peaks; that we may develop in our-selves the joy and activity we see in the wild animals; that we may stock our mind with the raw material of intelligent optimism, great thoughts, noble ideals; that we may be made better, happier, and healthier." (James B. Harkin, 1st Commissioner of Parks Canada)

Canada has 47 national parks across our vast country that began with the establishment of Banff National Park in 1885. Join Jennifer to delve into our parks' history and take a journey to some of Canada's most breathtaking wild spaces.

**Men's Shed via Zoom or Telephone or in-person**

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

**Current Events Discussions**

Presented By: Paul Dias **Thursdays, July 14th, 28th 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.

The British Invasion

Presented By: Daniel Aonso

Tuesday, July 26th at 1p.m. | [Registration Link](#)

It's a blast from the past with all of your favourite British Invasion groups. Featuring the Rolling Stones "Satisfaction", The Zombies' "Time of the Season", or how about The Kinks with "All Day and All of the Night"; from rock, pop, folk, and of course blues, the Brits managed to take American music and transform it into something bigger, better, and exciting!

WELLNESS SATURDAYS AT 12:00 P.M.

Presented by **Cristiane B. Cruz, R.Kin** [Registration Link](#)**JULY: NUTRITION****July 9th: The Digestive System, Nutrition And Exercise: How Do They Work Together?**

Exercise and good nutrition have been shown to help in various areas of our lives, from mental health to chronic disease prevention.

This presentation will be discussing how good food choices and exercise can help to improve our gut health.

July 23rd: Nutrition and Meal Planning: Strategies For Meal Planning

Meal planning can be quite a challenge, especially for those who are cooking for one or two people. This presentation will be discussing some ideas to help eat healthy while maintaining variety in your meals and being budget friendly.

AUGUST**OVER ZOOM****Do Animals Have Empathy?****Presented By:** Eve Smeltzer**Thursday, August 4th at 1p.m.** | [Registration Link](#)

We initially thought that humans were the only animals who could experience true empathy. While most pet owners are very familiar with the emotional complexity of animals, the world of a nimal cognitive research is finally catching up! This talk will discuss some of the best evidence of empathy in animals: reconciliation, fairness, and grief.

From Pete Seeger to Bob Dylan: A Folk Music Retrospective**Presented By:** Daniel Aonso**Thursday, August 18th at 1p.m.** | [Registration Link](#)

Giving power to the guitar and a voice to the people, discover folk music through the legends of Pete Seeger, Bob Dylan, Joni Mitchell, and more!

**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

Cholesterol Management and Diabetes**Presented By:** Flemingdon Health Centre**Thursday, August 11th at 1p.m.** | [Registration Link](#)

Most adults with type 1 or type 2 diabetes are at high risk for heart disease such as heart attack and stroke. They have an even higher risk if their LDL-cholesterol is elevated. By joining this workshop, you will learn the definition of cholesterol, general cholesterol level targets, dietary recommendations on how to maintain healthy cholesterol levels in order to reduce your risk for heart disease, and more.

Current Events Discussions**Presented By:** Paul Dias **August 11th & 25th 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.

WELLNESS SATURDAYS AT 12:00 P.M.

Presented by **Cristiane B. Cruz, R.Kin** [Registration Link](#)**AUGUST: JOINT HEALTH****Aug 6th: Seniors' Fitness: Common Lower Body Exercises**

Exercise has been shown to help decrease pain and improve overall function as we get older. This presentation will be discussing some exercises that are commonly used to treat hip, knee and ankle dysfunctions.

Aug 20th: Seniors' Fitness: Common Upper Body Exercises

Our spine, neck and shoulder are some of the more complex joints in our bodies, and have been shown to be positively affected by exercise.

This presentation will be discussing some common exercises that are commonly used to treat upper body dysfunctions.

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.****July 6th - August 31st (7 weeks)****Fee: \$53.00 (Non-Members \$ 74.00)****Class cancelled on August 10th & 17th****Group 2. OVER ZOOM****Wednesdays, 10:45 a.m. – 11:45 a.m.****July 6th - August 31st (7 weeks)****Fee: \$ 35.00 (Non-Members \$ 49.00)****Class cancelled on August 10th & 17th****MODERATE INTENSITY****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.**July 4th - August 29th (8 weeks)****Fee: \$60.00 (Non-Members \$ 84.00)****Class Cancelled: Civic Holiday, August 1st****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.**July 7th - August 25th (8 weeks)****Fee: \$60.00 (Non-Members \$ 84.00)****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.****July 5th - August 23rd (8 weeks)****Fee: \$60.00 (Non-Members \$ 84.00)****Group 2.****Fridays, 10:00 a.m. – 11:00 a.m.****July 8th - August 26th (8 weeks)****Fee: \$60.00 (Non-Members \$84.00)**

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

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

Thursdays, 12:10pm to 1:10pm | July 7th - August 25th (8 weeks) | Fee: \$60.00 (Non-Members \$ 84.00)

INSTRUCTION PROGRAMS

OVER ZOOM

Chinese Jia-Mu-Si Happy Dancercise

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

Low Impact Fitness Class

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

Practical English

Instructor: Hong Shang **Fridays 10:00 A.M.**

Cancelled on July 1st, August 5th & 12th

Falls Prevention **IN-PERSON**

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.
July 4th – August 29th

Group 2.

Monday & Wednesday 1:30 p.m. - 2:15 p.m.
July 4th – August 31st

Class will be cancelled on August 1st – Civic Day.

Gentle Fitness **IN-PERSON**

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.
Date: July 4th – August 29th

Group 2.

Monday & Wednesday 12:30 p.m. – 1:15 p.m.
Date: July 4th – August 31st

Class will be cancelled on August 1st – Civic Day.

LOW INTENSITY

Falls Prevention **OVER ZOOM**

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.

Chair Yoga **OVER ZOOM**

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.

Gentle Fitness **OVER ZOOM**

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.

MEDIUM INTENSITY

OVER ZOOM

Total Body Conditioning

Instructor: Azadeh Shooshtari & Jose Balba

Mondays, Tuesdays, Thursdays, 11:00 A.M.

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.

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.

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.

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.

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.

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.

Building Bones & Balance

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

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.

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
		Tai-Chi Beginner 10:45 a.m.	Men's Shed 10:30 a.m.	Mindfulness Meditation 10:00 a.m.	Gentle Fitness 10:00 a.m.	Chair Yoga 9:15 a.m.
Total Body Conditioning 11:00 a.m.	Total Body Conditioning 11:00 a.m.		Total Body Conditioning 11:00 a.m.	TT for Self-Care 11:00 a.m.	Dance Fitness 11:00 a.m.	Zumba Gold 10:15 a.m.
	French Conversation 11:00 a.m.				Functional Fitness 12:00 p.m.	
	Mandarin for Intermediate 11:30 a.m.		Mandarin for Beginners 11:30 a.m.	Building Bones & Balance 12:05 p.m.	Wellness Saturdays 12:00 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.			Gentle Fitness 3:00 p.m.		
Computer Club 2:30 p.m.	Line Dancing 3:00 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 9:45 a.m.			Falls Prevention 9:45 a.m.	Paper Please 10:30 a.m.
Line Dancing 11:00 a.m.			Men's Shed 10:30 a.m.	
Gentle Fitness 12:30 p.m.	Carpet Bowling 1:00 p.m.	Gentle Fitness 12:30 p.m.	Strengthen Your Structure 11:00 a.m.	Issues in the Media 1:00 p.m.
Falls Prevention 1:30 p.m.		Falls Prevention 1:30 p.m.	Indoor Pole Walking 12:10 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.	Lifelong Learning 2:00 p.m.		