

BetterLiving

**JANUARY
- APRIL**

REGISTRATION OPENS: DECEMBER 5TH



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DELIVER THE DIFFERENCE!



**BECOME A MEALS ON WHEELS
VOLUNTEER TODAY AND
GUARANTEE SENIORS A HOT MEAL**

SEEKING CARING PEOPLE WHO:

- Have access to their own vehicle, or
- Are willing to serve as a “runner” with an existing driver
 - Are available 1 shift per week, Monday to Sunday 11:30 a.m. to 1:30 p.m.
- Are dedicated to the well-being of our community

FREE TRAINING AND RESOURCES ARE PROVIDED.

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.

Welcome to Better Living

We provide a friendly, safe and welcoming environment to all individuals that access our programs and facility. Together our actions support an atmosphere we all can all feel comfortable to enjoy. We politely request that everyone;

Use our Facility as Intended

You are welcome to use our shared space and equipment but please treat it with the same care and respect as you would your own home.

Be Considerate of Others

Be respectful of others that share this space. Actions that disturb or threaten others are not acceptable.

Communicate with Respect

Treat others with respect and fairness regardless of culture, race, colour, creed, age, disability, family status, marital status, sex, gender identity, gender expression and/or sexual orientation. Discrimination, harassment, and abusive language or gestures will not be tolerated.

Act Responsibly

Follow the policies and procedures set out by the organization and the law. Any activities that are prohibited or illegal in nature will not be permitted. Individuals that are not contributing to building a friendly, safe and welcoming environment will be requested to change their actions or may be asked to leave.

If you observe actions inconsistent with our commitment, please tell one of our team members

Community Centre Facts

Address: 1 Overland Dr, Toronto ON M3C 2C3

Phone: (416) 447-7244 ext. 622

Hours of Operation:

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

Membership Fee: \$35.00 per year

*No proration on membership fee

Membership Valid: September 1st to August 31st

Population Serve: 50+

Centre Closures:

- New Year's Day – January 1st
(January 2nd in lieu of January 1st)
- Family Day – February 20th
- Good Friday – April 7th

Please note that there will be no classes/ activities on above dates.

Council Corner

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

2022/2023 Council Members: Ian Lavery(Chair), Shirley Lucas, Vi Milanowski, Jacqui van Bruggen, Leslie Olsen, Ganapathy Parmesh, Joan Pennings, & Usha Srivastava

We are HERE for you!

Front Desk Support (416) 447-7244 ext. 622
frontdesk@betterlivinghealth.org

Jenny Qiao

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

Serena Kim

Manager, Active Living Programs
skim@betterlivinghealth.org | ext. 618



Better Living Community Centre

We offer health and wellness, fitness, recreation, educational and social opportunities for adults 50+ to support healthy aging and independent living.

Service Icons

Not sure what programs are for you? Our service icons represent the various programs offered to assist you to navigate programs to match your personal goals.



Service icons are designed to assist you in selecting programs based on your interests. By working with a member of our team or independently reviewing the program guide, service icons will help you create an individualized program plan.

Program navigation assistance by one of our team members is free of charge and available to all members of our centre. Please speak to one of our team members to set up an appointment.



INCLEMENT WEATHER

In the event of inclement winter weather, the Community Centre staff will communicate to group participants as soon as possible should we need to close the centre or cancel programs. If you are unsure about the status of a program, please do not hesitate to contact our front desk at 416-447-7244 ext. 622 for more information before heading to your scheduled class.

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:

All Class fees must be paid in full prior to the start date of the program to confirm and secure registration.

- **Pre-registration is required for participation 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



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.

Waitlist

In the event that a program reaches its full capacity, a wait-list option will be offered. Once a spot becomes available, participants on the wait-list will be contacted and given a 24 hour notice to respond before the next person on the wait-list is offered the available spot. Being on the waitlist does not guarantee enrollment.

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.

GET OUT & EXPLORE!

Taking a trip will enhance your quality of life by allowing for some social opportunities while visiting somewhere NEW!



PLEASE NOTE:

- Safety protocols: Passengers must be vaccinated and wear a mask.
- Limited on-site parking. Carpooling, offsite parking or Better Rides are strongly recommended when attending a day trip.
- All sales are final. If you are unable to attend a trip, you are responsible for the re-sale of your ticket.
- Trips require a minimum of 40 people to be signed up four weeks prior to the trip date to avoid cancellation.

Celebrate St. Patrick's Day with
"The Irish Kitchen Party" Dinner Theatre in Kitchener
Friday, March 17, 2023 | Presented by Mary Morton Tours
This is a matinee performance

For more details, please contact the front desk at 416-447-7244 ext. 622 after January 2nd, 2023.

LIVE IT UP!

Our monthly social & savvy special events offer a bit of cheer, savory foods & friendships!

Please inform us of any dietary concerns when you sign up the events.

Active Living Fair

"Engaging with the Community for Physical and Mental Well-Being"

Thursday, February 23rd, 2023

10:00 a.m. - 2:00 p.m.

In partnership with the Older Adult Centers' Association of Ontario (OACAO) and sponsored by the Province of Ontario, Better Living is hosting for an informative and fun day with FREE workshops and demonstrations to keep you independent and active!

Smiles Theatre Show and Social!

Tuesday, April 11th at 12 p.m.

1 Overland Drive, Auditorium

Join us for a lively afternoon as Smiles Theatre performs a uplifting, joyful and entertaining show!
Includes: Performance, lunch (soup & sandwich), and dessert

Fee: \$19.00 (Non-Members \$26.00)

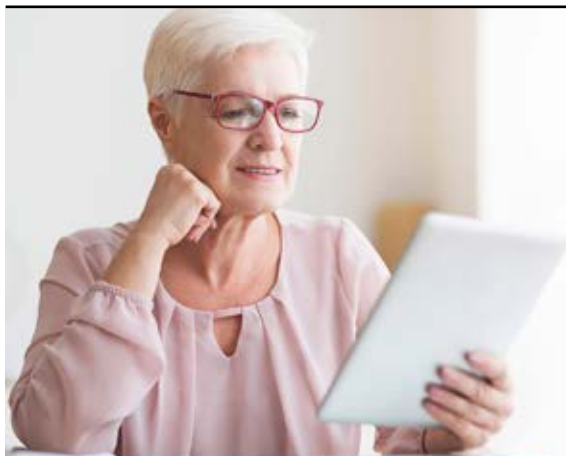


TRIPS



SPECIAL EVENTS

Partake in lifelong learning and strengthen your mind!



Smartphone & Tablet Basic

Presented by Labour Education Centre

Free introductory class for seniors with little or no experience using smartphones or tablets. Learn about the basic features and functions of smartphones and Tablets, how to use Zoom, take photos, share photos, use email and text messages, on-line safety and privacy, and how to use apps.

The First 7 classes will be in-person and the last 3 classes will be on-line.

Members only!

Bring your own devices or tablets are available to borrow at Better Living.

Mondays,
1:00 p.m. – 2:30 p.m.
January 16th – March 27th

Cancelled Date:
Family Day, February 20th
Fee: Free

Please call or email us to register.



Wellness Saturday Members only!

Presented by Cristiane B. Cruz, R.Kin, MPK

Zoom, Saturdays, 12:00 – 1:00pm

Pre-registration required. Please call or email us to register.

January 7: Home Safety Devices: How Can They Help?

There are various devices that we can use to help during everyday tasks, such as going up stairs or getting out of bed. This presentation will be discussing a few of the devices that can be used, and ways in which they can reduce our risks of injury.

March 4: Posture and Alignment: How It Helps

Many of us know good posture is important, but we might not know exactly why. This presentation will be discussing the benefits of good posture and alignment, and some of the negative ways poor posture can affect us over time.

Feb 11: Caretaker Safety: How Can We Help Ourselves?

Many of us provide a level of care to a loved one, and that can sometimes put us at risk of developing an injury. This presentation will be discussing a few possible risk factors, and how to reduce your risk during caregiving of others.

April 1: Posture and Alignment: Exercises To Help

Exercise can be a great way to help maintain our posture and alignment. This presentation, will be discussing various strengthening and stretching exercises to maintain healthy joints and muscles.

Issues in the Media

Instructor: Terry Davies

This group examines and analyzes the events that impact Canadian society. 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.

January 6 – April 28 (16-weeks)

Fee: \$96.00 (Non-Members: \$134.00)

Type: IN-PERSON

Mandarin Beginner

Instructor: Hong Shang

Thursday, 11:30 a.m. – 12:30 p.m.

January 12 – April 27 (16-weeks)

Fee: \$80.00 (Non-Members: \$112.00)

Type: ZOOM

Mandarin Intermediate

Tuesday, 11:30 a.m. – 12:30 p.m.

January 10 – April 25 (16-weeks)

Fee: \$80.00 (Non-Members: \$112.00)

Type: ZOOM



Nutrition Talks Members only!

Presented by Flemingdon Health Centre

Wednesdays, 12:00 – 1:30pm

Pre-registration required. Please call or email us to register.

February 1: Carbohydrate Counting

Join Registered Dietitian to learn counting carbohydrates and how to be mindful of carbohydrate intake.

February 8: Cooking for one

Join Registered Dietitian to learn how to eat healthy while cooking in small batches.

February 22: Cholesterol Management

This session will go over the following 1) definition of cholesterol 2) general targets 3) dietary recommendations on how to maintain healthy cholesterol levels to reduce your risk for heart disease

March 1: Eating on a Budget

This session will share how to eat healthy and shop on a budget.

March 15: Healthy Eating with Diabetes

Join this session to learn more about healthy eating to manage diabetes. We will focus on healthy eating guidelines and ways to incorporate them into your daily food intake.

March 22: Nutrition Label Reading

Registered Dietitian will share how to read food labels and make healthy choices as per Canadian food guidelines.

Mar 29: Weight Management

You will learn about 1) the root causes of food cravings and emotional eating 2) Strategies to make a healthy relationship with food 3) Eating healthy rather than focusing on weight control

In partnership with the Flemingdon Health Centre(FHC), FHC may collect participants' Personal Information for a project report at the end of each topic.

A PLACE TO

dine well.

JOIN US FOR **LUNCH & TOUR**

DELMANOR
Wynford
Inspired Retirement Living™

187 WYNFORD DRIVE
NORTH YORK
416-331-9797
DELMANOR.COM



Engaging in recreational exercise, in a welcoming environment, helps to improve overall range of motion, strengthens the body, and improves balance.



PLEASE NOTE:

We are not responsible for any lost or stolen weights left behind. If you wish to store your weights OR borrow weights, please speak to the front desk

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.

Wednesdays, 10:15 a.m.- 11:15 a.m.

January 4 - February 22 (8-weeks)

Fee: \$60.00 (Non-Members: \$82.00)

Type: **IN-PERSON**

NEW Journey Dance and Yoga Nidra

Instructor: Sheilagh McGlynn

JourneyDance™(JD) weaves simple, guided movement sequences and free exploration to reconnect you with your innate state of joyous well-being. Practiced to inspiring world music, your dance is an empowering journey to self-acceptance and transformation. Come and engage in the JD flow. Connect to yourself and others, let go of things that no longer serve you, and celebrate the joy and freedom you create on the dance floor! The JD will end with a restorative and relaxing Yoga Nidra meditation. Sometimes called the yoga of sleep, yoga nidra is a perfect compliment to end this time of self-care!

No dance experience is required. You will want to dress in layers to be comfortable. If you would like to bring a blanket for the Yoga Nidra section, you are welcome to.

Thursdays, 11:15 a.m.- 12:00 p.m.

January 19 - April 27 (14-weeks)

Fee: \$84.00 (Non-Members: \$118.00)

Type: **IN-PERSON**

There will be a free introductory class on January 12th. Please join Sheilagh to explore about this program!

NEW Qigong

Instructor: Agnes Wong

Qigong is a mind-body-spirit practice that integrates postures, movements, breathing, and mind intent to cultivate qi (energy inside the body), and to improve and balance its flow in our body. The meditative and flowing movements can enhance our physical and emotional well-being as well as our immune system.

Thursdays, 2:45 p.m.- 3:30 p.m.

January 12 - February 23 (8-weeks)

Fee: \$60.00 (Non-Members: \$82.00)

Type: **ZOOM**

There will be a free introductory class on January 12th. Please join Agnes to explore about this program!

MODERATE INTENSITY

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.

Option 1:

Mondays, 11:00 a.m.- 12:00 p.m.

January 9 - April 24 (15-weeks)

Fee: \$112.00 (Non-Members: \$157.00)

Type: **IN-PERSON**

Option 2:

Thursdays, 4:00 p.m. - 5:00 p.m.

January 12 - April 27 (15-weeks)

Fee: \$112.00 (Non-Members: \$157.00)

Type: **IN-PERSON**

Option 3:

Mondays, 11:00 a.m. - 12:00 p.m.

& Thursdays, 4:00 – 5:00 p.m. (30 Classes)

Fee: \$165.00 (Non-Members: \$231.00)

Type: **IN-PERSON**

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.

Option 1: Type: **IN-PERSON**

Tuesdays, 10:00 a.m. - 11:00 a.m.

January 10 - April 25 (16-weeks)

Fee: \$120.00 (Non-Members: \$168.00)

Option 2: Type: **IN-PERSON**

Fridays, 10:00 a.m. - 11:00 a.m.

January 6 - April 28 (16-weeks)

Fee: \$120.00 (Non-Members: \$168.00)

Option 3: Type: **IN-PERSON**

Tuesdays & Fridays, 10:00 a.m. - 11:00 a.m.

January 6 - April 28 (32 classes)

Fee: \$176.00 (Non-Members: \$246.00)

HIGH INTENSITY

Nia

Instructor: Sheilagh McGlynn

Nia is a unique body, mind, spirit fitness program that tones and strengthens the body through pleasure, not pain. Nia is a fusion of movements taken from the dance arts, martial arts and healing arts of yoga, Feldenkrais and the Alexander Technique. Every experience can be adapted to individual needs and abilities. Step into your own joyful journey with Nia and positively shape the way you feel, look, think and live.

Thursdays, 10:00 a.m. - 11:00 a.m.

January 12 - April 27 (15-weeks)

Fee: \$112.00 (Non-Members: \$157.00)

Type: **IN-PERSON**



It's back! Bone Fitness

Instructor: Chris Moffett

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. This class follows the new guidelines of Osteoporosis Canada for exercising to improve bone density and prevent bone loss.

Please bring light weights and a resistance band. All participants required to complete a PAR-Q form prior to start date.

Type: **IN-PERSON**

Tuesdays, 11:15 a.m.- 12:15 p.m.

March 7 - April 25 (8-weeks)

Fee: \$60.00 (Non-Members: \$84.00)

Type: **ZOOM**

Fridays, 10:00 a.m.- 11:00 a.m.

March 3 - April 28 (8-weeks)

Fee: \$60.00 (Non-Members: \$84.00)

It's back! Stay Strong

Instructor: Chris Moffett

This class is geared to the active older adult and features 30 minutes of moderate to vigorous cardio (aerobic) exercise to build stamina and endurance, followed by balance, muscle strength, and flexibility training. No complicated choreography but lots of familiar movements to keep you quick on your feet and breathing harder. Part of the class will be done lying on the floor with options for seated and standing provided. **Please bring light weights and a resistance band. All participants required to complete a PAR-Q form prior to start date.**

Fridays, 11:15 a.m. - 12:15 p.m.

March 3 - April 28 (8-weeks)

Fee: \$60.00 (Non-Members: \$84.00)

Type: **IN-PERSON**

Tuesdays, 10:00 a.m.- 11:00 p.m.

March 7 - April 25 (8-weeks)

Fee: \$60.00 (Non-Members: \$84.00)

Type: **ZOOM**

Zumba

Instructor: Lupita Romo

Zumba Gold is a Latin-inspired dance aerobics for older adults. Long-term benefits include an increase in muscle tone, energy, concentration and focus. It will help manage weight loss, reduce anxiety and augment the release of endorphins (the "happy hormone"). Come and join the party!

Wednesday, 5:15 p.m.- 6:00 p.m.

January 11 - April 26 (16-weeks)

Fee: \$80.00 (Non-Members: \$112.00)

Type: ZOOM

Sundays, 10:15 a.m.- 11:00 a.m.

January 8 - April 23 (16-weeks)

Fee: \$80.00 (Non-Members: \$112.00)

Type: ZOOM

Strengthen Your Structure

Instructor: Lupita Romo

This standing gentle exercise class incorporates a warm up, cardiovascular and muscle conditioning plus balance exercises. All exercises during this class bring attention to posture, joint alignment and range of motion. Bring your own resistance band/weight or can be purchased through the Centre.

Monday, 4:30 p.m.- 5:15 p.m.

January 9 - April 24 (15-weeks)

Fee: \$75.00 (Non-Members: \$105.00)

Type: ZOOM

Fridays, 4:30 p.m.- 5:15 p.m.

January 13 - April 28 (15-weeks)

Fee: \$75.00 (Non-Members: \$105.00)

Type: ZOOM

Join our various social groups to meet new friends!
Members Only! \$2.00 per class



Books and Beyond: Book Club

Led by: Bryan Blenkin

Join the Better Living Book Club this fall as we explore fascinating (and sometimes controversial) themes using the internet, cinema/movies, and the printed word to expand our discussion.

Thursday, 2:00 p.m. | Type: HYBRID | Fee: \$2.00

January 19: *The Listeners* by Jordan Tannahill

February 16: *The Book of Delights* by Ross Gay

March 16: *Homegoing* by Yaa Gyasi

April 20: *Born a Crime* by Trevor Noah

Men's Shed

Led by: Ed Lee & Ian Lavery

Interested in learning more about Men's Sheds? Over coffee, we'll chat about Men's Sheds, Shed activities and topics of interest.

Every Thursday, 10:30 am | Type: HYBRID

Fee: \$2.00

Carpet Bowling

Led by: 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 drop in and play.

Every Tuesday, 1:00 p.m. | Fee: \$2.00

Type: IN-PERSON

DOCUMENTARY FILM CLUB (Hybrid)
Hosted by: Bryan Blenkin

Please join us as we screen and discuss one film each month from October 2022 to March 2023. Film titles will be announced 2 weeks prior to screening dates. The Documentary Film Club will meet in-person and over Zoom as allowed by COVID protocols. **Pre-registration is required.**

Thursdays, 1:30 p.m. | January 12, February 9, & March 9 | Fee: \$2.00

Euchre

Led by: Susan Evans | **Type:** IN-PERSON

Progressive Euchre is played with four people to a table. Each table plays eight hands and the winning partners move to the next table.

Every Friday, 1:00 p.m. | Fee: \$2.00

Mah Jong

Led by: Vi Milanowski | **Type:** IN-PERSON

Learn the ancient Chinese tile game of Mah Jong.

Four players battle to be the first to complete a hand.

Join us for this highly addictive game.

Every Thursday, 1:00 p.m. | Fee: \$2.00

Duplicate Bridge

Led by: Jane Lockley | **Type:** IN-PERSON

Play duplicate bridge in a friendly relaxed environment, with around 10 tables each week. Bring a partner and enjoy!

Every Wednesday, 12:15 p.m. | Fee: \$4.00

Musical Afternoon

Led by: Steve O'Brien | **Type:** ZOOM

If you simply enjoy music or have the voice of angel, this group is for you! The Musical Afternoon will share your favourite musicians or musical films that you can watch or sing-along together. This group will also help develop your musicality in fun and engaging ways with new friends.

Monday, 1:30 p.m. | Fee: TBC

January 23: *A Little Night Music* starring Elizabeth Taylor

February 20: *A Star is Born* (1954) starring Judy Garland

March 20: *High Society* starring Bing Crosby

April 17: *Bye Bye Birdie* starring Dick Van Dyck

Photography Club

Led by: Vernon Paige | **Type:** ZOOM

Photography is also good for physical and mental exercise, social activity with family or old friends or new friends.

1st & 3rd Monday of the month, 1p.m. | Fee: TBC

Computer Club

Led by: Vernon Paige | **Type:** ZOOM

Join this group as we discuss a variety of popular computer-related topics and upcoming issues in the computer industry.

2nd & 4th Monday of the month, 1p.m. | Fee: TBC

French Conversation

Led by: Rosea Lonsdale | **Type:** ZOOM

Bonjour! If you are looking for an opportunity to practice speaking French, this is the group for you! Join the group for stimulating French Conversation. This is not strictly a teaching class, as some French language skills are required.

Every Tuesday, 11:00a.m. | Fee: TBC

Spanish Conversation

Led by: Cheryl Garcia | **Type:** ZOOM

Hola amigo! Join us as we share simple words and phrases and understand simple conversations in Spanish. Speak Spanish in a casual, fun and relaxed atmosphere with a little twist. No previous knowledge of the Spanish language necessary. Everyone welcome!

Every Tuesday, 2:00 p.m. | Fee: TBC

**EVERYONE IS AN ARTIST
CREATIVE EXPRESSION**

**LEY BY:
CARI SHIM**

EVERY FRIDAY, 1:00 P.M.

**TYPE:
ZOOM**

PLEASE NOTE:

1. This is NOT a Drop-In session or included in your membership.
2. Registration is required.
3. On occasion, classes may be rescheduled or cancelled on short notice.
4. Participants need to notify if you they will be away for more than 2 weeks. Otherwise, space will be removed and release for waitlist client.



WHO CAN ATTEND?

- Those who have a valid membership of Better Living Community Centre.

REQUIRED REGISTRATION PROCESS

- 65+ MUST complete a brief telephone assessment by the Central Home and Community Care at 416-222-2241 ext. 6444 prior to starting the program and complete the Better Living registration form.

Falls Prevention

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

Mondays,
1:00 p.m. - 1:45 p.m.
January 9 - April 24
Type: IN-PERSON

Thursdays,
1:00 p.m. - 1:45 p.m.
January 12 - April 27
Type: IN-PERSON

Mondays,
12:00 p.m. - 12:45 p.m.
January 9 - April 24
Type: ZOOM

Fridays,
12:00 p.m. - 12:45 p.m.
January 6 - April 28
Type: ZOOM

LOW IMPACT INTENSITY

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.

Monday, 12:00 p.m. - 1:00 p.m.
January 9 - April 24
Type: IN-PERSON

Friday, 9:00 a.m. - 9:45 a.m.
January 6 - April 28
Type: IN-PERSON

Monday, Friday & Saturday,
10:00 a.m. - 10:45 a.m. | January 9 - April 29
Type: ZOOM

Therapeutic Touch (TT) Works for Self-Care

Led by: Paula Neilson

Therapeutic Touch is a natural healing method for relaxation and self-care. It relieves pain, stress and anxiety, improves sleep and well-being and accelerates healing. Learn what you can do for yourself.

Friday, 11:00 a.m. - 12:00 p.m.
January 6 - April 28
Type: ZOOM

Chair Yoga

Instructor: Lupita Romo

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.

Monday, 4:30 p.m. - 5:15 p.m.
January 9 - April 24
Type: ZOOM

Sunday, 9:15 a.m. - 10:00 a.m.
January 8 - April 30
Type: ZOOM

Mindfulness Meditation

Led by: Shirley Wong

Thursday, 11:00 a.m. - 11:30 p.m.
January 5 - April 27
Type: ZOOM



MEDIUM IMPACT INTENSITY

Total Body Conditioning

Instructor: Azadeh Shooshtari

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.

Tuesday, 9:30 a.m. - 10:15 a.m.
January 3 - April 25
Type: ZOOM

Saturday, 11:00 a.m. - 11:45 a.m.
January 7 - April 29
Type: ZOOM

Resistance and Balance

Instructor: Mariana Nagyi

This class will help to improve muscle strength and balance and reduces fear of falling.

Friday, 11:00 a.m. - 11:45 p.m.
January 6 - April 28
Type: ZOOM

Line Dancing

Led by: Cathy Liang

Get your feet moving while having some fun and a great workout!

Tuesday, 3:00 p.m. - 3:45 p.m.
January 6 - April 28
Type: ZOOM

Falls Prevention: People who experiences falls, or are at a high risk for falls. People who are able to safely take part in a supervised exercise program and able to walk 25 metres and sit to stand independently.

Low Impact Exercises: Gentle seated exercises to improve flexibility, coordination and balance. People who are not able to walk independently without supervision.

Medium Impact Exercises: Combination of Cardio , Balance and strengthening and help keep your immune system strong while benefitting your muscles, balance, heart and metabolism.

VOLUNTEERS WELCOME!



JOIN THE BETTER LIVING VOLUNTEER TEAM

AND MAKE A DIFFERENCE!

DO YOU:

- Enjoy helping others
- Want to learn new skills and perspectives
- Have a couple of hours a week to share with us
- Like meeting new people
- Want an opportunity to give back to the community

EVERYONE CAN MAKE A DIFFERENCE

Contact Volunteer Services today at:

416-447-7244 ext. 707
volunteerservices@betterlivinghealth.org
www.mybetterliving.ca

We're Open

**WEDNESDAY TO FRIDAY
9:30 A.M. - 2:30 P.M.**

OPERATION HOURS MAY BE
SUBJECT TO CHANGE
WITHOUT PRIOR NOTICE

BETTER BISTRO

FREE INCOME TAX CLINIC



Every Monday from March 6th – May 1st | 9:00 a.m. - 12:30 p.m.

Appointments must be made in advanced.

Please call the Front Desk at 416-447-7244 ext. 622



If your annual income is under \$30,000/year single or \$40,000/year for a couple, our experienced volunteer can help you file your tax returns for the year 2022.

Donations accepted and this service is available to members and non-members.

The Better Living Charitable Foundation will issue an official tax receipt for all donations of \$20.00 or more. Your donation will ensure we can continue providing vital programs and services to seniors and adults with disabilities. On their behalf, we express our gratitude and thank you very much.



**IS BACK AGAIN
THIS YEAR!**

JUNE 2023



We are excited to announce the return of our in-person Stroll, taking place in June 2023. Consider asking your friends and family to form a team to stroll together on the day of, and take part in a BBQ lunch at Better Living.

Funds raised from the Stroll for Seniors will go towards Better Living programs and services offered throughout North York and Don Mills to seniors who need them.

We can't wait to see you all there!

More event details to follow. If you would like to stay up to date on the Stroll for Seniors, email us at events@betterlivinghealth.org to get on our mailing list or call (416) 447-7244 x632.



We're looking for volunteers to join our event committees to help us in our fundraising efforts for our programs and services offered by Better Living Health and Community Services and Better Living at Thompson House.

We have two committees in need of volunteers.

No previous experience required – just a friendly smile and willingness to help!

**THE NEED FOR BETTER LIVING PROGRAMS
IN OUR COMMUNITY IS IN HIGH DEMAND.
JOIN US BY MAKING A DONATION
THAT WILL HELP BRIDGE THE GAP FOR
PROGRAMS THAT ARE ESSENTIAL TO
INDIVIDUALS JUST LIKE YOU!**



Become a Donor today to make a difference for Seniors in Don Mills and North York!

Better Living has been providing programs in the Don Mills and North York communities for over 50 years and is a leader in delivering programs that meet the needs of seniors so that they can live happy and safe lives.

The programs and services offered through Better Living Health and Community Services help to keep Seniors in their homes longer, and include:

- **Meals on Wheels and grocery delivery**
- **Caregiver support**
- **Adult Day Program**
- **Companionship**
- **Fitness and Falls Prevention**
- **Transportation Services, and**
- **Social opportunities**

Please consider making a donation in support of Better Living programs. Your support will go a long way to ensuring that Seniors have access to programs that suit their individual needs, when they need them.

Name: _____

Address: _____ Postal Code: _____

Telephone: _____ Email: _____

Amount of Donation: \$25 _____ \$50 _____ \$100 _____ \$250 _____ Other Amount \$ _____

Payment Method: Credit Card ☐ Cheque ☐ (Payable to Better Living Charitable Foundation)

Credit Card # _____ Expiry: _____

Name of the Card: _____ Signature: _____

☐ Yes! I'd like to make a \$10 per month donation: _____ or Other Amount \$ _____ monthly

☐ Yes! I'd like confidential information about leaving a legacy gift in my will: _____

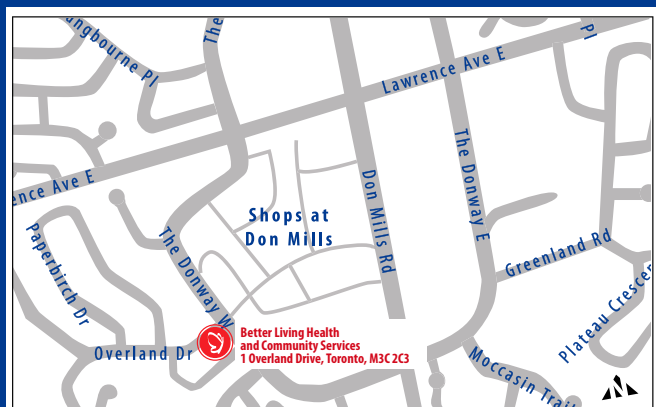
Better Living Charitable Foundation Registration #89669 6804 RR0001

ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZOOM	10 a.m. Gentle Fitness 12 p.m. Falls Prevention 1:30 p.m. Musical Afternoon 1p.m. Photography Club (1st & 3rd Mon) 1p.m.Computer Club (2nd & 4th Mon) 4:30 p.m. Strengthening Your Structure 5:30 p.m. Gentle Yoga	9:30 a.m. Total Body Conditioning 11:00 a.m. French Conversation 10:00 a.m. Stay Strong 11:30 a.m. Mandarin Intermediate 2:00 p.m. Spanish Conversation 3:00 p.m. Line Dancing	12 p.m. Nutrition Talks 5:15 p.m. Zumba	11:00 a.m. Mindfulness Meditation 11:30 a.m. Mandarin Beginner	10:00 a.m. Gentle Fitness 10am Bone Fitness 11:00 p.m. Resistance and Balance 11:00 a.m. TT for Self-Care 12:00 p.m. Falls Prevention 1:00 p.m. Creative Expression 4:30 p.m. Strengthening Your Structure	10:00 a.m. Gentle Fitness 11:00 a.m. Total Body Conditioning 12:00 p.m. Wellness Saturday
						SUNDAY
						9:15 a.m. Chair Yoga 10:15 a.m. Zumba
GYM AUDITORIUM	11:00 a.m. Line Dancing 12:00 p.m. Gentle Fitness 1:00 p.m. Falls Prevention	10:00 a.m. Tai-Chi Intermediate 11:15 a.m. Bone Fitness 1:00 p.m. Carpet Bowling April 11th Smiles Theater Show and Social	10:15 a.m. Tai Chi Beginner 12:15 p.m. Duplicate Bridge	10:00 a.m. Nia 11:15 a.m. JourneyDance and Yoga Nidra 1:00 p.m. Falls Prevention 4 p.m. Line Dancing February 23rd Active Living Fair	9:00 a.m. Gentle Fitness 10:00 a.m. Tai-Chi Intermediate 11:15 a.m. Stay Strong 1:00 p.m. Issues in the Media	
MEDIA LOUNGE	1 p.m. Smartphone & Tablet Basic			10:30 a.m. Men’s Shed (Hybrid) 1:30 p.m. Documentary Club (Hybrid) January 12, February 9, & March 9 2:00 p.m. Book Club (Hybrid) January 19, February 16, & March 16 & and April 20		
LOWER STUDIO	11:30 a.m. - 1:00 p.m. Lunch Room Reserved	11:30 a.m. - 1:00 p.m. Lunch Room Reserved	11:30 a.m. - 1:00 p.m. Lunch Room Reserved	11:30 a.m. - 1:00 p.m. Lunch Room Reserved 1:00 p.m. Mah Jong	11:30 a.m. - 1:00 p.m. Lunch Room Reserved 1:00 p.m. Euchre	
UPPER STUDIO	9am Income Tax Clinic March 6th – May 1st		Caregiver Support Group 2nd Wednesday of the month		Mar 17th Day Trip The Irish Kitchen Party	
LEGEND	<div><div></div>Community Fitness and Falls Prevention</div> <div><div></div>Social Goups/Clubs</div> <div><div></div>Health and Wellness</div> <div><div></div>Lifelong Learning</div> <div><div></div>Trips</div> <div><div></div>Special Events</div>					

Centre will be closed January 2nd (lieu of Jan 1), February 20 (Family Day), and April 7 (Good Friday) and there will be no activities.

 <p>TOO MUCH\$\$\$</p>	 <p>TOO TRENDY</p>	 <p>TOO COLD!</p>	<p>BETTER RIDES</p>
 <p>JUST RIGHT</p>	<p>WHY BETTER RIDES?</p> <ul style="list-style-type: none"> ✓ Meet new friends! ✓ Know your driver ✓ Convenient ✓ Advance booking up to 30 days or ongoing ✓ Always arrive on time ✓ Don't have to worry about parking ✓ Common interest ✓ Reduced fee of only \$3.25 flat rate each way! 		
 <p>BetterLiving</p>		<p>HOW DO I SIGN UP?</p> <p>416-447-7244 ext.728 or transportation1@betterlivinghealth.org</p> <p>WHAT IS A BETTER RIDE?</p> <ul style="list-style-type: none"> ✓ Exclusive to Better Living Clients ✓ A Group ride to and from the Centre 	

BETTER LIVING COMMUNITY CENTRE:



Monday - Friday 8:30 a.m. to 4:30 p.m.

416-447-7244 EXT. 622
1 Overland Drive
www.mybetterliving.ca
frontdesk@betterlivinghealth.org

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