

BetterLiving

Registration Begins: December 6th

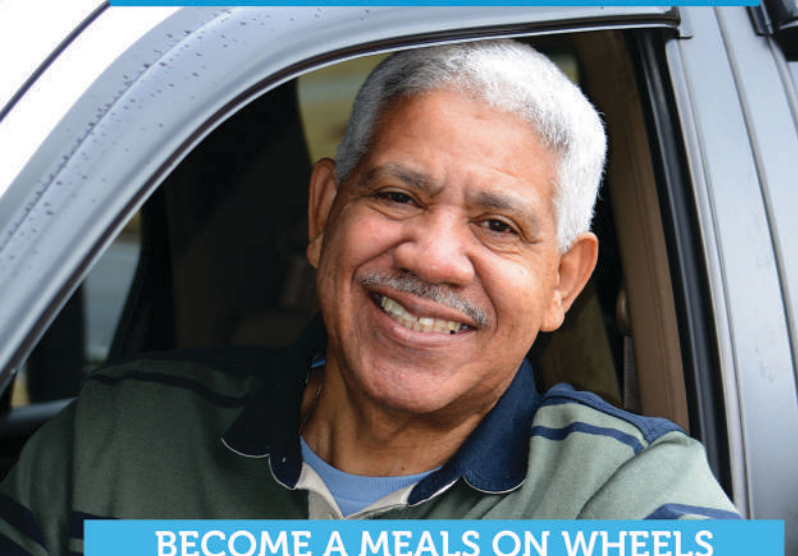


JANUARY - APRIL

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VOLUNTEERS NEEDED!

DELIVER THE DIFFERENCE!



**BECOME A MEALS ON WHEELS
DRIVER VOLUNTEER TODAY!**

DELIVERING A HOT MEAL TO PEOPLE IN NEED

SEEKING CARING PEOPLE WHO:

- Have access to your own vehicle
- Are available a minimum 1 shift per week between Monday to Sunday 11:30 a.m. to 1:30 p.m.



FREE TRAINING AND RESOURCES
ARE PROVIDED, INCLUDING MILEAGE.

**DELIVERING
SMILES ONE
CLIENT AT
A TIME**



**BECOME A MEALS ON WHEELS
DRIVER VOLUNTEER TODAY!**

DELIVERING A HOT MEAL TO PEOPLE IN NEED

SEEKING CARING PEOPLE WHO:

- Have access to your own vehicle
- Are available a minimum 1 shift per week between Monday to Sunday 11:30 a.m. to 1:30 p.m.



"Beyond the food, Meals on Wheels volunteers can make a big difference by offering a safety check for Clients living alone, a little social interaction, and a smile."

• TRAINING AND ORIENTATION ARE PROVIDED

OPPORTUNITIES AVAILABLE WITH

MEALS ON WHEELS

IF YOU ARE INTERESTED, PLEASE CONTACT OUR VOLUNTEER COORDINATOR LYDIA LI AT 416-447-7244 EXT. 635
OR LLI@BETTERLIVINGHEALTH.ORG | WWW.MYBETTERLIVING.CA

MEALS ON WHEELS AND MORE

IF YOU ARE INTERESTED, PLEASE CONTACT OUR MANAGER, ELENA KOROLEVA AT 416-225-6041
OR EKOROLEVA@MOWAM.CA | WWW.MEALSONWHEELSANDMORE.CA

General Information

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 where we 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.



Better Living Active Living Centre

We offer health and wellness, fitness, recreation, educational and social opportunities for adults who are 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 available to all members of our centre. Please speak to one of our team members for assistance.



Fitness



Social



Health & Wellness



Recreation



Lifelong Learning

Program Delivery Methods

In-Person Meeting

Zoom Meeting

Hybrid Meeting

Active Living Centre Facts

1 Overland Dr, Toronto ON M3C 2C3
(416) 447-7244 ext. 622 | www.mybetterliving.ca
frontdesk@betterlivinghealth.org

Hours of Operation:

Monday - Friday, 8:30 am - 4:30 pm

Population Served: 50+

Membership Fee:

- Individual - **\$35.00** per year
- Family Membership - **\$60.00** per year
(from the same household)

Refer a friend who is NEW to Better Living, you and your friend will get **\$5 off** on membership fee.

Membership Valid: September 1st to August 31st
No proration and refund on membership fee

We are HERE for you!

Maria Belgrave

Membership Support Assistant
mbelgrave@betterlivinghealth.org | ext. 622

Esperanza Gravesande

Coordinator, Active Living Programs
egravesande@betterlivinghealth.org | ext. 617

Serena Kim

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

Caryn Yuz

VP, Wellness & Community Participation
cyuz@betterlivinghealth.org | ext. 614

Council Corner

We are excited to introduce our 2023 - 2024 elected Members Council, which represent the Membership body within the Centre. Please meet our Members and share your feedback and suggestions regarding your experience with our programming.



2023/2024 Members Council (from front left to right)
Leslie Olsen, Tom Glass, Valerie Chamberlin,
Usha Srivastava (Chair) Alan Marrison,
Jacqui van Bruggen (Vice Chair), Joan Penning

Please note that the Centre will be closed for the following statutory holidays.

New Year's Day – Monday, January 1, 2024

Family Day – Monday, February 19, 2024

Good Friday – Friday, March 29, 2024

Registration

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 all activities and programs.**

Waitlist

If a program is full, a waitlist will be available. When a spot opens up, waitlisted individuals will be contacted with a 24-hour notice to respond. Being on the waitlist doesn't guarantee enrollment.

Cancellation


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

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.



Want to explore an advertising opportunity with us?

Get in touch at
communications@betterlivinghealth.org

SPECIAL OFFER

Early Bird Special: Save \$5 when you register at least two weeks before the program start date!

Platinum Pass: \$200 for 4 months

Enjoy unlimited access to paid fitness programs each season! The more programs you take, the more you save!

Activity Card: Buy 10, Get 2 Free for \$20

Enjoy 12 pre-paid activities valid for Social Clubs/Groups!

Change of Contact Information

Have you recently moved or updated your address, phone numbers, email address, or emergency contact information? Please notify the Active Living Programs team of any changes.

Parking

Please note that we have very limited onsite parking spaces, available on a first-come, first-serve basis and not guaranteed.

If you are participating in a day trip, we highly encourage carpooling or utilizing off-site parking to minimize congestion.

Wifi

For those wishing to stay connected, we offer free Wifi onsite. Please inquire at the Front Desk for the password.

We Want Your Feedback!

To provide an exceptional experience, we rely on feedback from the people we serve regarding the programs and services offered by the organization. Feedback forms are available at the Front Desk. Your input is valuable and helps us continuously improve our programs and services.



INCLEMENT WEATHER

In case of severe weather, we'll let you know if we have to cancel programs or close the Centre. If you're unsure, just call our Front Desk before heading to your class. Your safety matters!

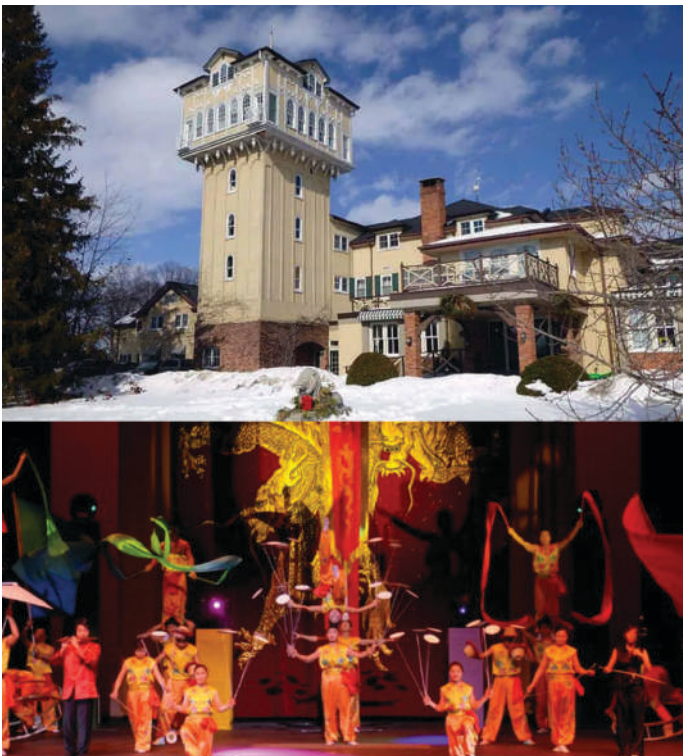
Taking a trip will enhance your quality of life by allowing for some social opportunities with visiting somewhere **NEW!**

February 2024 Destination: The Briars Resort

March 2024 Destination: The Peking Acrobats in Brantford

Detailed information is still in progress and will be confirmed with the Travel Agency.

Stay tuned, and we will announce the details as soon as they are confirmed!



PLEASE NOTE:

- Limited on-site parking. Carpooling, off-site 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 signed up four weeks prior to the trip date. Register early to avoid cancellation.**
- Please inform us of any dietary concerns when registering for a trip.

Special Events

LIVE IT UP! Our monthly social and savvy special events offer a bit of cheer, savory foods & friendships! Please inform us of any dietary concerns when registering for Special Events!



Winter Coffee Social

Lets Celebrate 2024!

Friday, January 26th
11:30 pm - 1:30 pm

Join in for a cozy gathering and celebrate the New Year with us over coffee, tea, and great conversations!



Fee: Free



Valentine's day

Tuesday, February 13
12:30 pm - 2:30 pm

Join us at Better Living for a heartwarming Valentine's Day gathering in the afternoon. Enjoy delightful activities, sweet treats, and the company of kindred spirits.

Includes: Lasagna, Salad and Entertainment

Fee: \$18.00 / Non-Members: \$20.00



Mardi Gras

Thursday, March 21
1:00 pm - 3:00 pm

It's the moment to cast away those winter doldrums and join the festivities, or as they proclaim in New Orleans, "Laissez les bons temps rouler" (Let the good times roll)!

Includes: Entertainment and New Orleans style light lunch

Fee: \$18.00 / Non-Members: \$20.00



Spring TEA SOCIAL

Wednesday, April 24
12:30 pm - 2:30 pm

Join us for a delightful afternoon filled with fragrant teas, delectable treats, and the charm of the season. Adorn your spring attire and relish the camaraderie of friends amidst the soothing melodies in the atmosphere.

Includes: Coffee/Tea and light refreshments

Fee: \$10.00 / Non-Members: \$12.00



Lunch & Learn

This is a great opportunity to enjoy a social luncheon and learn something new! Please inform us of any dietary concerns when registering for Lunch & Learn!

Planning Your Legacy

Presented by Cambridge LLP

Monday, January 22, 12:00 pm - 2:00 pm

Media Lounge

Fee: \$8 (Non-member \$10.00)

Explore Wills, Powers of Attorney, and more with Jonathan Di Feo, an esteemed associate at Cambridge LLP. The team values comprehensive estate planning and is ready to support you. Whether you need a detailed review of a Will or Powers of Attorney, guidance on Probate complexities, or adept assistance in estate administration, they are fully equipped to assist. Secure your spot for a complimentary 15-minute consultation following our presentation. **Limited slots available.**

***Preference will be given to those who have not attended previous session.**

How to Age in Place

Presented by, Marisol Severin, Spectrum

Monday, February 26, 12:00 pm - 2:00 pm

Media Lounge

Fee: \$8 (Non-member \$10.00)

Let's talk about and explore how to confidently age in place. This presentation is centered in helping older adults age gracefully and remain in their own homes and communities for as long as they can. Discussions on what planning and considerations will be required to age in place. Alternative options to ageing in place will be discussed.



A PLACE TO
live well.

**CHOOSE YOUR LIFESTYLE. INDEPENDENT LIVING,
SUPPORTIVE LIVING AND SHORT TERM STAYS**

Book your tour today!

DELMANOR
Wynford
Inspired Retirement Living™

187 WYNFORD DRIVE
NORTH YORK
416-331-9797
DelmanorWynford.com



Specialized Services

Advanced registration is required for Specialized Services. Please contact our Front Desk at 416-447-7244 Ext. 622 or email us at frontdesk@betterlivinghealth.org.

FREE INCOME TAX CLINIC

March 19 and 26, 2023
April 2, 9, 15, 16, 22
and 23, 2023
Between
9:00 am to 12:30 pm

Let Better Living Community Centre assist you in completing your taxes.

HEARING CONSULTATION+

Wednesdays, 10:00 am – 2:00 pm
January 17, February 21,
March 20, April 10

Unlock the joy of sound!

Discover a world of clear and vibrant hearing. Join us for a FREE hearing screening test and take the first step towards a richer and more vibrant life. Don't miss this opportunity to prioritize your hearing health. **Register now and embark on a journey to better hearing!**

FOOT CARE SERVICES



January 16, February 6,
March 12 & April 16

Our Foot Care Services, offered in collaboration with Spectrum Health, are conducted by trained and certified Foot Care Nurses dedicated to meeting all your foot care needs.

The process begins with a thorough assessment to determine the specific foot care required for maintaining and enhancing your overall health.

Our services include assistance with:

- Skin Conditions: including dryness, calluses and corns
- Grooming: including toenail cleaning, filing and trimming
- Maintenance of skin and toenails

LEGAL & ESTATE CONSULTATION

10:00 am – 12:00 pm
February 12, March 11, April 15

Cambridge LLP offers comprehensive estate planning support. Whether you need a detailed review or guidance on Probate complexities, we're fully equipped to assist.

Book your complimentary 20-minute consultation with Jonathan Di Feo, Lawyer



General Interests/Lifelong Learning

Partake in lifelong learning and strengthen your mind!

Mandarin Beginners

Instructor: Hong Shang

This course covers fundamental greetings, basic conversations, and introduces the beauty of Mandarin Chinese characters.

Thursday, 11:30 am - 12:30 pm

January 11 – April 25 (16-classes)

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

Mandarin Intermediate

Instructor: Hong Shang

Tailored for those with previous experience, this course sharpens character skills, refines grammar, and explores nuanced conversations to enhance Chinese fluency.

Tuesday, 11:30 am - 12:30 pm

January 9 – April 23 (16-classes)

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

Brushstrokes of Creativity

Instructor: Karen Jendruska

Release your inner artist at Better Living. A fun afternoon of socializing and creativity where you will learn some basic fundamentals of painting and produce a work of art to take home!

Acrylics – Close Up

Wednesday, 2:00pm – 4:00pm

January 17, January 24, & January 31

Fee: \$25.00 (Non-Members: \$30.00)

The class covers all materials with the exception of brushes. Participants have the option to use their own brushes or pay a \$25 material fee.

Watercolour

Wednesday, 2:30pm – 4:00pm

April 3, April 10, & April 17

Fee: \$25.00 (Non-Members: \$30.00)

The class does not cover all materials. Participants have the option to use their own brushes or pay a \$25 material fee.

Issues in the Media

Instructor: Terry Davies

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

Friday, 1:00 pm - 3:00 pm

January 12 – April 26 (15-classes)

Fee: \$90.00 (Non-Members: \$126.00)

Cancelled date: March 29

Wellness Saturday

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

Saturdays, 12:00 pm - 1:00 pm

January 13: Anxiety: How Can Exercise Help?

Anxiety is a common concern to many Canadians, especially since the start of the COVID pandemic. This presentation will be discussing how exercise can help to protect us from anxiety-related symptoms.

February 3: Exercise and Cancer Prevention: How Can It Help?

Many of us either have experienced cancer first hand, or know someone who has had cancer. While it has impacted many Canadians, there are ways to reduce our risk. This presentation will be discussing how exercise has been shown to reduce our risk of various types of cancer.

March 9: Nutrition and Aging: Common Mistakes

Ensuring we are eating a well-balanced diet can be confusing and overwhelming, so we often have difficulty when trying to change our diets. This presentation will be discussing some common mistakes seniors make in their daily eating habits, and ways to modify our habits.

April 13: Exercise and Alzheimer's Prevention: How Can Exercise Help?

Alzheimer's prevention is a topic of research around the world; while there are limited findings, this presentation will be discussing how exercise has been found to be a valuable part of your Alzheimer's prevention plan.

Nutrition Talks

Presented by Flemingdon Health Centre

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

Tuesday, 2:30 pm – 3:30 pm *January 11 is on Thursday at 2:30 pm

January 11: Chronic Kidney Disease

When diagnosed with kidney disease, you may feel like many things are outside of your control. However, there are several steps you can take to protect your kidney. In this session you will learn;

- What do kidneys do for you?
- Diabetes & Chronic Kidney disease
- How to keep kidneys healthy while living with diabetes
- Healthy eating and kidney

January 16: Carb Counting

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

February 13: Hypertension

The blood pressure management presentation will cover:

- What should my blood pressure be?
- What are the causes of high blood pressure?
- How do I take an accurate blood pressure reading?
- Which foods should I eat to help me manage my blood pressure?
- How can I reduce the amount of salt in my diet?

March 12: Importance of Physical Activity

Join a Registered Nurse to learn more about Canadian guidelines for Physical Activity and ways to incorporate physical activity into your daily routine.

March 26: Weight Management

In this workshop, you will learn about

- The root causes of food cravings and emotional eating
- Strategies to make a healthy relationship with food
- Eating healthy rather than focusing on weight control

April 9: Prediabetes

Join us to learn more about prediabetes and the lifestyle changes you can make to prevent or delay the onset of diabetes.

We will focus on healthy eating guidelines and ways to incorporate physical activity into your daily routine.

April 23: Preventing Diabetes Complications

Diabetes management is more than just our blood sugar. Join us to discuss tips on how to improve your overall health and prevent or delay the onset of diabetes complications.



Health and Wellness

Engaging in recreational exercise, in a welcoming environment, helps to improve overall range of motion, strengthens the body, and improves balance. *Please be aware that we cannot take responsibility for lost or stolen weights left unattended. If you would like to store or borrow weights, feel free to approach the front desk for any assistance.*

Low Intensity

Tai Chi – Beginners

Instructor: Agnes Wong

Join our Tai Chi Beginners class, where you'll learn ancient Chinese movements at your pace. Relax your body, calm your mind, and improve balance and flexibility. Experience overall well-being and harmony of mind, body, and spirit in this gentle practice.

Wednesday, 10:15 am - 11:15 am

January 10 – February 28 (8-Classes)

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

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.

Thursday, 10:00 am - 11:00 am

January 18 – April 25 (15-Classes)

Fee: \$105.00 (Non-Members: \$146.25)



Moderate Intensity



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: Tuesday, 10:00 am – 11:00 am

January 9 – April 23 (15-Classes)

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

Cancelled date: February 13

Option 2: Friday, 10:00 am – 11:00 am

January 12 – April 26 (15-Classes)

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

Cancelled date: March 29

Option 3: Tuesday & Friday, 10:00 am – 11:00 am

January 9 – April 26 (30-Classes)

Fee: \$180.00 (Non-members \$252.00)

Cancelled date: February 13 & March 29

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.

Monday, 11:00 am - 12:00 pm

January 8 – April 22 (15-Classes)

Fee: \$112.50 (Non-Members: \$157.50)

Cancelled date: February 19

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.

Option 1: Monday, 4:30 pm – 5:15 pm

January 8 – April 22 (12-Classes)

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

Cancelled date: Feb 19 & Mar 4, 11, & 18

Option 2: Friday, 4:30 pm – 5:15 pm

January 12 – April 26 (13-Classes)

Fee: \$65.00 (Non-members \$91.00)

Cancelled date: March 8, 15, & 29

Option 3: Monday & Friday, 4:30 pm – 5:15 pm

January 8 – April 26 (25-Classes)

Fee: \$100.00 (Non-Members: \$140.00)

Cancelled date: *Please see above

Bone Fitness

Instructor: Chris Moffett

Improve bone strength by increasing muscle strength and performing weight bearing exercises in a fitness class that is filled with variety! Exercises include agility for walking, balance, strength training, and those which assist with proper alignment and posture. This class follows the 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 Get Active Questionnaire form prior to start date.

Option 1: Tuesday, 11:15 am – 12:15 pm



January 9 – April 23 (13-Classes)

Fee: 97.00 (Non-members \$136.00)

Cancelled date: February 13, 20, 27

Option 2: Friday, 10:00 am – 11:00 am



January 5 – April 26 (12-Classes)

Fee: 90.00 (Non-members \$126.00)

Cancelled date: Jan 26, Feb 16, 23,
Mar 1 & 29

High Intensity

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.

Please bring light weights and a resistance band. All participants required to complete a Get Active Questionnaire form prior to start date.

Option 1: Friday, 11:15 am – 12:15 pm



January 5 – April 26 (12-Classes)

Fee: 90.00 (Non-members \$126.00)

Cancelled date: Jan 26, Feb 16, 23,
Mar 1 & 29

Option 2: Tuesday, 10:00 am – 11:00 am



January 9 – April 23 (13-Classes)

Fee: 97.00 (Non-members \$136.00)

Cancelled date: February 13, 20, 27



Social Groups/Clubs

Connect with new friends by joining our social groups! Exclusively for members, each class is only \$2. Grab an Activity Card for \$20 at the Front Desk and relish in the convenience of 12 pre-paid activity cards, valid for all Social Clubs/Groups! **Pre-signup is required for joining all social groups/clubs.**

Hybrid Meeting

Books and Beyond: Book Club

Led by: Bryan Blenkin

Join the Better Living Book Club this winter, as we explore fascinating, with sometimes controversial themes using the internet, cinema/movies, and the printed word to expand our discussions.

Thursday, 2:00 pm

- **January 25:** The Morning After by Chantal Hebert
- **February 22:** How to be a Canadian even if you are already one by Will Ferguson
- **March 21:** Scarborough by Catherine Hernandez
- **April 25:** 21 Things You May Not Know About the Indian Act by Bob Joseph

Documentary Club

Led by: Bryan Blenkin

Thursday, 1:30 pm

January 18, February 29, March 28

Documentary Films aim to educate, inform and inspire the viewers whereas feature films aim to entertain the audience. They deal with facts and primarily for the purposes of instruction, education or maintaining a historical record. Please come and join us as we screen and discuss one film on the given dates. Film titles will be announced 2 weeks prior to screening dates.

Men's Shed

Led by: Alan Marrison

Do you need somewhere to go to and/or someone to talk to? We provide a safe and friendly environment where men can speak openly & freely on any variety of issues affecting our daily lives. Some come to talk, some come to learn, others come to lend an ear and listen. Become a Member of Better Living and join our group.

Every Thursday, 10:30 am

Musical Afternoon

Led by: Steve O'Brien

If you simply enjoy music this group is for you. We will share musical movies and music-related documentaries that we can enjoy and discuss together. Further your love and knowledge of music with new friends.

Monday, 1:30 pm

- **January 22:** 'My Sister Eileen' (1953)
- **February 26:** 'A Chorus Line' (1985)
- **March 25:** 'A Star is Born' (1976)
- **April 29:** 'Sweet Charity' (1969)



In-Person Meeting

NEW Coffee and Games

Led by: Susan Evans

Join our Coffee & Games social group, where you can enjoy some fun activities and great conversations. Come and be a part of the friendly gatherings!

Every 2nd and 4th Wednesday starting January 10

Movie Tuesdays

Sit back, relax with friends while enjoying some classics and new releases in our media lounge! Drop-in, or call at the frontdesk in advance to find out what's playing.

Every 1st & 3rd Tuesday 1:00 p.m

Bingo

Come join us for an afternoon of Chance and Fun you could win "SurPrizes".

Every last Tuesday of the month, 2:30 pm - 3:30 pm
January 30, February 27, March 26, April 30

Carpet Bowling

Led by: Mary Anne Welsh

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 pm

Euchre

Led by: Susan Evans

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 pm

Mah Jong

Led by: Enid Edwards

Mah Jong is an ancient Chinese game of tiles. Learn the beauty and excitement of this extraordinary game of symbolism. Four players battle to be the first to complete a hand. Join us to play this challenging and exciting game. All are welcome to play the Chinese version of Mah Jong.

Every Thursday, 1:00 pm

Duplicate Bridge

Led by: Jane Lockley

Anyone that hasn't played bridge for several years are welcomed to join our group of bridge players. If anyone is in need to have a refresher come by 15 -20 mins prior to the start and Jane would only be glad to assist.

Every Wednesday, 12:15 pm

Fee: \$4.00, Over 90 - \$2.00



Zoom Meeting

French Conversation

Led by: Rosea Lonsdale

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, 11:00 am – 12:30 pm

Spanish Conversation

Led by: Cheryl Garcia

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 pm

Photography Club

Led by: Vernon Paige

Anything about photography! It's the opportunity to welcome and share members' questions and or suggestions by email in advance. Cellphone cameras, compact cameras and DSLRs are all discussed. We review photos and discuss why each is "good" or "not good" or how it could be improved. A wide range of topics can be from wide-angle, "normal", telephoto, zoom, shutter speed, sharpness and blur, brightness, shadow, exposure controls and adjustments on cameras.

1st & 3rd Monday, 3:00 pm

Computer Club

Led by: Vernon Paige

Anything about Computers! They are everywhere! Desktop, laptop, tablet, cellphone, camera, TV.

The greatest part of each meeting consists of answering members' questions. Share "something interesting, something learned" or expanding on a subject raised by a member. Questions and suggestions are always welcomed.

2nd & 4th Monday, 3:00 pm

Everyone is an Artist Creative Expression

Instructor: Cari Shim

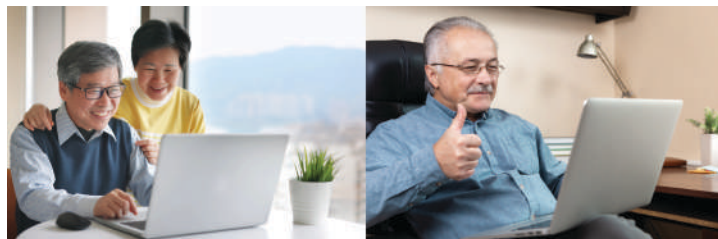
Creative expression is a powerful tool for individuals to outwardly express themselves, allowing them to discover and convey their feelings, ideas, cultures, and values. It serves as a means for people to reflect on and cope with their emotions. By tapping into their imagination and focusing on their abilities, they can create something that represents their true selves.

Every Friday, 1:00 pm

NEW Meditation Club

Led by: Joan Pennings

Every Mondays 11:00 am - 12:00 pm
January 15 - March 11



Join Our Program Volunteer Committee!

**Become an integral part of our Program
Volunteer Committee!**

**If you're passionate about making a positive
impact, contributing to special events and
social groups, and sharing your skills, seize
this opportunity. Your dedication matters,
and we invite you to play a crucial role in our
Volunteer Committee!**



Keen to get involved?

Reach out to Esperanza, our Active Living
Programs Coordinator, for additional information:

Email: egravesande@betterlivinghealth.org

Phone: 416-447-7244 Ext 617

Birthday Diners Club

**Celebrate the joy of birthdays with the
Birthday Diners Club!**

**Join us monthly for a delightful gathering
where members share laughter, good food,
and the warmth of birthday celebrations.**

January - Swiss Chalet

February - Dragon Pearl Buffet

March - Aga Khan Museum: Diwan

April - Olde Yorke Fish & Chips

**For more details or to RSVP,
call 416-447-7244 Ext 622 and ask at the
Front Desk.**

**All restaurants are accessible.
Attendees are responsible for their
transportation and meal expenses.**

TOO MUCH\$\$\$



TOO TRENDY



TOO COLD!



JUST RIGHT



WHY BETTER RIDES?

- ✓ 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!



HOW DO I SIGN UP?

416-447-7244 ext. 728 or
transportation1@betterlivinghealth.org

WHAT IS A BETTER RIDE?

- ✓ Exclusive to Better Living Clients
- ✓ A Group ride to and from the Centre

BOOKING YOUR GROUP RIDE

Group and Social Rides can be booked up to seven (7) days in advance directly with our Transportation Office. At the time of booking our office staff will confirm with you the availability for the group trip.

Call **416-447-7244 ext. 728** to book your ride. Haven't used Transportation services before? Please contact the Intake Department to review service eligibility and to register today! **416-447-7244 ext. 541**

Exercise and Falls Prevention



Please Note:

- This is NOT a Drop-In session and valid membership is required.
- Registration is required.
- On occasion, classes may be rescheduled or cancelled on short notice.
- Participants need to notify if 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 in the Better Living Community Centre.

Required registration process

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

Advanced registration is required for all Exercise and Falls Prevention programs.

Falls Prevention

Our 12 Week Falls Prevention Program is geared towards building a strong foundation while teaching preventive measures to help reduce the risk of falls. Recommended for individuals who use mobility aids, have had a fall in the last 3 months, are new to exercise and/or want an overall body workout at a beginner's pace.

Please note: Spaces are limited.

**Maximum 12 participants per class.*

Option 1: Led by - Denis Xhoxhaj



Friday, 11:15 am - 12:00 pm

January 5 – April 26

Capacity: Max 12 participants

Cancelled date: March 21

Option 2: Led by - Denis Xhoxhaj



Friday, 1:15 pm - 2:00 pm

January 5 – April 26

Capacity: Max 12 participants

Free Exercise Programs

RELAXATION & MINDFULNESS

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 am - 12:00 pm

January 12 – April 26

Mindfulness Meditation

Led by: Shirley Wong

Deepen your knowledge on mindfulness, understanding the benefits of mindfulness and how to start a meditation practice.

Thursday, 11:00 am - 11:30 am

January 4 - April 25

Low Intensity

Suggested for individuals who want to be more mobile and steady so they can be more independent.

Breathe Better

Led by: Denis Xhoxhaj

This program is designed for individuals who are looking to build strength and increase their cardiovascular endurance.

***Recommended for those who have COPD, CHR, Respiratory Conditions and/or Low Endurance**

Friday, 12:15 pm - 1:00 pm

January 5 – April 26

Capacity: Max 12 participants

Keep Fit (previously Gentle Fitness)

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

Option 1: Led by - Nagar Gangireddigari



Monday, 12:30 pm - 1:15 pm
January 8 - April 29

Option 2: Led by - Nagar Gangireddigari



Thursday, 12:30 pm - 1:15 pm
January 4 - April 25
Cancelled date: March 21

Option 3: Led by - Lorne Opler



Friday, 9:00 am - 9:45 pm
January 5 - April 26

Option 4: Led by - Shereen Zand-Asmar



Monday, 10:30 am - 11:15 am
January 8 - April 29

Chair Yoga

Led by: 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.

Option 1: Wednesday, 5:30 pm - 6:15 pm



January 3 - April 24

Cancelled date: March 6 & 13

Option 2: Sunday, 9:15 am - 10:00 am



January 7 - April 28

Cancelled date: March 10 & 17

Low-Moderate Intensity

Suggested for individuals that want to improve their strength and balance so they can move around more easily.

NEW Chair Pilates

Led by: Lupita Romo

This class combines precise movements, controlled breathing, to improve posture and overall fitness. Suitable for all fitness levels, fostering a balanced mind-body connection. Options for sitting and standing available.

Thursday, 4:30 pm - 5:15 pm

January 5 - April 26

Cancelled date: March 7 & 14

Resistance and Balance

Building on the fundamentals of fall prevention; continue to develop your strength, balance and cardio to reduce the risk of falls and gain confidence in everyday activities.

Option 1: Led by - Nagar Gangireddigari



Monday, 1:30 pm - 2:15 pm
January 8 - April 29

Option 2: Led by - Nagar Gangireddigari



Thursday, 1:30 pm - 2:15 pm
January 4 - April 25

Option 3: Led by - Shereen Zand-Asmar



Monday, 9:30 am - 10:15 am
January 8 - April 29



Moderate Intensity

Suggested for individuals that are not concerned about their balance and can exercise at least twice a week to get stronger, improve balance and flexibility and increase heart rate.

Line Dancing

Led by: Cathy Liang

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

Tuesday, 3:15 pm - 4:00 pm

January 2 – April 30

Zumba Gold

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

Option 1: Led by - Shereen Zand-Asmar



Tuesday, 3:30 pm - 4:15 pm

January 9 - April 30

Option 2: Led by - Lupita Romo



Tuesday, 4:30 pm - 5:15 pm

January 2 - April 30

Option 3: Led by - Lupita Romo



Sunday, 10:15 am - 11:00 pm

January 7 - April 28

SPECIALTY PROGRAM

Better Living participates in a partnership program with Canada's National Ballet School and Baycrest.

It's Back! **Sharing Dancing**

***Video-Led program**

Sharing Dance Older Adults Community Classes are full-length, on-demand dance classes designed for older adults in meaningful dance activity that benefits physical, cognitive and overall health.

On Your Feet: 60-minute classes that are accessible for people with mild physical and/or cognitive challenges, this class is danced in a standing position, with seated options.

Wednesday, 10:00 am - 11:00 am

January 18 – February 22

***Jan 17 & Feb 21 Zoom only**

NORTH YORK SUPPORT SERVICES SENIORS HOTLINE



Do you or someone you know need support accessing services and resources? We are here to help. Please call us to discuss:

- MEALS ON WHEELS & GOOD FOOD BOX
- GROCERY DELIVERY
- TRANSPORTATION
- SEASONAL AND HOME MAINTENANCE
- VOLUNTEERS
- CAREGIVER SUPPORT
- PERSONAL CARE
- DAY PROGRAMS
- CASE MANAGEMENT/ SOCIAL WORK
- HOMEMAKING
- WELLNESS CHECKS
- RESOURCE NAVIGATION
- RECREATION
- VACCINE SUPPORT
- AND MORE

CALL OUR HOTLINE AT: 416-447-5200



MONTHLY EDUCATIONAL SERIES



Topics for 2023-2024 include:

- System Navigation
- Caregiver Resources
- Power of Attorney
- Advanced Care Planning
- Financial Literacy
- Caregiving: The Sandwich Generation
- Technology Literacy
- Dementia and Responsive Behaviours



For additional Information and Registration, please contact Intake: 416-447-7244 ext. 541

In-Home Services



HOME SUPPORT SERVICES

Impeccable Home Care

Service Hours:

Monday- Sunday, 9:00 am to 5:00 pm

Our programs provide access to essential services that support activities of daily living, social and safety needs for seniors who continue to reside in their homes and other community settings.

Home Support Services include light duty cleaning, such as, laundry, vacuuming, sweeping, mopping, dusting, etc.

We Offer:

Competitive rates and Consistency of support

Service Requirements:

Minimum 2 hour of service required

Service Eligibility:

Individuals must be 55+ and/or living with a disability



PERSONAL SUPPORT SERVICES

Compassionate Client Care

Service Hours:

24 Hours a Day, 7 Days a Week

Our programs provide access to essential services that support activities of daily living, social and safety needs for seniors who continue to reside in their homes and other community settings.

Personal Support Services provides support with bathing, personal hygiene, meal preparation, ambulation, social support, medication assistance, palliative care, caregiver relief and escorting to appointment.

We Offer:

Competitive rates and Consistency of support

Service Requirements:

Minimum 1 hour of service required

Service Eligibility:

Individuals must be 55+ and/or living with a disability

CONTACT US

WWW.MYBETTERLIVING.CA | 416-447-7244 EXT. 541

PalCare is BLHCS Education and Training division, offering workshops, and trainings to the community, BL members, volunteers and staff. Many of our programs are on zoom for accessibility.

Workshops December

December 5, 2023 - Grieving During The Holidays, 10 - 12 pm

The Holiday season is approaching and for many of us, rather than feeling festive, we may be feeling sad and lonely. Some people are grieving the loss of a beloved person, good health, a relationship, a dear pet, hopes and dreams. We invite you to share in a gathering that will include ritual, meditation, and reflection.

December 12, 2023 - Last Join The Conversation of the Year

Workshops January

January 9, 2024, 12 pm - 12:45pm – Join The Conversation

Come and join the conversation, share your voice on topics that can include palliative care, grief and bereavement, organ donation, MAiD, Advanced Care Planning and Self Compassion. We start the conversation by discussing videos, ted talks, podcasts etc. that we have shared with you to watch and listen to prior to the session.

January 17, 2024 - 10:30 am or 7 pm – I am More Than My Behaviour

This Dementia Education Series is being offered to all caregivers. We are presenting 4 modules over four months, twice a day once during the day and once in the evening to support those who working. These modules will help you to build skills & knowledge in delivering behavioural management interventions, de-escalation techniques, & providing dignity to those walking this journey.

**Death Café – January 24 2024,
6:30 pm – 8:30 pm**

What is a death café you ask? It is a group directed discussion of death, with no agenda, objectives or themes.

It's a discussion group, not a support group or counselling session. It's a respectful, life affirming, thought provoking conversation about a topic that is so often shied away from.

To register contact: cflynn@myhospice.ca

Workshops February:

**3 day Grief and Bereavement Training –
February 2/3/10**

- Processing individuals Grief
- Practical approaches to Grief and Bereavement
- Learn how to facilitate groups
- For more information visit www.mypalcare.org

February 13, 2024, 12 pm - 12:45pm – Join The Conversation

Come and join the conversation, share your voice on topics that can include palliative care, grief and bereavement, organ donation, MAiD, Advanced Care Planning and Self Compassion.

We start the conversation by discussing videos, ted talks, podcasts etc. that we have shared with you to watch and listen to prior to the session.

- **“No thanks, I had a shower yesterday”**
10:30 am or 7:00 pm
- **2nd part of the 4 part series** – I am more than my behaviour, the Dementia Education Series is being offered to all caregivers

To register for workshops,
Please visit www.mypalcare.org/workshops

Workshops March:

March 12, 2024, 12 pm - 12:45 pm – Join The Conversation

Come and join the conversation, share your voice on topics that can include palliative care, grief and bereavement, organ donation, MAiD, Advanced Care Planning and Self Compassion. We start the conversation by discussing videos, ted talks, podcasts etc. that we have shared with you to watch and listen to prior to the session.

March 20, 2024 “Hallucinations, Delusions, and Illusions, 10:30 & 7 pm

3rd part of the 4 part series – I Am More Than My Behaviour, the Dementia Education Series being offered to all caregivers

Introduction To Hospice Palliative Care Training

Winter Introduction to Core Concepts 1 -

Commences January 11 – March 21, 2023

Thursday evenings from 6-9pm. Share with family and friends, Better Living are always looking for more volunteers. This work happens because of YOU!

To register visit www.mypalcare.org/introduction-to-core-concepts-in-hospice-palliative-care

Memory Bears Program

Let us make beautiful keepsake teddy bears out of cherished clothing.

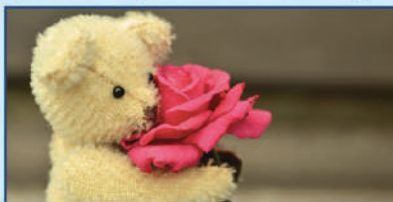
The creation of Memory Bears can help ease the painful decision about what to do with your loved one's clothing. The bear becomes a comforting family keepsake, which holds many special memories. We understand that giving up your loved one's belongings is difficult, even though it is temporary. We assure you that we will take great care of their clothing.



Steps for creating your memory bear:

Please contact a Case Manager, Kazue Kushima (416) 447-7244 ext. 843 or kkushima@betterlivinghealth.org and arrange dropping off the clothing and filling an order form.

You will bring in freshly laundered clothing articles that have significant meaning for you or your loved one. Some examples are Mom's favourite housecoat, Dad's terry bathrobe, a flannel shirt, sports shirt, or an unfinished quilt.



After discussing the overall design with you and photographing each piece of clothing, our seamstresses construct the bear using the fabric provided. Since the entire body of the bear will be made with the clothing provided, the stiffness or softness of the bear will depend upon the fabric provided. We add a nose, a pair of button eyes, and any personalizing finishing touches requested such as a ribbon, a bow, a hat, a scarf, or a backpack, for example. Each bear stands approximately fifteen inches tall.

A donation of \$35 is required for each bear, and Better Living Charitable Foundation issues a tax receipt.



After the bear is created and photographed, the bear is returned to you. We look forward to learning more about the special life of your loved one.

Please allow 4-6 weeks for completion of the bears.

 **BetterLiving**
Health and Community Services



STROLL FOR SENIORS

IS BACK AGAIN!

JUNE 2024

We are excited to announce that our annual Stroll will take place in June in the neighbourhood around 1 Overland Drive. Consider asking your friends and family to form a team to stroll together on the day, and take part in a BBQ lunch afterwards.

Funds raised from 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 there!



More event details to follow.

Please email us at events@betterlivinghealth.org or call (416) 447-7244 ext. 632 for more information.



We're looking for volunteers to join us in raising awareness and funds in support of Better Living seniors' programs. Get in touch to learn more about how you can get involved.

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

Want more Better Living?

Follow Us On



Weekly Calendar Winter 2024

ROOM	MONDAY	TUESDAY	WEDNESDAY
GYM	11 am Line Dancing 12:30 pm Keep Fit 1:30 pm Resistance and Balance	10 am Tai-Chi Intermediate 11: 15 am Bone Fitness 1 pm Carpet Bowling 2:30 pm BINGO 3:30 pm Zumba Feb 13 Valentine's Day	10:15 am Tai Chi Beginner 12:15 pm Duplicate Bridge
MEDIA LOUNGE	1:30 pm Musical Afternoon Jan 22 & Feb 26 Lunch & Learn	1 pm Movie Madness	10:00 am Sharing Dance
LOWER STUDIO	Apr 15 Legal & Estate Consultation	Nutrition Talks Jan 11, 16, Feb 13, Mar 12, 26, Apr 9 & 23 Foot Clinic Jan 1, Feb 6, Mar 12, & Apr 16	1 pm Coffee & Games 2:00 pm Acrylics 2:30 pm Watercolour Hearing Clinic Jan 17, Feb 21, Mar 20 & Apr 10 Apr 24 Spring Tea Social
UPPER STUDIO	Feb 12 & Mar 11 Legal & Estate Consultation Apr 15 & 22 Income Tax Clinic	Income Tax Clinic March 19, 26, April 2, 9, 16, & 23	Caregiver Support Group 2nd Wednesday of the month
Zoom	9:30 am Resistance and Balance 10:30 am Keep Fit 3 pm Photography Club 3 pm Computer Club 4:30 pm Strengthen Your Structure	10 am Stay Strong 11 am French Conversation 11:30 am Mandarin Intermediate 2 pm Spanish Conversation 3:15 pm Line Dancing 4:30 pm Zumba Gold	5:30 pm Chair Yoga

Special Events

Lunch & Learn

Specialized Services

General Interests/Lifelong Learning



**WE NEED YOUR FEEDBACK
AND WE ENCOURAGE YOU TO;**



THURSDAY	FRIDAY	SATURDAY	SUNDAY
10 am Nia 12:30 pm Keep Fit 1:30 pm Resistance and Balance Mar 21 Mardi Gras	9 am Keep Fit 10 am Tai-Chi Intermediate 11:15 am Stay Strong 1 pm Issues in the Media	Please note that the Centre will be closed for the following statutory holidays. <ul style="list-style-type: none"> • New Year's Day – Monday, January 1 • Family Day – Monday, February 19 • Good Friday – Friday, March 29, 2024 	
1:30 pm Documentary Club Jan 18, Feb 29, & Mar 28 2 pm Book Club Jan 25, Feb 22 & Mar 21 Apr 25	11:15 Falls Prevention 12:15 Breathe Better 1:15 Falls Prevention		
10:30 am Men's Shed 1 pm Mah Jong	1 pm Euchre Jan 26 Coffee/Tea Social		
11 am Mindfulness Meditation 11:30 am Mandarin Beginner 4:30 pm Pilates	10 am Bone Fitness 11 am Mindfulness Meditation 1 pm Creative Expression 4:30 pm Strengthen Your Structure	12 pm Wellness Wednesday	9:15 am Chair Yoga 10:15 am Zumba Gold


Trips


Health and Wellness


Social Groups/Clubs


Community Fitness and Falls Prevention

 Share your ideas about our services
 Compliment our staff when they do an exceptional job
 Share your complaints or concerns so that we can do things better


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Health and Community Services
WWW.MYBETTERLIVING.CA

SEASONAL MAINTENANCE & BROKERAGE SERVICES

Miscellaneous outdoor tasks.
From November 1 – March 31

Youth Worker	\$20.00 Per Hour
Adult Worker	\$25.00 Per Hour
Adult Worker with own equipment	\$30.00 Per Hour

SNOW + ICE REMOVAL SERVICES

Snow removal from driveway, walkways/steps
and salt application, and windrow clearing.

Contract	\$143 Per Month
Regular Snow Event	\$38.50 Per Plow
Large Snow Event	\$45 Per Plow
Emergency Snow and Ice Visit	No Charge (one time use)

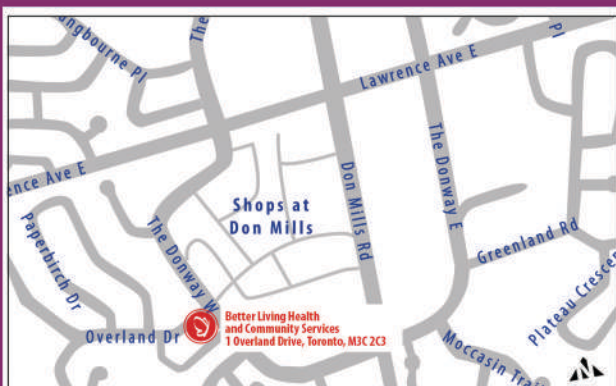


For more information, please call
the Four Seasons Connections at

416-447-5074 or email

fourseasons@betterlivinghealth.org

BETTER LIVING COMMUNITY CENTER



Monday - Friday 8:30 am to 4:30 pm

416-447-7244 EXT. 622

1 Overland Drive

www.mybetterliving.ca

frontdesk@betterlivinghealth.org

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Health and Community Services

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Better Living Community Centre