Registration Begins:
April 15th

Spring/Summer 2024

BetterLiving

MAY - AUGUST



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BetterLiving
Health and Community Services

Program Guide

Better Living Community Centre

General Information



Welcome to Better Living Health and Community Services

Our Mission:

To empower the individuals we serve by supporting their independence, respecting their dignity, and honouring their unique life journeys, through the provision of a continuum of care that ensures they will receive the programs and services they need, when and where they need it.

Our Vision:

Our Community will experience a better quality of life

Our Beliefs: We Believe in

- Providing an **exceptional** experience for Persons Served
- The **power** of our people
- **Outstanding** quality and innovation
- The **strength** of our community
- The **generosity** of our supporters



Code of Conduct

At 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 available to all members of our centre. Please speak to one of our team members for assistance.



Program Delivery Methods

Zoom Meeting **In-Person 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, Joan Penning

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

- **Victoria Day:** *Monday, May 20*
- **Canada Day:** *Monday, July 1*
- **Civic Day:** *Monday, August 5*

Change of Contact Information

Have you recently moved or updated your address, phone number, 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 and We Encourage You to:

- Tell us your ideas for something new
- Give us a compliment when you see something exceptional
- Share your complaints or concerns so that we can do things better

Registration

How to Register

Over the Phone:

(416) 447-7244 ext. 622

Monday - Friday, 8:30 am - 4:30 pm
Saturday and Sunday, *Closed*

In-person at the Centre

Better Living Health and Community Centre - 1 Overland Dr, Toronto

Monday - Friday, 8:30 am - 4:30 pm
Saturday and Sunday, *Closed*

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 a space.

Cancellation

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

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. Credit can be put towards any Centre activities and Membership Fees.

Refund Policy

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

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!

Free Seminars

Seminars are offered FREE to members and require advanced registration.

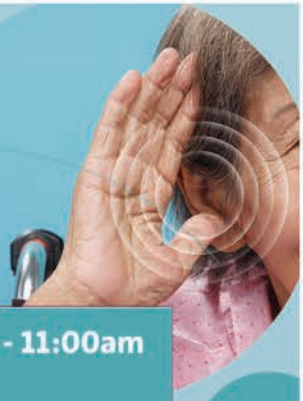
Increase your understanding of various topics that focus on health and wellness, helpful resources and maintaining a positive lifestyle.

Please note: Pre-registration is required. Spaces are not guranteed for walk-ins.

Empowering Your Hearing Health

Presented by ***Hear Canada***

Come attend our hearing healthcare presentation! A FREE hearing care clinic will be available after the presentation!



Thursday, May 2, 10:00am - 11:00am

Media Lounge

Benefits & Credits

Presented by ***Canada Revenue Agency***

Friday, May 24, 12:00pm - 2:00pm

Media Lounge

When you file your taxes as a senior, you could qualify for benefits and credits. CRA has advice that can assist you in obtaining all of them!

During our meeting on **May 24th**, we will cover topics such as how to avoid scams, file taxes, and identify potential benefits and credits you may be eligible for, as well as discuss CRA Digital Services. **Don't miss out on it!**

An afternoon in Bordeaux France

Presented by, ***Mosaic***



Tuesday, June 4, 3:00pm - 4:30pm

Media Lounge

Enjoy an afternoon exploring the architecture, history, food and culture of this walkable pedestrian city.

Visit the Darwin Eco-système, stroll down the Rue Sainte-Catherine, enjoy delicious French treats and more, all from Toronto!

Day Trips

Please note:

- 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.

TORONTO CITY TOUR & THE MAGIC OF LITTLE CANADA



Experience an unforgettable expedition through Toronto's heart, led by historian Bruce Bell. Immerse yourself in the city's vibrant energy as we journey through its iconic landmarks and hidden treasures. Indulge in a delectable lunch at the Hot House Café before being whisked away to the enchanting world of Little Canada, brimming with charm and detail. Don't miss this chance to explore Toronto and uncover the wonders of Little Canada. Secure your spot now for an adventure you won't soon forget!

When: Tuesday, May 7, 2024
Departs: 9 am at 1 Overland Drive
Return: Arrival a Better Living approx. 5:30 pm
Fee: $150.00 (Non-member: $155.00)

Inclusion: Return Transportation via deluxe coach, city tour with Bruce Bell, lunch at the Hot House Café, admission to Little Canada, gratuity on meal, and all the taxes.



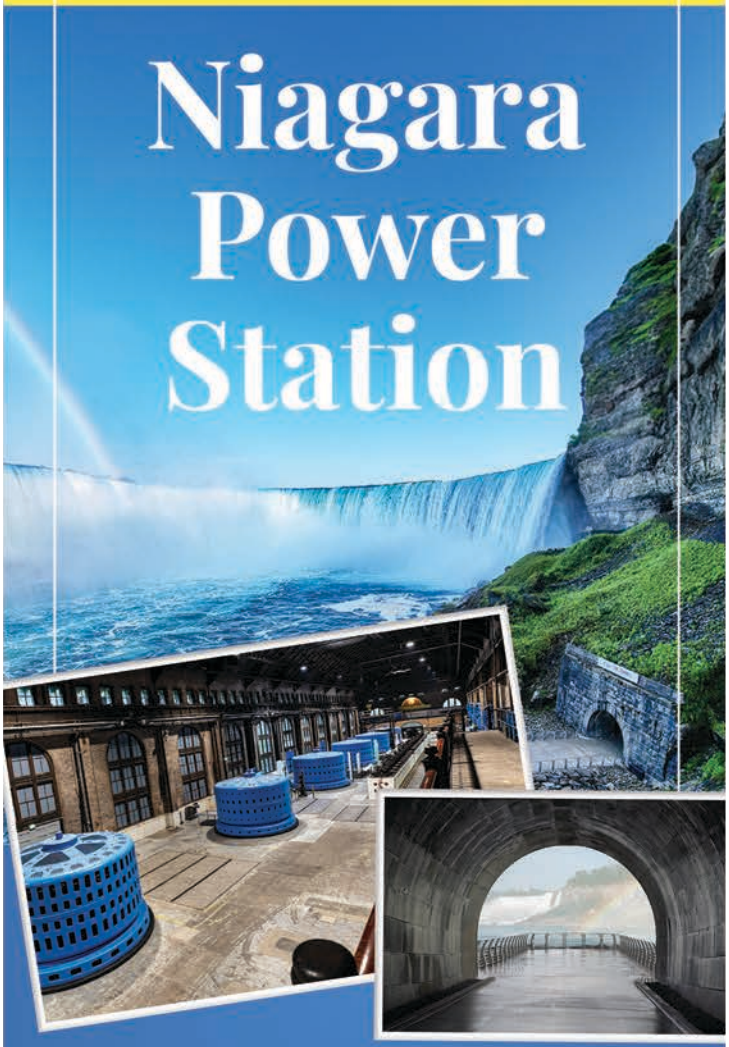
Dundurn Castle & Royal Botanical Gardens

Our day begins with a guided tour of Dundurn Castle, a magnificent 40-room Italian villa built in the 1830s on Burlington Heights. Led by a costumed interpreter, you'll step back in time to experience the lavish lifestyle of Sir Allan Napier Mac Nab and his family. From the grandeur above stairs to the bustling activity below, Dundurn Castle vividly portrays the lives of its inhabitants. After we'll journey to the Royal Botanical Gardens, where five stunning display gardens await. Whether you're a gardening enthusiast or simply admire nature's beauty, the Gardens offer an unforgettable sensory experience throughout the year.

When: Tuesday, June 11, 2024
Departs: 8:30 am at 1 Overland Drive
Return: Arrival at Better Living approx. 6:30 pm
Fee: $150.00 (Non-member $ 155.00)
Early Bird Fee: $ 145.00 (Due by April 19)

Inclusion: Return Transportation via deluxe coach, guided tour of Dundurn Castle, lunch, admission & guided tour of the Royal Botanical Gardens, driver gratuity, and all the taxes.

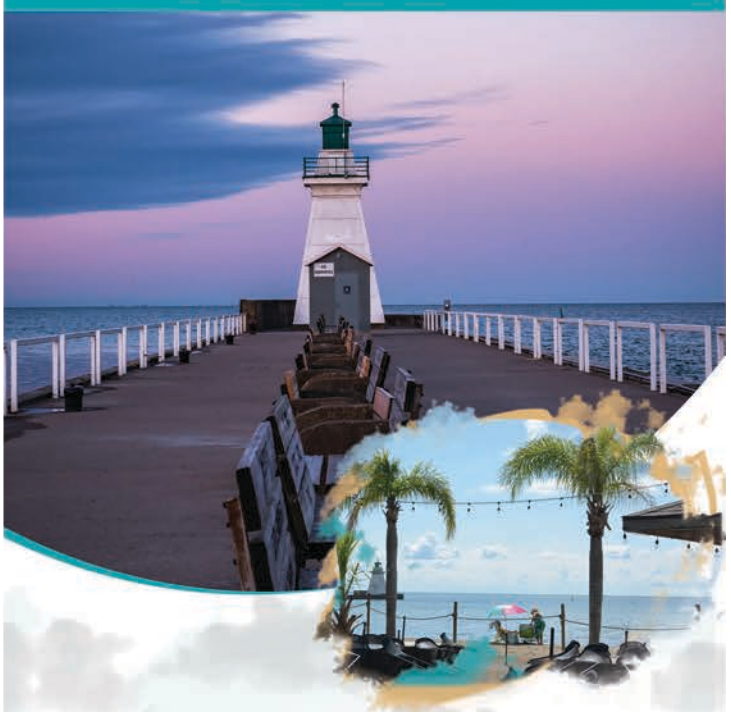
Niagara Power Station



The Niagara Parks Power Station undergoes a transformation, blending modern features with its rich historical legacy. During the day, visitors can embark on guided tours led by experts to delve into the station's captivating history. A highlight of the experience is exploring The Tunnel, a 2200-foot passage beneath the main generating hall, which channels spent waters back into the Niagara River at the falls' base.

When: Thursday, July 11, 2024
Departs: 8:00 am at 1 Overland Drive
Return: Arrival a Better Living approx. 6:30 pm
Fee: $155.00 (Non-member $160.00)
Early Bird Fee: $ 150.00 (Due by May 21)

Inclusion: Return Transportation via deluxe coach, guided tour of the Niagara Power Station, lunch at the Table Rock House Restaurant, gratuity on meal driver gratuity, and all taxes.



A day in Port Dover

Our tour begins with a visit to the Dutch Mill, which is a unique and inviting experience. Visit the Garden Centre or browse over 15,000 square feet of store for unique gifts and special treasures, beautiful handcrafted furniture and accessories. After lunch, at the Erie Beach Hotel, we will take a one-hour tour aboard the River Rider. Take a leisurely trip up the Lynn Valley River. The Captain will provide you with music and colourful commentary peppered with interesting and comical historical lore. Afterwards, we will spend some free time in the quaint town of Port Dover.

When: Tuesday, August 13th, 2024
Departs: 8:30 am at 1 Overland Drive
Return: Approximately 6:00 p.m.
Fee: $139.00 (Non-member $ 144.00)
Early Bird Fee: $134.00 (Due by June 28)

Inclusion: Return transportation via deluxe coach, lunch at the Erie Beach Hotel, 1-hour cruise, gratuity on meal, driver gratuity, and all taxes.

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 you sign up the events.*

Mother's Day CELEBRATION

Friday, May 10
3pm – 5pm

Show your love and appreciation to all the amazing women who make our lives brighter by bringing them to a lovely afternoon as we showcase an interactive and fun production play **"It Might As Well Be Spring"!** A colourful and upbeat show that is guaranteed to put a smile on everyone's face!

Fee: $15.00 / Non-Members: $18.00

Early Bird Price due by April 26:
$12.00 for Members ONLY

ANNUAL GENERAL MEETING



Wednesday, June 19 at 10:30am
Auditorium

Join us for our Annual General Meeting with fellow members, to have your feedback, concerns and compliments addressed. Additionally, a review of 2023/2024 year will also be provided. We encourage that you prepare your questions in advance or submit them to our comment box.

A minimum of 25 attendees are required to confirm in order for the AGM to proceed.

SENIOR MONTH CELEBRATION, *the Canadian Way!*

Celebrate Seniors Month and Canada Day with us at our closing celebrations, Canadian style! Indulge in a delightful BBQ feast straight from the grill, accompanied by wonderful company and lively music.

1 Overland Drive, Lower Patio (weather permitting)
Thursday, June 27th, 3:00 pm – 5:00 pm

Includes: Choice of Hamburger or Hotdog, Salad, Dessert, Live Entertainment, and Cash Bar

Fee: $10.00 / Non-Members: $13.00

PATIO AND SUMMER BBQ PARTY

Tuesday, July 15th & Thursday, August 22nd
3:00pm - 5:00pm

Join us for a taste of summer BBQ and lots of fun on our beautiful patio (weather permitting)! This is a great way to spend a summer afternoon with old and new friends alike!

Early bird price due by June 28 $12.00 for Members Only

Includes: Choice of Hamburger or Hotdog, Salad, Dessert, Live Entertainment, and Cash Bar

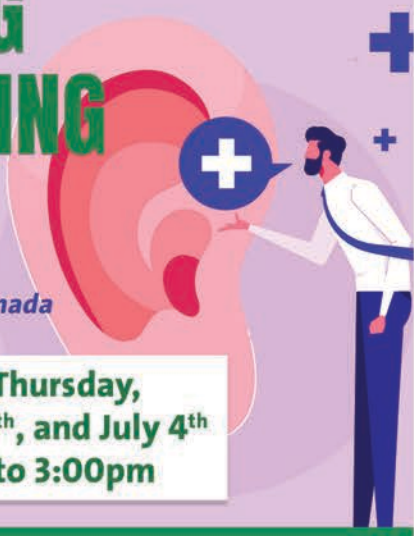
Fee: $15.00 / Non-Members: $18.00

Specialized Services

Specialized Services require appointments to be scheduled in advance. Please get in touch with our reception desk. You can reach us at 416-447-7244 Ext. 622 or by emailing frontdesk@betterlivinghealth.org

HEARING SCREENING CLINIC

Presented by ***Hear Canada***



Scheduling for Thursday, May 2nd, June 6th, and July 4th from 10:00am to 3:00pm

Experience improved hearing with our expert consultation services. Join us for a FREE hearing screening test and receive personalized recommendations tailored to your needs.

Register now for your complimentary consultation!

LEGAL CONSULTATION

Presented by ***Cambridge LLP***

Monday, May 13th 10:00am - 12:00pm
Monday, June 10th 2:00pm - 3:00pm
Monday, July 8th 10:00am - 12:00pm

Cambridge LLP and their experienced team offers personalized guidance on wills, trusts, probate, and more.

Schedule your complimentary 15-minute consultation!



FOOT CARE SERVICES

Presented by ***Spectrum Health***

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.



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

Appointment Details:
- Tuesdays from 10:00 am to 4:00 pm
- Each appointment slot is 40 minutes long

Fee: Initial visit $60.00 | Follow-up visits: $40.00

Charges will be made to the attending nurse via credit card or debit card.

Don't miss out on the opportunity to care for your feet with our comprehensive foot care services. **Schedule your appointment today!**

Upcoming Appointment Dates:
May 21st, June 18th, July 16th, August 13th, September 10th, October 22nd, November 19th, December 17th

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!

Downsizing & Retirement Income Management (3-Part Series)

Presented by Royal Heritage Realty

Monday, 12:00pm-1:00pm
May 13th, 27th and June 3rd
Fee: $ 8.00 (Non-member $ 10.00) per session

Understanding the downsizing process and how to handle the emotions of selling your family home, what to expect when decluttering and the financial breakdowns including closing costs and condo maintenance fees. This informational session will also be providing valuable printed resources and downsizing tips to help you embrace your new and improved lifestyle.

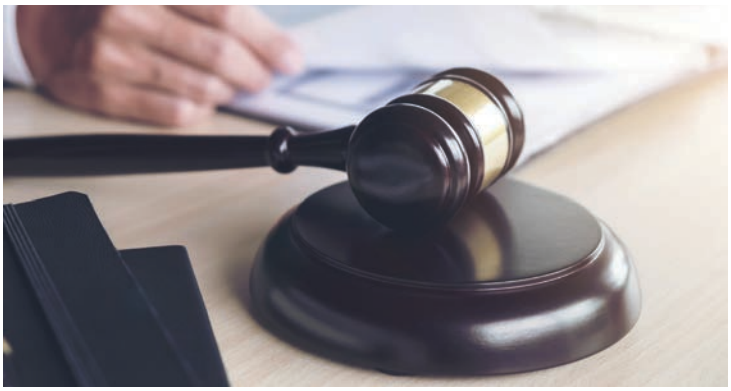


Legal Rights & Protection for Seniors

Presented by, Jonathan Di Feo, Di Feo Law

Monday, 12:00pm - 2:00pm
June 10th
Fee: $ 8.00 (Non-member $ 10.00)

Join us for lunch and an informative presentation highlighting key aspects of legal rights, safeguards, and resources tailored to seniors. Empower yourself with knowledge to ensure dignity, security, and peace of mind in your senior years.





JOIN US FOR A
LUNCH & TOUR
Book your tour today!

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Better Living Active Living Centre at 5 Deauville Lane



5 Deauville Ln, Toronto, ON M3C 0J8

BetterLiving at Deauville

Better Living Health and Community Services operates multiple Active Living Centres, with Deauville Place at 5 Deauville Lane catering to adults aged 50 and above from the Flemingdon Park and Thorncliffe Park neighbourhoods.

We offer a diverse range of activities to cater to various interests, including fitness classes, arts and culture programs, lifelong learning workshops, and special events.

General Facts:

- **Address:** 5 Deauville Lane, Toronto, ON M3C 0J8
- **Population Served:** 50+
- **Fee:** Free
- **How to Access:** Individuals are required to complete the Community Program Form

Pre-registration is required for all activities at Deauville Place.

If you're interested in joining, please reach out to Esperanza Gravesande, Coordinator of Active Living Programs, at egravesande@betterlivinghealth.org or call 416-447-7244, ext. 617

General Interests/Lifelong Learning

Partake in lifelong learning and strengthen your mind!

Brushstrokes of Creativity Acrylic – Water Lilies Landscape

Instructor: Karen Jendruska

Tuesday, 2:00 pm - 4:00 pm

May 14th - May 28th (3 classes)

Indulge in a peaceful afternoon immersed in the art of painting. During this session, we'll draw inspiration from the impressionist masters as we craft a scenic Water Lilies landscape painting. Before diving into our final masterpiece, we'll delve into color studies and refine our brushstroke techniques through practice sessions. Please be aware that we'll be working on a smaller scale for this endeavor. Students are encouraged to bring containers for water and brushes.

Fee: $50.00 (NM $70.00) *Additional $10 material fee*



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

May 2nd – June 27th (9 classes)

Fee: $ 45.00 (Non-member $ 63.00)

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, 11:30am - 12:30pm

May 7th – June 25th (8 classes)

Fee: $ 40.00 (Non-member $ 56.00)

Mental Health & Wellness for Seniors Workshop Series

Presented by TNO-The Neighbourhood Organization

Thursday, 3:00 pm - 4:30 pm
May 16th - June 27th (7 sessions)

May 16: Mental Health & Wellness
An introduction and overview on the foundations of mental health and wellness by the Integrated Mental Health Services team along with interactive activities.

May 23: Art & Emotions II
Art workshop focusing on the beneficial effects of using art to recognize and convey emotions, aiding in fostering healthy emotional regulation.

May 30: Emotional Health II (Gratitude Workshop)
Participate in this workshop integrating gratitude, daily affirmations, and positivity into your daily routines to enhance mental well-being.

June 6: Laughter Yoga
Engage in this workshop where laughter serves as the exercise, uniting participants in a healing circle for collective rejuvenation.

June 13: Physical Health II (Yoga Workshop)
A health workshop incorporating yoga, mindfulness, and meditation by a Registered Dietician to connect physical and mental health.

June 20: Aging Gracefully with Nutrition
An informative presentation by a Dietician on healthy eating and nutrition for seniors.

June 27: Dance & Celebration
Final celebratory session of the 7-week program reflecting overall takeaways from mental health sessions while incorporating dance and music.



Wellness Saturday: *Balance 101 Series*

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

Saturdays, 12:00 pm - 1:00 pm, Zoom

May 4th: The Core
Improving our balance can be a great step to promote falls prevention. In this balance training series, we will be discussing how the center of our bodies, the core, impacts our balance and how to improve it.

June 1st: Lower Body
Improving our balance can be a great step to promote falls prevention. In this balance training series, we will be discussing how our thighs, calves and ankles impact our balance and how to improve it.

July 6th: Base of Support
Our base of support is how our bodies support itself while standing and moving. In this balance training series, we will be discussing how we can challenge our balance by changing our base of support while exercising.

Aug 10th: Coordination & Gait
Our gait (i.e. how we walk) can greatly impact our ability to stay balanced. In this balance training series, we will be discussing how to improve our gait and coordination to reduce our falls' risk.



Learn about Dementia and Dementia Care Workshop Series

Presented by Alzheimer Society of Toronto

Thursdays, 12:00 pm-1:00 pm
May 30th, June 20th, July 25th, August 15th
(5 sessions)

May 30th: Dementia Overview
This workshop offers an overview of dementia and Alzheimer's disease, emphasizing recognition of signs, symptoms, and the significance of early diagnosis for care partners, the public, and professionals.

June 20th: Brain Health

This interactive presentation discusses the risk factors of dementia and how healthy lifestyle changes can help improve and maintain the health of the brain.

July 25th: Communication

This presentation discusses changes in communication that occur in people with dementia and strategies to communicate and support the individual using a personcentred approach.

August 15th: Living Safely in the Community
This workshop discusses ways to reduce the risk of people with dementia from going missing and how to respond to a missing incident as a care partner, professional, or a community member.



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 advised that we cannot be held accountable for any weights that are lost or stolen if left unattended. Better living provides options for weight storage or borrowing. Please inquire at the front desk for assistance.

LOW INTENSITY

Tai Chi – Beginners

Instructor: Mary Yeung

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.

Spring:	**Wednesday, 10:45 am - 11:45 am** **May 1st - May 29th (5 classes)** **Fee: $ 38.00** (Non-member $ 53.00)
Summer:	**Wednesday, 10:45 am - 11:45 am** **July 3rd - August 21st (8 classes)** **Fee: $ 60.00** (Non-member $ 84.00)

NEW Gentle Yoga

Instructor: Michelle Girard

This class will incorporate yoga poses, meditation and breathing exercises while seated or using a chair for balance. This class will build strength, flexibility and mental well being.

Spring:	**Wednesday, 9:30 am - 10:30 am** **May 8th - June 26th (8 classes)** **Fee: $ 60.00** (Non-member $ 84.00)
Summer:	**Wednesday, 9:30 am - 10:30 am** **July 3rd - August 21st (8 classes)** **Fee: $ 60.00** (Non-member $ 84.00)



It's back! Restorative Pilates

Instructor: Jasmine Mendez

Pilates is a muscle-building/body lengthening exercise program that works with the body's trunk with controlled movement and a strict emphasis on stabilization. With benefits such as increased flexibility, it results in improved posture and coordination; participants will build a body that allows them to move with skill and ease.

Spring:	**Tuesday, 1:00 pm - 2:00 pm** **May 7th - June 25th (8 classes)** **Fee: $ 60.00** (Non-member $ 84.00)
Summer:	**Tuesday, 1:00 pm - 2:00 pm** **July 2nd - August 20th (8 classes)** **Fee: $ 60.00** (Non-member $ 84.00)

MODERATE INTENSITY

NEW Nordic Pole Walking

Instructor: Lorne Opler

Discover Nordic Pole Walking, a dynamic fusion of walking and cross-country skiing, elevating your fitness routine. Using poles, this activity enhances calorie burn, engages more muscles, and improves balance and stability. Enjoy a cardio and upper body strength workout simultaneously. Easy to learn and perform, Nordic Pole Walking offers a fun, social group exercise experience for comprehensive fitness.

Note: Class requires use of Nordic Walking poles. Nordic poles can be purchased or rented from the Centre for each class. Replacement for worn-out boots must be purchased at your own expense.

Spring:	**Tuesday, 9:00 am - 9:45 am** **May 7th - July 2nd (9 classes)** **Fee: $ 63.00** (Non-member $ 88.00)
Summer:	**Tuesday, 9:00 am - 9:45 am** **July 16th - August 20th (6 classes)** **Fee: $ 42.00** (Non-member $ 59.00)

NEW Early Riser Yoga – Floor Base

Instructor: Michelle Girard

This class introduces yoga principles at your own pace, focusing on reducing muscle tension and teaching relaxation and breathing techniques.

Spring:	**Wednesday, 8:30 am - 9:20 pm** **May 8th - June 26th (8 classes)** **Fee: $ 60.00** (Non-member $ 84.00)
Summer:	**Wednesday, 8:30 am - 9:20 pm** **July 3rd - August 21st (8 classes)** **Fee: $ 60.00** (Non-member $ 84.00)



NEW Belly Dancing

Instructor: Michele Walks

Come explore the joy of belly dancing, where each lesson unveils a beautifully choreographed dance routine. Have fun and get fit – the course you will learn basic steps, shimmies and hip movements. Enhance your fitness journey as we focus on coordination, balance, arm strength, endurance, memory, and growing confidence with every graceful movement. Using scarves you will incorporate arm movements to create choreographed steps to fun music.

Spring:	**Monday, 10:00 am - 10:50 am** **May 6th - June 24th (7 classes)** **Fee: $ 49.00** (Non-member $ 69.00)
Summer:	**Monday, 10:00 am - 10:50 am** **July 8th - August 19th (7 classes)** **Fee: $ 49.00** (Non-member $ 69.00)

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.

Spring:	**Thursday, 10:00 am - 11:00 am** **May 2nd- May 23rd (4 classes)** **Fee: $ 30.00** (Non-member $ 42.00)
Summer:	**Thursday, 10:00 am - 11:00 am** **July 11th - August 22nd (7 classes)** **Fee: $ 53.00** (Non-member $ 74.00)

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.

Spring:	**Monday, 11:00 am - 12:00 pm** **May 6th - June 24th (7 classes)** **Fee: $ 53.00** (Non-member $ 74.00)
Summer:	**Monday, 11:00 am - 12:00 pm** **July 15th - August 26th (6 classes)** **Fee: $ 44.00** (Non-member $ 63.00)

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.

Tuesday, 10:00 am - 11:00 am
May 7th - May 28th (4 classes)
Fee: $ 30.00 (Non-member $ 42.00)

Spring:

Friday, 10:00 am - 11:00 am
May 3rd - May 31st (5 classes)
Fee: $ 38.00 (Non-member $ 53.00)

Tuesday & Friday, 10 am - 11 am
May 3rd - May 31st (9 classes)
Fee: $ 68.00 (Non-member $ 95.00)

Tuesday, 10:00 am - 11:00 am
July 2nd - August 20th (8 classes)
Fee: $ 60.00 (Non-member $ 84.00)

Summer:

Friday, 10:00 am - 11:00 am
July 5th - August 23rd (8 classes)
Fee: $ 60.00 (Non-member $ 84.00)

Tuesday & Friday, 10 am - 11 am
July 2nd - August 23rd (16 classes)
Fee: $ 120.00 (Non-member $ 168.00)

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 pm - 5:15 pm
May 6th - June 24th (7 classes)
Fee: $ 42.00 (Non-member $ 59.00)

Spring:

Friday, 4:30 pm - 5:15 pm
May 3rd – June 28th (9 classes)
Fee: $ 54.00 (Non-member $ 76.00)

Monday, 3:00 pm - 3:45 pm
July 8th - August 19th (6 classes)
Fee: $ 36.00 (Non-member $ 50.00)

Summer:

Friday, 3:00 pm - 3:45 pm
July 5th - August 23rd (8 classes)
Fee: $ 48.00 (Non-member $ 67.00)



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 Get Active Questionnaire form prior to start date.**

Spring:

Tuesday, 11:15 am - 12:15 pm
May 7th - June 25th (8 classes)
Fee: $ 60.00 (Non-member $ 84.00)

Friday, 10:00 am - 11:00 am
May 10th - June 28h (8 classes)
Fee: $ 60.00 (Non-member $ 84.00)

Summer:

Tuesday, 11:15 am - 12:15 pm
July 2nd - July 23rd (4 classes)
Fee: $ 30.00 (Non-member $ 42.00)

Friday, 10:00 am - 11:00 am
July 5th - July 26th (4 classes)
Fee: $ 30.00 (Non-member $ 42.00)



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.
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 Get Active Questionnaire form prior to start date.

Spring:

Friday, 11:15 am - 12:15 pm
May 10th - June 28h (8 classes)
Fee: $ 60.00 (Non-member $ 84.00)

Tuesday, 10:00 am - 11:00 am
May 7th - June 25th (8 classes)
Fee: $ 60.00 (Non-member $ 84.00)

Summer:

Friday, 11:15 am - 12:15 pm
July 5th - July 26th (4 classes)
Fee: $ 30.00 (Non-member $ 42.00)

Tuesday, 10:00 am - 11:00 am
July 2nd - July 23rd (4 classes)
Fee: $ 30.00 (Non-member $ 42.00)



Social Groups/Clubs

Connect with new friends by joining our social groups!

Please note: 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.

ZOOM

Everyone is an Artist Creative Expression

Led by: *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 Tuesday, 2:00 pm

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

Computer Club

Led by: *Paul Fong & Ian Lavery*

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.

Every 2nd & 4th Monday, 3:00 pm

IN-PERSON

Hot Topics

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

Every Friday, 1:00 pm

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 and 3rd Tuesday, 1:00 pm

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!

Wednesday, 10:30am - 12:00pm
May 8th & May 22nd
*The group meeting will resume in September!

BINGO

It's not just a drop-in, BINGO is a game of chance! Come join us for an afternoon of Chance and Fun you could win "SurPrizes". Sign up with the frontdesk

Last Tuesday of the month, 2:30 pm - 3:30 pm
May 28th, June 25th, July 30th, August 27th

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

Duplicate Bridge

Led by: *Jane Lockley*

Anyone who hasn't played bridge in a while is welcome to join our group of bridge players. If anyone needs a refresher, just come by 15-20 minutes before it starts and Jane will be happy to help!

Every Wednesday, 12:15 pm - 3:30 pm
Fee: $4 ($2 for those over 90)

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. New members are always welcomed.

Every Friday, 1:00pm

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

HYBRID

Books and Beyond: Book Club

Led by: *Bryan Blenkin*

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

Thursday, 2:00 pm

- **May 23:** Dusks by Kate Beaton
- **June 20:** The Sleeping Car Porter by Suzette May

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.

Every Thursday, 10:30 am

Musical Afternoon

Led by: *Steve O'Brien*

If you enjoy music this group is for you. We will share musical movies that we can enjoy and discuss together. Further your love and knowledge of music with new friends. Please contact the Front Desk about regular monthly meetings to discuss selected movies via Zoom. Members: keep watching your e-mails for special in-person musical video events.

Monday, 1:30 pm

- **Monday, May 27th: 'Kiss Me Kate' (1953)** *starring Kathryn Grayson, Howard Keel, Ann Miller*
- **Monday, June 24th: 'All That Jazz' (1979)** *starring Roy Scheider, Jessica Lange, Ann Reinking*
- **Monday, July 29th: 'On The Town' (1949)** *starring Gene Kelly, Frank Sinatra, Betty Garrett, Ann Miller*
- **Monday, August 26th: 'Silk Stockings' (1957)** *starring Fred Astaire, Cyd Charisse*



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.

LOW INTENSITY

Falls Prevention

Led by: *Denis Xhoxhaj*

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 10 participants per class.

Option 1: Friday, 11:15 am - 12:00 pm
May 3rd - August 30th

Option 2: Friday, 1:15 pm - 2:00 pm
May 3rd - August 30th

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 Chronic Obstructive Pulmonary Disease, Congestive Heart Failure, and other Respiratory and/or Cardiovascular Conditions. Referral Required

(Please note: Spaces are limited)
Maximum 10 participants per class.

Friday, 12:15 am - 1:00 pm
May 3rd - August 30th

Mindfulness Meditation

Led by: *Shirley Wong*

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

Thursdasy, 11:00 am - 11:30 am
May 3rd - August 30th

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
May 3rd - August 30th

NEW Morning Motion

Led by: *Michele Walks*

Our morning exercise offers a peaceful start to your day. Join in gentle movements and soothing stretches designed to promote flexibility and enhance mobility.

Monday, 9:00 am - 9:45 am
May 6 - August 26th

LOW-MODERATE INTENSITY

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: Monday, 1:30 pm - 2:15 pm
May 6th - August 26th
Led by: *Nagar Gangireddigari*

Option 2: Thursday, 1:30 pm - 2:15 pm
May 2nd - August 29th
Led by: *Nagar Gangireddigari*

Option 3: Monday, 9:30 am - 10:15 am
May 6th - August 26th
Led by: *Shereen Zand-Asmar*

Keep Fit

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: Monday, 12:30 pm - 1:15 pm
May 6th - August 26th
Led by: *Nagar Gangireddigari*

Option 2: Thursday, 12:30 pm - 1:15 pm
May 2nd - August 29th
Led by: *Nagar Gangireddigari*

Option 3: Friday, 9:00 am - 9:45 am
May 3rd - August 30th
Led by: *Lorne Opler*

Option 4: Monday, 10:30 am - 11:15 am
May 6th - August 26th
Led by: *Shereen Zand-Asmar*

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. Options for sitting and standing available.

Spring Option 1: Wednesday, 5:30 pm - 6:15 pm
May 1st - June 26th

Spring Option 2: Sunday, 9:15 am - 10:00am
May 5th - June 30th

Summer Option 1: Sunday, 9:15 am-10:00 am
July 7th - August 25th

Summer Option 2: Wednesday, 1:45 pm - 2:30 pm
July 10th - August 28th

Chair Pilates

Led by: *Lupita Romo*

Pilates at Better Living offers a dynamic and low-impact workout focused on core strength, flexibility, and body awareness. Led by Lupita, the 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.

Spring: Thursday, 4:30 pm - 5:15 pm
May 2nd - June 27th

Summer: Thursday, 3:00 pm - 3:45 pm
July 4th - August 29th



NEW Strength & Conditioning

Led by: *Mariia Rybas*

Join our seniors' strengthening class to enhance your physical well-being and boost overall strength. Tailored exercises focus on improving muscle tone, flexibility, and balance.

**Please Note - this class emphasizes the use of weights; if needed, water bottles or cans can serve as suitable alternatives.*

Tuesday, 9:00 am - 9:45 am
May 7th - August 27th

Line Dancing

Led by: *Cathy Liang*

Our morning exercise offers a peaceful start to your day. Join in gentle movements and soothing stretches designed to promote flexibility and enhance mobility.

Tuesday, 3:15 pm - 4:15 pm
May 7th - August 27th

Zumba Gold

Led by: *Shereen Zand-Asmar & Lupita Romo*

Zumba Gold is a Latin-inspired dance aerobics for mature 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!

Spring: Tuesday, 3:30pm - 4:15 pm
May 7th - June 25th

Summer: Tuesday, 2:30pm - 3:15 pm
July 2nd - August 27th

Option 1: Tuesday, 4:15 pm - 5:00 pm
May 7th - June 25th

Otption 2: Tuesday, 3:30 pm - 4:15 pm
July 2nd - August 27th

Otption 3: Sunday, 10:15 am - 11:00 am
May 5th - August 30th



VOLUNTEERS NEEDED

Become A Meals On Wheels Driver Volunteer Today!



SEEKING CARING PEOPLE WHO:

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

FREE training and resources are provided, INCLUDING MILEAGE.

Become A Meals On Wheels Runner Volunteer Today!



SEEKING CARING PEOPLE WHO:

- Can assist drivers in delivering meals
- Are available a minimum 1 shift per week between Monday to Sunday 11:30 am to 1:30 pm

"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

FRIENDLY VISITING PROGRAM



BECOME A FRIENDLY VISITOR TODAY

YOU CAN MAKE A DIFFERENCE IN YOUR COMMUNITY!

SEEKING VOLUNTEERS WHO:

- Can provide in-home visits or phone calls to seniors in the community
- Willing to participate in activities such as friendly conversation, playing games, and exploring common interests together
- Are available Monday to Friday
- Are able to designate 1 - 2 hours per week

VOLUNTEER WITH OUR ADULT DAY PROGRAM!



What We Do:
Our Adult Day Program offers a warm and welcoming environment where clients engage in social activities, therapeutic programs, and personalized care plan.

Your Role:
As a volunteer, you'll have the opportunity to brighten someone's day by assisting with activities, providing companionship, and helping with daily tasks and transportation escorts.

Benefits of Volunteering:

- Make meaningful connections with clients and staff
- Contribute to a supportive and caring community

Contact our Volunteer Services team at 416-447-7244 Ext. 635 or volunteerservices@betterlivinghealth.org

Drop-in Caregiver Support Group



Are you providing care for loved one?
Do you feel isolated? You are not alone!

JOIN US AND DISCOVER:

- New ways to problem solve, cope with change & handle challenges
- Benefits of making and taking time for your own well-being
- Comfortable sharing space with other caregivers
- Resources to support you on your caregiving journey

Group: Support Group for Caregivers of Adults 55+

When: Last Wednesday of the month

Meeting Dates for 2024:
April 24th | May 29th | June 26th | July 31st | September 25th | October 30th | November 27th | Friday, December 20th

Meeting Time: 2:00pm - 4:30pm
Where: 1 Overland Drive, Media Lounge
Cost: Free

For registration, please contact Intake
416-447-7244, ext. 541 | www.mybetterliving.ca

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

Circle of Care Sinai Health | LUMA CARE | nylsc | BetterLiving | YEE HONG | CareFirst | NORTH YORK TORONTO HEALTH PARTNERS

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***







BETTER RIDES



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!

BetterLiving

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



Assisted Waste Collection services support seniors 55+ with ensuring that their garbage and recycling bins are brought out to the curb in time for weekly pick up and returning them afterwards. Contact our office to register.

HOME MAINTENANCE AND REPAIR
Home Maintenance Services also provides light home repair and maintenance services.

SERVICE FEES
$30/hour – 1 worker task
$45/hour – 2+ worker task

BetterLiving

416-447-5074 | FOURSEASONS@BETTERLIVINGHEALTH.ORG | MYBETTERLIVING.CA



FOR YOUR MINOR REPAIR AND HOME MAINTENANCE SERVICES

Our services are
- **Window washing *****
- **Curbside pickup**
- **AC installation *****
- **Assembly of furniture *****
- **Holiday decorations**
- **Light bulb, smoke and/or CO alarm changing *****
- **Junk or Donation removal**
- **Minor repair in the house**
- **Gutter cleaning for bungalows**
- **Curtain hanging**
- **Assisted waste collection to and from the curb every week**
- **Lawn care maintenance**

And many more...

Call to book your free assessment
416-447-5074

Competitive rates for seniors

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 accessability.

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PalCare's workshops for the next few months included below, but for more information please visit **www.mypalcare.org**



Introduction To Hospice Palliative Care Training – Zoom

Summer Introduction to Core Concepts 1 - Commences – July 11th – August 29th, 2024

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

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

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.

Dates: May 14th / June 11th / July 9th / August 13th, 2024
Via Zoom from Noon to 12:45

When you register you receive the zoom link to attend.





PalCare presents

Grief and Bereavement

–TRAINING FOR VOLUNTEERS–

May 31st, June 1st and June 8th, 2024

These sessions are open to individuals who are interested in supporting people through their grief journey.

For more information and to register:
www.mypalcare.org/workshops.

DEATH Café



A Death Cafe, is a group directed discussion of death, with no agenda, objectives or themes. It is a discussion group, not a support group or counselling session.

It's a respectful, life affirming, thought provoking conversation about a topic that is often shied away from

Wednesday, July 31st, 2024 | 6:30 pm to 8:30 pm | Via Zoom

For More Information or to register, call: **905-967-0259** or email: **cflynn@myhospice.ca**

Dogne House HOSPICE | Margaret Bahen Hospice for York Region

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 $45 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 SUNDAY JUNE 23rd 2024

Register for #Stroll4Seniors Today!

The warmer weather is here and it's the perfect time to turn your outdoor activities into a fundraiser in support of Better Living Health and Community Services and Better Living at Thompson House.

Funds raised will go towards program funding gaps at the community centre or high areas of need at Thompson House – you choose where to direct your fundraising efforts!



REGISTER TODAY! https://mybetterliving.ca/strollforseniors/
Email events@betterlivinghealth.org or call (416) 447-7244 x846 for any questions or help with registering.



Better Living Charitable Foundation

BETTER LIVING GOLF CLASSIC 2024

The Better Living Golf Classic is returning this year for a great day at Mill Run Golf Club on September 16th, with a scheduled tee time start, exciting on-course contests, and other fun activities for the day.

We need your help to make this event a success. You can golf with your friends or volunteer to support on the day of the event.

To learn more, please visit https://mybetterliving.ca/better-living-golf-classic/
Email events@betterlivinghealth.org or call (416) 447-7244 x846 for any questions or help with registering.



If you would like to make a donation to support Better Living Health and Community Services and Better Living at Thompson House, please visit **www.mybetterliving.ca/support-better-living/** or you can email us at **donations@betterlivinghealth.org** or **call (416) 447-7244 X134.**

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 Spring/Summer 2024

ROOM	MONDAY	TUESDAY
GYM AUDITORIUM	**9:00 am** Morning Motion **10:00 am** Belly Dancing **11:00 am** Line Dancing **12:30 pm** Keep Fit **1:30 pm** Resistance & Balance	**9:00 am** Nordic Pole Walking **10:00 am** Tai Chi Intermediate **11:15 am** Bone Fitness **1:00 pm** Carpet Bowling **3:30 pm** Zumba Gold July 16 Summer BBQ
MEDIA LOUNGE	**June 10th** Legal Rights & Protection **May 13th, 27th, and June 3rd** Downsizing & Retirement Income	**1:00 pm** Movie Afternoons **May 24th** Benefits & Credits **June 4th Brodeaux France**
LOWER STUDIO	**May 13th, June 10th, & July 8th** **Legal Consultations**	**2:30 pm** BINGO **May 21st, June 18th, July 16th, Aug13th** **Foot Care Services Clinic** **May 14th, 21st, & 28th** Brushstrokes
UPPER STUDIO		**May 7th** Little Canada & City Tour **June 11th** Dundurn Castle & RB Gardens Hamilton
ZOOM	**9:30 am** Resistance and Balance **10:30 am** Keep Fit **1:30 pm** Musical Afternoon **3:00 pm** Computer Club (2nd & 4th Mon) **3:00 pm** Strengthen Your Structure*see page 16 for more details	**9:00 am** Strength & Conditioning **11:00 am** French Conversation **10:00 am** Stay Strong **11:30 am** Mandarin Intermediate **1:00 pm** Restorative Pilates **2:00 pm** Spanish Conversation **3:15 pm** Line Dancing
LEGENDS	Day Trips · Free Seminars · Special Events · Specialized Services · Lunch & Learn	



WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
8:30 am Early Riser Yoga **9:30 am** Gentle Yoga **10:45 am** Tai Chi Beginners **12:15 pm** Duplicate Bridge **June 19** Annual General Meeting	**10:00 am** Nia **12:30 pm** Keep Fit **1:30 pm** Resistance & Balance **June 27** Seniors Month Celebration **August 22nd** Summer BBQ	**9:00 am** Keep Fit **10:00 am** Tai-Chi Intermediate **11:15 am** Stay Strong **1:00 pm** Hot Topics **May 10** Mothers' Day Celebration	
	May 30th, Jun 20th, Jul 25th, Aug 15th Dementia Care **May 2nd Empowering Your Hearing Health**	**11:15 am** Falls Prevention **12:15 pm** Breathe Better **1:15 am** Falls Prevention **May 24th** Benefits & Credits	
May 2nd, June 6th, & July 4th Hearing Screening Clinic **1:00pm** Coffee & Games (2nd & 4thWednesday)	**10:30 am** Men's Shed (Hybrid) **1:00 pm** Mah Jong	**1:00 pm** Euchre	
Caregiver Support Group 2nd Wednesday each month	July 11th Niagara Power Station **Aug 13th Port Dover**		
Chair Yoga***see page 21 for more details** Zumba Gold***see page 22 for more details**	**11:00 am** Mindfulness Meditation **11:30 am** Mandarin Beginner Chair Pilates***see page 21 for more details**	**10:00 am** Bone Fitness **11:00 am** TT for Self-Care **1:00 pm** Creative Expression	**SAT** **12:00 pm** Wellness Saturday **SUN** **9:15 am** **Chair Yoga** **10:15am** **Zumba Gold**

General Interests/Lifelong Learning | Health and Wellness | Social Groups/Clubs | Exercise and Falls Prevention

Centre will be closed on Monday May 20th Victoria Day I Monday July 1st Canada Day I and Monday September 2nd.
The centre is closed and no activities will be held.

✓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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SEASONAL MAINTENANCE & BROKERAGE SERVICES

Miscellaneous outdoor tasks.
From April 1 – October 31

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

LAWN & GARDEN CARE SERVICES

Mowing, trimming edges and cleanup of clippings

Seasonal Contract	$132 Per Month
Biweekly Package	$38.50 Per Visit
One Time/As Requested	$43 Per Visit
Emergency Service	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 CENTRE



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

416-447-7244 EXT. 622
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