

BetterLiving

September - December 2025

Registration opens August 13

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FALL
PROGRAM GUIDE







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-  **By Phone: (416) 447-7244 ext. 622**
-  **In-Person: 1 Overland Dr, Toronto**
-  **Monday - Friday, 8:00 am - 5:00 pm**
-  **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.

Refund Policy

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

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



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

- Labor Day – September 1
- Thanksgiving – October 13
- Christmas – December 25
- Boxing Day – December 26

Membership Fees:

- **Individual: \$40.00** per year
- **Family Membership: \$70.00** per year (for members from the same household)

Referral Discount:

Refer a friend who is new to Better Living, and both you and your friend will receive **\$5** off the membership fee.

Membership Validity:

September 1st – August 31st

Population we serve: 55+



SPECIAL OFFER

Early Bird Discount: Save \$5!

Register at least two weeks before the program start date and receive \$5 off. Applies to paid fitness programs only.

***Platinum Pass: Only \$220** for unlimited paid fitness classes per season! The more programs you join, the more you save!

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

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



General Information

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.

Active Living Program Team

Maria Belgrave

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

Cindy Chan

Program Worker
cchan@betterlivinghealth.org | (647) 350-6077

Esperanza Gravesande

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Manager, Active Living Programs
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Caryn Yuz

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

Council Corner

Please meet our members and share your feedback and suggestions regarding your experience with our programming.



2025 Members Council (from front left to right) Leslie O., Enid E., Alan M., Eva B., Sue R., Tom G., and Usha S.

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.



We offer free wifi onsite. Please inquire at the Front Desk for the password.



Volunteer



Specialized Services

VOLUNTEER WITH US

We're looking for help with...

Meals on Wheels

Seeking runners and drivers



Runners

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

Drivers

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

Friendly Visiting Program

Seeking those who can

- Provide in-home visits or phone calls to seniors in your community
- Willing to engage in friendly conversation, explore interests
- Be available Monday to Friday
- Dedicate 1-2 hours per week



Want to sign up?



Contact our Volunteer Services team

(416) 447-7244 Ext. 740 or 747

volunteerservices@betterlivinghealth.org

BALANCE SCREENING & CONSULTATION

Presented by Physiomobility



Wednesday, October 1
12:00pm - 2:00pm

Good balance depends on the eyes, inner ear, muscles, nerves, and brain—issues in any can cause falls and fractures.

Our Balance Screening & Consultation, in partnership with Physiomobility, features a licensed vestibular physiotherapist.

This free 15-minute session includes a general balance screening, a BTrack system assessment to detect impairments, and a discussion of solutions and treatments.

Register now for your complimentary consultation!

FOOT CARE SERVICES

Presented by Spectrum Health



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

Our Foot Care Services, in partnership with Spectrum Health, are provided by certified Foot Care Nurses.

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 10:00am to 4:00pm
- Each appointment slot is 40 minutes long

Payment: Credit/debit to the attending nurse.

Intake Form: Must be submitted one week before the appointment. Available at the front desk or via frontdesk@betterlivinghealth.org.

Upcoming Appointment Dates:

Sept 9 | Oct 7 & 21 | Nov 18 | Dec 2 & 16



Free Seminars

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

Pre-registration Required

EYE EXAM & YOUR VISION

Presented by SpecSavers

**Monday, October 6
10:30am – 11:30am**

Discover how routine eye exams can detect early signs of eye diseases. This session covers the "Big Four"—cataracts, macular degeneration, glaucoma, and diabetes—offering insight into their impact and prevention. Don't miss this chance to learn how to protect your vision!



WHEEL TRANS

Presented by Toronto Transit Commission

**Wednesday, October 22
10:30am – 11:30am**

This presentation will be a quick guide of the ins-and-outs of navigating TTC and Wheel Trans. Topics covered will include gaining independence through self-guided travel, details of how Wheel Trans works, safety concerns, and time for a Q&A period.



ORAL HEALTH

Presented by The Smile Room

**Wednesday, October 8
1:00pm – 2:00pm**

This engaging presentation will focus on the importance of oral health, offering practical tips and valuable insights to keep your smile bright and healthy. In addition to this presentation, you can schedule your appointment on a later date to have your basic dental services done with The Smile Room mobile dental clinic.



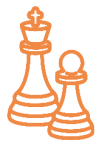
WHAT IS A DEATH DOULA?

Presented by Mollie Coles

**Friday, November 7
12:45pm – 1:45pm**

Learn about the role of community-based death care and end-of-life coach. Discover what a death doula can offer, and how the role fits within a caregiving team. This short seminar offers insight into their role and how they help bring peace and dignity to life's final chapter. All are welcome.





Day Trips

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

ANNIE

Stratford
FESTIVAL
THEATER



Thursday, September 18
Stratford Festival Theatre

Enjoy a day at the Stratford Festival Theatre and experience the magic of Broadway with Annie! Before the show enjoy a fantastic lunch at The Parlour Inn, just a short walk from the theatre. Then, unwind in orchestra seats and take in this timeless musical that has entertained audiences for generations. You won't want to miss this wonderful musical!

Departure: 9:00am from 1 Overland Drive
Return: Approx. 7:30pm to 1 Overland Drive

Fee:

- **Member:** \$204.00 per person
- **Non-member:** \$209.00 per person

Octoberfest



Friday, October 17
Concordia Club - Kitchener

Immerse yourself in authentic food, entertainment, and culture in Concordia — Canada's home of Oktoberfest and the second-largest Oktoberfest destination. Enjoy a buffet lunch with four meats and dishes that are "Schmeckt Gut!" Then, explore the charming village shops in St. Jacobs for gifts, crafts, and antiques. Finally, stop at Picard Peanuts for treats like sponge toffee, brittle, and caramels.

Departure: 9:00am from 1 Overland Drive
Return: Approx. 6:30pm to 1 Overland Drive

Fee:

- **Member:** \$145.00 per person
- **Non-member:** \$150.00 per person

Early Bird by August 29: \$140 for Members Only

IRVING BERLIN'S WHITE CHRISTMAS



Tuesday, November 18
Shaw Festival Theatre

Enjoy a lunch buffet at the historic Prince of Wales Hotel, surrounded by beautiful architecture and artwork. Then, get into the holiday spirit with White Christmas at the Festival Theatre — a festive musical featuring classic songs like "Blue Skies," "Sisters," and the beloved "White Christmas." A joyful seasonal outing you won't want to miss!

Departure: 8:30am from 1 Overland Drive
Return: Approx. 6:00pm to 1 Overland Drive

Fee:

- **Member:** \$194.00 per person
- **Non-member:** \$199.00 per person

Early Bird by September 18: \$189 for Members Only

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. A full refund or credit will be issued if the trip is cancelled due to low registration.



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.

OPEN HOUSE

**Wednesday - Friday,
September 10 - 12**



Get ready for the most exciting week of the year! We're celebrating with a full lineup of free drop-in activities, engaging events, and daily deals. Whether you're looking to try something new, connect with others in the community, or simply take advantage of some great offers, this week has something special for everyone. Come out and experience the fun—you won't want to miss it!

EVERYONE'S AN ARTIST: ART SHOWCASE

10:00am – 12:00pm



Come explore a vibrant collection of artwork created by participants from all our creative art classes and programs. This inspiring exhibit highlights the creativity, passion, and unique talents of our community artists. Come and support your fellow artists as we celebrate their incredible work!

HEALTH, WELLNESS & VOLUNTEER FAIR

**Friday, September 12
11:00am – 3:00pm**

Join Us for the Health, Wellness & Volunteer Fair This September!

Enjoy demos, info sessions, giveaways, and more! Meet local professionals, explore programs, and discover services for healthy aging. **LOOKING TO GIVE BACK?** Learn about volunteer opportunities and how to get involved.

Everyone's welcome—don't miss out!

KOREAN TRADITIONS IN MOTION

**Friday, October 10
1:30pm – 3:00pm**

Experience the grace and energy of Korean culture through a live traditional dance performance by the Masan Korea Dance Association and the Korean Dance Studies Society of Canada, led by award-winning choreographer Mi Young Kim.

Fee: \$15.00

Includes: Stunning Korean dance performances, tasty samples of easy-bite Korean food, 50/50 cash draw, door prize, and a festive social gathering.

CELEBRATION OF DIWALI

Partnered with Toronto Netralya Lions Club (TNLC)

**Tuesday, November 11
1:30pm – 3:30pm**

Join us for a joyful celebration of Diwali, the Festival of Lights! Enjoy an afternoon filled with vibrant music, authentic dishes and sweets, cultural performances, and festive décor as we come together to celebrate light, hope, and community.

Fee: \$25.00 (NM \$30.00)

Includes: Live entertainment and lunch.



HOLIDAY LUNCHEON

**Friday, December 12
12:30pm – 2:30pm**

Celebrate the season with us at our festive Holiday Luncheon! Enjoy a delicious meal, cheerful company, and a joyful atmosphere filled with holiday spirit. Don't miss this heartwarming event!

Fee: \$45.00 (NM \$50.00)

Early Bird by October 31: \$40.00 (Members Only)

Includes: Dinner, live entertainment, 50/50 Cash Draw, and door prize.





Workshops

IN-DEPTH LEARNING - In a limited time! Partake in lifelong learning and strengthen your mind!

LAUGHTER YOGA

Friday, October 10
11:30am - 12:00pm

*Presented by TNO
– The Neighborhood
Organization*

Join us for a fun group activity using guided laughter exercises. Proven to reduce stress hormones and boost endorphins, it promotes relaxation and well-being. No equipment needed, just bring a water bottle and enjoy a stress-free break!

Fee: \$5.00 (NM\$10.00)

TECHNOLOGY EDUCATION AND INSIGHTS WORKSHOP

Wednesday, October 15
1:30pm - 3:00pm

*Presented by
Human Endeavour*

Learn how to use different streaming apps on your device and access a world of entertainment from the comfort of your home. In this workshop you will get started with streaming, learn the benefits for seniors, and get tips for getting the best streaming experience. No tech skills required.

Fee: \$5.00 (NM\$10.00)

CANDLE MAKING

Thursday, October 16
10:00am – 11:30am

Presented by MJ

Fill your space with the warm, cozy scents of fall—pumpkin spice, oatmeal cookie, or vanilla. Learn how to craft these deliciously fragrant candles yourself by signing up for our Candle Making workshop. Create your own seasonal masterpiece and bring the essence of autumn home!

Fee: \$20.00

BECOMING A SUPER SENIOR — LONGEVITY TALK

Tuesday, October 28
1:30pm – 2:30pm

*Presented by
Christine Ibbotson*

Join financial expert, columnist and author Christine Ibbotson for an inspiring and informative presentation on how to live a longer, healthier life and ensure your finances keep up. Come discover how to thrive well into your 90s and beyond and feel confident that our money will last just as long.

Fee: \$5.00 (NM\$10.00)

STILL KICKING AND AGING WELL

Wednesday, November 19
1:00pm – 2:00pm

*Presented by
World Parkinson*

This workshop is a fun and energizing class designed to improve strength, balance, and mobility through safe, low-impact exercises. The instructor will motivate and captivate as she encourages you to move and try something new!

Fee: \$5.00 (NM\$10.00)

SOAP MAKING

Thursday, November 20
10:00am – 11:30am

Presented by MJ

Ignite your senses, try your hand at making your own scented Christmas hand soaps that demonstrates aroma smells like sugar cookie, candy cane or sweet orange. Sign up for the soap making workshop to learn how to make one of these delightful hand soaps.

Fee: \$20.00



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!



Bone Health 101

Presented by Osteoporosis Canada

Bone Health 101 provides a general overview of osteoporosis, including risk factors, how to maintain healthy bones, the role of nutrition and physical activity, and fall prevention strategies. Learn how to reduce your risk of fractures and explore available resources for those living with or at risk for osteoporosis.

Type	Date	Time	Fee
In-person	Tuesday Sept 30	1:00pm - 2:00pm	M - \$15 NM - \$20

Rotator Cuff & Shoulder Pain

Presented by Physiomobility

Join our expert-led presentation on rotator cuff injuries and shoulder pain. Learn causes, treatments, and exercises to improve mobility and reduce discomfort.

Type	Date	Time	Fee
In-person	Wednesday Nov 12	12:00pm - 1:00pm	M - \$15 NM - \$20



MENU

HOT BEVERAGES	COLD BEVERAGES
Coffee	Bottle Water
Tea	Milk
	Perrier
FOOD SELECTIONS	Pop
Salad	Small Juice Box Oasis
Soup	Bottle Juice Oasis
Sandwich	HEALTHY SNACK
Tuna Salad, Egg Salad, Turkey or Ham w/ Cheese	Fresh Fruit Mix
	Healthy Snack Box
SNACK	Granola Bar
Chips	Yogurt/Fruit Cup
Chocolate bar	No added sugar Jell-O
	Rice/Vanilla/Tapioca Pudding

Visit the Better Bistro

Lower Lobby at the Better Living Community Centre

Enjoy our wide variety of food, snacks and refreshments, prepared fresh daily onsite



General Interests/Lifelong Learning

Engaging in lifelong learning provides you with a unique opportunity to expand your learning, redefine your future lifestyle in retirement, and be engaged in what's new in the world today and keep you connected.

*Additional material fee due at first day of class.



Weaving Class*

Instructor: Setayash Najm

Discover the art of weaving in our hands-on class! Learn techniques, get creative and create your own beautiful woven piece to take home. No experience needed.

Type	Date	Time	Fee
In-person	Wednesdays Oct 8 – Nov 26 (8-classes)	2:00pm – 4:00pm	M - \$144.00 NM - \$200.00

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.

Type	Date	Time	Fee
Zoom	Thursdays Sept 18 – Dec 11 (13-weeks)	11:30am – 12:30pm	M - \$98.00 NM - \$137.00



Brushstrokes of Creativity: Watercolor

Instructor: Karen Jendruska

This watercolour class focuses on capturing the serene beauty of a winter scene, offering an introduction to watercolour techniques for those new to the medium or experienced artists seeking a new challenge. Students will create a winter scene which captures the mood of the season. A list of materials will be provided, participants is responsible for bringing your own materials.

Type	Date	Time	Fee
In-person	Mondays Dec 1 & 8 (3-weeks)	2:00pm – 5:00pm	M - \$54.00 NM - \$75.00

Brushstrokes of Creativity: Acrylics

Instructor: Karen Jendruska

The inspiration for this course is the Royal Ontario Museum's past exhibit Nature In Brilliant Colour, the subject for our still life. This class will focus on building foundational skills, colour mixing, brushstrokes and explore creative expression through various techniques. A list of materials will be provided, participants is responsible for bringing your own materials.

Type	Date	Time	Fee
In-person	Mondays Nov 10, 17 & 24 (3-weeks)	2:00pm – 4:00pm	M - \$54.00 NM - \$75.00



Healthy Aging and Wellness Talks

Fee: M – \$5 (NM – \$10) Per Topic



Celiac Disease 101: What You Need to Know

Presented by a Dietitian at Sick Kids

Join us for an informative session on celiac disease, covering its causes, symptoms, and impact on overall health. Learn how celiac is diagnosed and get practical tips for managing it through a gluten-free diet to support your well-being.

Type	Date	Time
In-person	Monday, Oct 20	12:00pm – 1:00pm

All About Parkinson

Presented by World Parkinson

Join us for All About Parkinson’s, an informative seminar presented by World Parkinson’s Program (WPP) covering the causes, symptoms, treatment options, and daily management of Parkinson’s disease. Perfect for those living with Parkinson’s, caregivers, and anyone looking to learn more.

Type	Date	Time
In-person	Thursday, Oct 23	1:00pm – 2:00pm

Fronto Temporal Dementia

Presented by Alzheimer Society of Toronto

Join us for an informative presentation on Fronto temporal Dementia (FTD), a less common form of dementia that affects personality, behavior, and language. Learn about the early signs, progression, and how it differs from other dementias, as well as tips for care and support.

Type	Date	Time
In-person	Tuesday, Nov 4	1:00pm – 2:00pm

Lewy Body Dementia and Parkinson’s Disease

Presented by Alzheimer Society of Toronto

Lewy Body Dementia is one of the most common types of atypical dementia. This session will provide an overview of its causes, symptoms, diagnosis, and progression. Attendees will also learn about available resources and support strategies for individuals living with Lewy Body Dementia and their care partners.

Type	Date	Time
In-person	Tuesday, Nov 11	1:00pm – 2:00pm

Vascular Dementia

Presented by Alzheimer Society of Toronto

Vascular Dementia is the second most common type of dementia after Alzheimer’s disease. This presentation will provide an overview of its causes, symptoms, diagnosis, and progression. Attendees will also learn about available resources and support strategies for individuals living with Vascular Dementia and their care partners.

Type	Date	Time
In-person	Tuesday, Nov 25	1:00pm – 2:00pm



Health and Wellness

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

Early Bird Discount: Save \$5!

Register at least two weeks before the program start date and receive \$5 off. Applies to paid fitness programs only.

LOW INTENSITY

Tai Chi – Beginners

Instructor: Mary Yeung

Learn the ancient Chinese art of Tai Chi at your own pace. This gentle, flowing exercise improves balance, flexibility, posture, and overall well-being while promoting relaxation and mind-body harmony.

Type	Date	Time	Fee
In-person	Wednesdays Sept 17 – Dec 17 (14-classes)	10:30am - 11:30am	M - \$105.00 NM - \$147.00

Gentle Yoga

Instructor: Michelle Girard

This class combines yoga poses, meditation, and breathing exercises while seated or using a chair for support. Improve strength, flexibility, and mental well-being. **Participants must bring their own equipment.**

Type	Date	Time	Fee
In-person	Wednesdays Sept 17 – Nov 19 (10 classes)	9:30am - 10:20am	M - \$75.00 NM - \$105.00
NEW In-person	Thursdays Sept 18 – Nov 20 (10 classes)	8:30am - 9:20am	M - \$75.00 NM - \$105.00

Qi Gong Class

Instructor: Mary Yeung

Qigong is an ancient Chinese healing art combining movement, meditation, and breathing to warm muscles, mobilize joints, and improve circulation. It enhances balance, flexibility, energy, and reduces stress and pain. Suitable for all levels.

Type	Date	Time	Fee
In-person	Fridays Sept 19 – Dec 5 (12 classes)	10:00am - 11:00am	M - \$90.00 NM - \$126.00

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.

Platinum Pass: Only \$220 for unlimited paid fitness classes per season! The more programs you join, the more you save!

MODERATE INTENSITY

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.

Type	Date	Time	Fee
In-person	Wednesdays Sept 17 - Nov 19 (10 classes)	8:30am - 9:20am	M - \$75.00 NM - \$105.00

Strength Training

Instructor: Lorne Opler

Maintain muscle strength and improve daily mobility with this essential strength training class. Using small hand weights and resistance bands, you'll build strength at any age. Open to all abilities, no experience required.

Type	Date	Time	Fee
In-person	Tuesdays Sept 16 - Dec 9 (13 classes)	9:00am - 9:50am	M - \$98.00 NM - \$137.00

Nordic Pole Walking (Outdoor)

Instructor: Lorne Opler

A full-body, low-impact workout that incorporates a fusion between walking and cross-country skiing using poles. Improves strength, balance, and endurance.

Note: Poles required; available for rent or purchase.

Type	Date	Time	Fee
In-person	Tuesdays Sept 16 - Dec 9 (13 classes)	10:00am - 10:50am	M - \$98.00 NM - \$137.00

Line Dancing - Multi-Level

Instructor: Vivian Yoon

Have fun and stay active with ballroom, Latin, and contemporary dance moves. The class adapts to all experience levels.

Type	Date	Time	Fee
In-person	Mondays Sept 15 - Dec 8 (10 classes) <small>No class on: Sept 29, Oct 13 & 20</small>	11:00am - 12:00pm	M - \$75.00 NM - \$105.00

Tai-Chi: Intermediate

Instructor: Mary Yeung

Pre-Requisite: 1+ year of structured Tai Chi experience. Enhance balance, flexibility, and well-being with the gentle movements of Yang-style Tai Chi.

Type	Date	Time	Fee
In-person	Tuesdays Sept 16 - Dec 16 (14 classes)	10:00am - 11:00am	M - \$105.00 NM - \$147.00

Belly Dancing

Instructor: Michele Walks

Have fun and get fit while learning basic steps, shimmies, and hip movements. Improve coordination, balance, and confidence with choreographed routines set to lively music.

Type	Date	Time	Fee
In-person	Mondays Sept 15 - Dec 15 (13 classes) <small>No class on: Oct 13</small>	10:00am - 11:00am	M - \$98.00 NM - \$137.00

Nia

Instructor: Sheilagh McGlynn

A joyful fusion of dance, martial arts, and healing practices that tones the body and uplifts the spirit. Adaptable for all abilities.

Type	Date	Time	Fee
In-person	Thursdays Sept 18 - Nov 20 (10 classes)	9:30am - 10:30am	M - \$75.00 NM - \$105.00

Bone Fitness*

Instructor: Chris Moffett

Help prevent falls and fractures, slow bone loss, build bone density, and improve balance and posture. This class follows Osteoporosis Canada's Guidelines and includes weight-bearing, coordination, agility, balance, and strength training exercises.

Type	Date	Time	Fee
In-person	Tuesdays Sept 23 - Dec 16 (13 classes)	11:15am - 12:15pm	M - \$98.00 NM - \$137.00
Zoom	Fridays Sept 26 - Dec 12 (12 classes)	10:00am - 11:00am	M - \$90.00 NM - \$126.00

HIGH INTENSITY

Stay Strong*

Instructor: Chris Moffett

Boost stamina with moderate-to-vigorous cardio activity and improve balance, strength, and flexibility with targeted exercises.

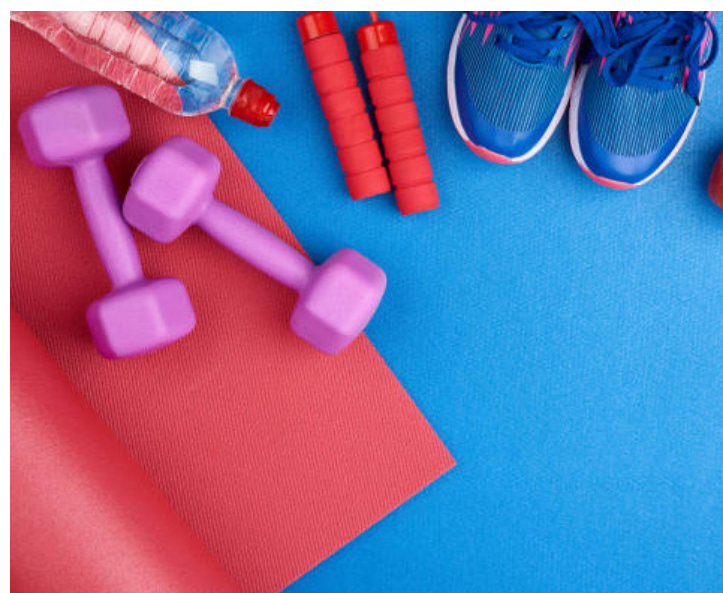
Type	Date	Time	Fee
In-person	Fridays Sept 26 - Dec 5 (11 classes)	11:15am - 12:15pm	M - \$83.00 NM - \$116.00
Zoom	Tuesdays Sept 23 - Dec 16 (13 classes)	10:00am - 11:00am	M - \$98.00 NM - \$137.00

New Circuit Training with Cardio Boxing*

Instructor: Chris Moffett

Build strength endurance, cardio, and agility in this 45-minute circuit training class, featuring boxing and calisthenics-based cardio mixed with resistance exercises using body weight, resistance band, dumbbells, and balls. Each exercise is 45 seconds followed by 15 seconds recovery with no choreography or complex movements. Ideal for those who want to exercise efficiently but still challenge themselves in a whole body workout.

Type	Date	Time	Fee
In-person	Tuesdays Sept 23 - Dec 16 (12 classes) <small>No class on: Nov 11</small>	12:30pm - 1:15pm	M - \$90.00 NM - \$126.00



*Note: Bring a resistance band or purchase one at the centre. Hand weights are provided. A PAR-Q+ form is required to be completed once a year before starting this class and if advised by the form, a PARmedX as well. These are available on-line or at the front desk. Please return completed forms (or email a scan/photo a copy to front desk. If you enrol in more than one of Chris' classes (in-person or Zoom), only one PAR-Q+ is required per person per year. Zoom participants must have their computer camera on so that they are visible to the instructor.



Social Groups/Clubs

Members Only! Just \$2 Per Visit! Enjoy the convenience of an Activity Card — get 12 pre-paid visits for just \$20 at the Front Desk!

Upgrade to a Gold Pass and unlock greater access to programs and activities!

GROUPS AND CLUBS

French Conversation

Led by: Rosea Lonsdale

Bonjour! Looking for an opportunity to practice speaking French? Join us for engaging French conversation in a relaxed group setting. This is not a formal language class, so some basic French skills are recommended.

Type	Date	Time
Zoom	Tuesdays	11:00am - 12:30pm

Spanish Conversation

Led by: Cheryl Garcia

Hola amigo! Join us for a fun and relaxed introduction to Spanish. Learn simple words and phrases, and get comfortable understanding basic conversations. No prior knowledge needed — everyone is welcome!

Type	Date	Time
Zoom	Tuesdays	2:00pm - 3:00pm

Computer Club

Led by: Paul Fong

Get comfy with computers! Learn the basics, troubleshoot issues, and share your tech knowledge. Each meeting features member Q&A, interesting finds, and discussions on relevant topics. Beginners & experts welcome!

Type	Date	Time
Zoom	2nd & 4th Tuesdays	3:00pm - 4:00pm

Men's Shed

Led by: Alan Morrison

Need a place to connect, chat, and unwind? Men's Shed offers a welcoming space where men can talk openly, share experiences, and support one another through life's ups and downs. Whether you're looking to listen, learn, or simply be part of a community — you're welcome here. Membership required to join.

Type	Date	Time
Hybrid	Thursdays	10:30am

Documentary Club

Explore the world through thought-provoking documentaries on real-life topics! Specific film titles & discussion dates revealed 2 weeks before each meeting.

Type	Date	Time
Zoom	Tuesdays Oct 7, Nov 4, Dec 9	1:30pm

GOLD PASS

Zoom-Only: \$50 per year for unlimited participation in online groups/clubs.

Zoom and In-Person: \$100 per year for unlimited participation in both online and in-person groups/clubs.

Musical Afternoon

Led by: Steve O'Brien

This group is for music lovers! Discuss musical movies online after watching them. Connect with fellow fans and enjoy the music. The meeting link will be emailed to you.

Type	Date/Film	Time
Zoom	<ul style="list-style-type: none"> Sept 29: 'Summer Stock' starring Gene Kelly, Judy Garland. Oct 27: 'Saturday Night Fever' starring John Travolta, Karen Lynn Gorney, Barry Miller. Nov 24: 'Fame' starring Irene Cara, Eddie Barth. Dec 22: 'The Band Wagon' starring Fred Astaire, Cyd Charisse. (And appropriate seasonal music video clips.) 	1:30pm

ZOOM SOCIAL GROUPS/CLUBS FEE

Group/Clubs	Fee	Validation Period
French Conversation	\$20	Seasonal
Spanish Conversation		
Men's Shed		
Computer Club	\$20	Annual
Musical Afternoon	\$15	
Book Club	\$15	
Documentary Club	\$10	

Please note:

- Seasonal periods are based on the Program Guide publications.
- Annual refers to fees aligned with the membership year
- Fees are non-refundable.
- No prorated refunds will be issued for late registration.
- No credit will be provided for cancelled meetings.
- Participants who join multiple Zoom groups/clubs must pay the applicable fee for each group unless they have purchased a Gold Pass.

Books and Beyond: Book Club

Join the Book Club this fall to explore intriguing and controversial themes through various media.

Type	Date	Time
Hybrid	<ul style="list-style-type: none"> • Sept 25 – The Relatives by Camilla Gibb • Oct 23 – My Name is Lucy Barton by Elizabeth Strout • Nov 27 – Do Not Say We Have Nothing by Madeleine Thien • Dec 18 – The Grey Wolf by Louise Penny 	Thursdays 1:30pm

Movie Tuesdays

Sit back, relax with friends while enjoying some classics and new releases in our media lounge! Ask the front desk in advance to find out what's playing!

Type	Date/Titles	Time
In-person	Featuring films made in Canada: <ul style="list-style-type: none"> • Women Talking - Sept 23 • Peace By Chocolate - Oct 24 • Limbo 2021 - Nov 28 • Bones of Crow 2023 - Dec 19 	1:00pm

Hot Topics

Engage in lively discussions about trending issues, current events, and social challenges. Share diverse perspectives and explore new ideas in an open environment aimed to provide deeper understanding of the global village.

Type	Date	Time
In-person	Fridays	1:00pm - 3:00pm

Social Walking Group

Join us for a fun and friendly Social Walk, perfect for all fitness levels! Enjoy the benefits of walking while connecting with others in the community. Walking poles are available for added support and can be rented from the centre if required.

Type	Date	Time
In-person	Fridays Sept 19 - Nov 21	10:30am - 11:30am

Beading

Led by: Kimberly Lawrence

Discover the joy of beading in our hands-on class! Create your own one-of-a-kind jewelry pieces—bracelets, necklaces, and more—while learning fun and creative techniques. Additional material fee of \$13.00.

Type	Date	Time
In-person	Tuesdays Sept 23 - Dec 16	2:00pm - 4:00pm

TABLE GAMES & CARDS

Board Games & Coffee

Led by: Susan Evans

Join our Coffee Social where you can enjoy fun board games such as Rummy Q, Scrabble, and Backgammon. You're welcome to bring your own board games to use and share amongst the friendly gatherings.

Type	Date	Time
In-person	2nd and 4th Wednesdays	10:30am - 12:00pm

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!

Type	Date	Time	Fee
In-person	Wednesdays	12:15pm	\$4 & Over 90, \$2

Ping Pong and Darts

Join us for a delightful afternoon of ping pong and darts! It's a perfect opportunity to enjoy light exercise, friendly competition, and good company. Everyone is welcome, so bring your friends and let's have some fun!

Type	Date	Time
In-person	Thursdays	2:30pm

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.

Type	Date	Time
In-person	Tuesdays	1:00pm

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.

Type	Date	Time
In-person	Fridays	1:00pm

Mah Jong

Led by: Enid Edwards

Join us for this ancient Chinese tile game! Learn the basics, compete, and form winning sets—first to finish wins! Beginners welcome.

Type	Date	Time
In-person	Thursdays	1:00pm



Exercise and Falls Prevention

Pre-registration Required

Please Note:

- This is NOT a Drop-In session and valid membership 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.
- Required registration process
- 65+ MUST complete a brief telephone assessment by the Ontario Health atHome (OHaH) at 416-222-2241 ext. 6444 prior to starting the program and complete the Better Living registration form.

LOW INTENSITY

Falls Prevention

Led by: Denis X.

Our 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.

Type	Date	Time
In-person	Fridays Sept 5 - Dec 19 <small>No class on: Sept 12 & Oct 10</small>	12:30pm - 1:15pm
In-person	Fridays Sept 5 - Dec 19 <small>No class on: Sept 12 and Oct 10</small>	1:30pm - 2:15pm



Mindfulness Meditation

Led by: Shirley W.

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

Type	Date	Time
Zoom	Thursdays Sept 4 - Dec 18	11:00am - 11:30am

Therapeutic Touch (TT) Works for Self-Care

Led by: Paula N.

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.

Type	Date	Time
Zoom	Fridays Sept 5 - Dec 19	11:00am - 12:00pm

Morning Motion

Led by: Michele W.

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

Type	Date	Time
In-person	Mondays Sept 8 - Dec 15	9:00am - 9:45am

LOW-MODERATE INTENSITY

Resistance and Balance

Led by: Nagar G. (In-person) & Shereen A. (Zoom)

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.

Type	Date	Time
In-person	Mondays Sept 8 - Dec 15	1:30pm - 2:15pm
	Thursdays Sept 4 - Dec 18	1:30pm - 2:15pm
Zoom	Mondays Sept 8 - Dec 15	9:30am - 10:15am

Keep Fit

Led by: Nagar G. (In-person), Shereen A. (Zoom) & Adriana Z. (Zoom)

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.

Type	Date	Time
In-person	Mondays Sept 8 - Dec 15	12:30pm - 1:15pm
	Thursdays Sept 4 - Dec 18	12:30pm - 1:15pm
	Fridays Sept 5 - Dec 19	9:00am - 9:45am
Zoom	Mondays Sept 8 - Dec 15	10:30am - 11:15am
	Wednesdays Sept 3 - Dec 17	1:00pm - 1:45pm

Chair Yoga

Led by: Lupita R.

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.

Type	Date	Time
Zoom	Wednesdays Sept 3 - Dec 17	5:30pm - 6:15pm
	Sundays Sept 7 - Dec 14	9:15am - 10am

Chair Pilates

Led by: Lupita R.

Pilates at Better Living offers a low-impact workout focused on core strength, flexibility, and body awareness. Led by Lupita, the class combines precise movements and controlled breathing to improve posture and fitness. Suitable for all fitness levels, with options for sitting and standing.

Type	Date	Time
Zoom	Thursdays Sept 4 - Dec 18	4:30pm - 5:15pm

Strengthen Your Structure

Led by: Lupita R.

A gentle standing workout focusing on posture, alignment, strength, and balance.

Type	Date	Time
Zoom	Mondays Sept 8 - Dec 15	4:30pm - 5:15pm
Zoom	Fridays Sept 5 - Dec 19	4:30pm - 5:15pm

Strength & Conditioning

Led by: Adriana Z.

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.

Type	Day	Time
Zoom	Tuesdays Sept 2 - Dec 16	9:00am - 9:45am
Zoom	Wednesdays Sept 3 - Dec 17	12:00pm - 12:45pm

Zumba Gold

Led by: Shereen A. (In-person) & Lupita R. (Zoom)

Zumba Gold is a Latin-inspired dance aerobics class designed for mature adults. Enjoy upbeat music and easy-to-follow moves that help improve muscle tone, energy, focus, and balance. It can support weight management, reduce anxiety, and boost those feel-good endorphins.

Type	Date	Time
In-person	Tuesdays Sept 2 - Dec 16	3:30pm - 4:15pm
Zoom	Tuesdays Sept 2 - Dec 16	4:30pm - 5:15pm
	Sundays Sept 7 - Dec 14	10:15am - 11:00am

NOVEMBER IS FALLS PREVENTION MONTH

Stay Safe, Stay Active

Join us this November for Falls Prevention Month, a time to raise awareness about the risks of falls and how to prevent them. Falls are a leading cause of injury, especially among older adults, but many can be prevented with the right knowledge and tools. Our month-long series of events will provide valuable information, resources, and activities to help prevent the risks of falls.

*Let's work together to prevent falls.
Details and dates to come.*



Personalized Services

Our Social Work team provides compassionate, professional support to older adults, adults with disabilities, and their caregivers. We are here to help you navigate care options, access services, and maintain your well-being and independence in the community.

1:1 Caregiver Counselling:

Personalized emotional support, guidance, and problem-solving to help you manage stress, transitions, and care responsibilities.

Drop-in Caregiver Support Group:

Join other caregivers in a safe, supportive space to share experiences, gain coping strategies and navigate the challenges of caring for a senior 55+.

8-Week Family Caregiver Support Group:

Join an 8-weeks psychoeducational support group for caregivers. Each weekly session focuses on a different topic, while offering emotional support, practical tools, and the opportunity to connect with others, who understand the unique challenges of caregiving.

Bi-Monthly Educational Series:

The Social Work Department offers a Bi-Monthly Educational Series that promote skill building, access to resources, and opportunity to enhance your wellbeing. See the Fall 2025 topics below:

Title	Date	Time
Tenant's Rights by Don Valley Community Legal Services	September 2025	TBA
Services with Ontario Health at Home	November 2025	TBA

To learn more or register for support groups and events, contact Intake at 416-447-7244 ext. 541.



PalCare has provided palliative care education for over 35 years to allied health professionals, PSW's and volunteers, and is funded in part by the Ontario Health. PalCare delivers over 100 education sessions annually in palliative care, caregiver support, self-care/wellness and grief & bereavement. PalCare has welcomed many participants from across the province through our interactive workshops.

Fall programs include: Grief & Bereavement Training, Core 1: Intro to Hospice Palliative Care Training, Braiding Sweetgrass Workshop, Understanding Dementia Information Session, Let's Talk About Medical Assistance in Dying (MAiD) and Join the Conversation.



Visit www.mypalcare.org to learn more and sign up for our newsletter!

Hospice Community Programs

Bereavement Support:

1:1 one-hour appointments in a safe and supportive environment for people coping with illness or loss of a family member or friend. These sessions can be in person or over the phone.

Culinary Grief Group:

This program offers bereaved individuals a supportive, small group setting where trained staff and volunteers provide comfort food through shared meals, guided by hospice staff.

Location	Date	Time
5 Deauville Ln	Tuesdays March to December	12:00pm to 2:00pm

Adult Grief Book Club:

This support group meets once a month to discuss a particular grief book.


Location	Date	Time
5 Deauville Ln	Fridays (once a month) April to December	10:30am to 11:30am


Memory Bears:

This year-round program turns a loved one's clothing into a custom keepsake teddy bear. A minimum \$45 donation per bear helps cover material costs.

Please register with Paige at pbrooker@myhospice.ca or call for more information 437-616-6694

	Seasonal Outdoor Maintenance 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

	Assisted Waste Collection	
	Service Fee	\$55.00 Per Month
	1 worker task	\$30.00 Per Hour
	2+ worker task	\$45.00 Per Hour

Best Handyman	
Maintenance, Installation, Cleaning, Decorating, Repairs, and More!	



Call 416-447-5074 or email fourseasons@betterlivinghealth.org

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

An enchanting event is coming to Better Living...

Thursday, November 13, 7–9 pm

Stay tuned as details are revealed.

Join our event mailing list, contact us at events@betterlivinghealth.org



SUPPORT BETTER LIVING



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 ext.134.



Monday - Friday
8:00 am to 5:00 pm

 1 Overland Drive

 (416) 447-7244 Ext. 622

 frontdesk@betterlivinghealth.org

 www.mybetterliving.ca