

BetterLiving

January - April 2026

Registration Opens December 8

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WINTER
PROGRAM GUIDE





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Centre Closure Dates

Please note there will be no classes or activities on the following dates.

- New Year – January 1
- Family Day – February 16
- Good Friday – April 3

Centre Information

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 1 – August 31

Population we serve: 55+

Program guide Publication Cycles:

We organize our offerings into three main seasonal guides, published to cover the following months:

- **Winter:** January – April
- **Spring/Summer:** May – August
- **Fall:** September – December

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 refunds must be issued to the same credit card.
3. For cheque or cash payments, credit will be issued.
4. Refunds will be prorated based on the number of scheduled classes that have occurred by the date the written request is received.

Credit Policy

1. Credit will be prorated to reflect the number of scheduled classes that have occurred by the date the written request was received.
2. Credit does not expire. Credits are not redeemable for cash and are not transferable.
3. Credit can be put towards any Centre activities and Membership Fees.

Wait-list

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.



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

Sandra Rodriguez

Coordinator, Life Enrichment and Wellness
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Serena Kim

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

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.



2026 Members Council (from front left to right)
Leslie O., Enid E., Alan M., Eva B., Sue R., Tom G., and Usha S.

INCLEMENT WEATHER

In the event of severe weather, we will announce program cancellations or Centre closures. Please call us before traveling to confirm your class status. Please note there may be phone delays due to high call volume. Your safety is our priority.





Community Partnerships

BRAIN HEALTH

Provided by Baycrest Academy for Research and Education (BARE)

Thursday, January 22
12:30pm – 1:30pm
2:00pm – 3:00pm

This workshop gives older adults the chance to learn about their brain through a short individual assessment completed on a laptop. The assessment takes about 15 to 30 minutes. Afterward, a trained team member will review your results, answer questions, and provide tips based on the latest research on memory and aging.

Note: Participants must be 50 to 94 years of age, have basic computer skills (typing, using a mouse, navigating a website), and be able to read and speak English.



FOOT CARE SERVICES

Provided by certified Foot Care Nurses in partnership with Spectrum Health.

Tuesdays
Jan 13 | Feb 10, 24 | Mar 24 | Apr 14, 28
10:00am – 4:00pm

Each appointment is 40 minutes and includes:

- Skin conditions such as dryness, calluses and corns
- Grooming such as toenail cleaning, filing and trimming
- Ongoing skin and toenail maintenance

Fees: Initial visit: \$80.00 | Follow up visits: \$65.00

Payment: Credit/debit to the attending nurse.

Intake Form:

Must be submitted one week before the appointment. Available at the front desk or by email at frontdesk@betterlivinghealth.org



HEAR YOUR BEST, EVERYDAY - HEARING CLINIC

Provided by Canadian Hearing Services

Wednesday, February 18
10:00am – 4:00pm

Book your complimentary regular hearing check, along with expert cleaning and servicing of your hearing aids. These services are quick, simple, and essential for clear and comfortable hearing.

Note: Please remember to bring your Health Card to your appointment.



FREE INCOME TAX CLINIC

Tuesdays
Mar 17, 24, 31 | Apr 7, 14, 21, 28
9:00am – 12:30pm

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

Tax Clinic Service Limitation:

- Seniors who are 55 years and over, and filing for the year 2025 only
- Individuals with an annual income of less than \$30,000 for a single person, or less than \$40,000 for a couple





Free Seminars

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

ADVANCE CARE PLANNING: CONVERSATION FOR CONFIDENT TOMORROWS

Presented by Suzanne Uzendowsky (Advance Care Planning Regional Champion/MSW, RSW)

Thursday, January 29
1:00pm – 2:00pm

Are you a Substitute Decision Maker for your loved one and unsure of what to do? Learn what to expect as health needs change, how to ensure care reflects their wishes, and gain helpful insights on Advance Care Planning from experienced health professionals.

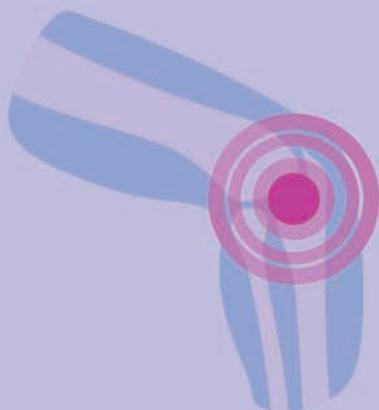


ARTHRITIS WORKSHOP

Presented by Flemingdon Health Centre

Thursday, April 16
10:00am – 11:00am

Discover effective ways to manage arthritis, ease pain, move with greater comfort, and keep your joints healthy for an active lifestyle. Explore simple stretches, joint friendly activities, and everyday tips that help you stay active, confident, and in control of your health.



POSTURE IMPROVEMENT

Presented by Flemingdon Health Centre

Thursday, April 23
10:00am – 11:00am

Learn about the fundamentals of healthy posture and gain practical insights on how to improve alignment, comfort, and overall well-being. Discover simple yet effective techniques that can be easily incorporated into your daily routine to enhance posture and help prevent discomfort.





Day Trips

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



AFTERNOON AT THE MOVIES

Outing in March (Details to be confirmed)

Join us for a fun afternoon at VIP Cineplex at Shops on Don Mills to enjoy the latest film together. It is a great opportunity to relax, share a few laughs, and connect with others in a friendly and social setting.

Each participant covers their own admission and snacks, but the shared experience makes it all the more enjoyable.

Meet-up Location:
12 Marie Labatte Rd
Shops on Don Mills



NIAGARA FALLSVIEW CASINO

Thursday, April 30 Niagara Falls Casino

Try your luck at Fallsview Casino with thousands of slots, video poker, progressive machines, and classic table games. Whether you enjoy gaming or just want a fun day out, a great casino experience is waiting.

Departure: 8:15 am from 1 Overland Drive
Return: Approx. 5:00 pm at 1 Overland Drive

Fee: \$50.00 (NM\$55.00)

Inclusions:

- Round trip transportation on a deluxe coach
- Five hour visit to Fallsview Casino
- \$35.00 in slot credits

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.

WINTER WARM-UP!

Tuesday, January 20
11:00am - 12:30pm

Warm up with our **Cozy Soup Gathering!** Shake off the winter chill and enjoy a comforting bowl of soup surrounded by friendly faces and good conversation.

Includes: Featured Soup of the day and more plus a Fun game of Bingo with a twist.

Fee: \$15.00 (NM\$20.00)



VIVA LA FIESTA

Friday, March 27
1:00pm - 3:00pm

Spice up your day with a lively Mexican celebration! Enjoy vibrant flavours, energetic music, and festive dancing. Bring your appetite and your dancing shoes. Viva la Fiesta!

Includes: Tacos, a selection of additional treats, and festive entertainment.

Fee: \$25.00 (NM\$30.00)



FETTUCCINE & FRIENDS

Friday, February 27
1:00pm - 3:00pm

An afternoon filled with **Italian flavour!** Savour a delicious dish, share laughter, and experience a taste of la dolce vita right in our community. Come hungry and leave smiling!

Includes: Fresh Pasta and lively Italian-themed entertainment.

Fee: \$25.00 (NM\$30.00)



APRIL SPRING TEA

Thursday, April 16
11:00am - 12:30pm

Celebrate Springtime at our April Spring Tea gathering! Enjoy light refreshments, friendly conversation, in a relaxed social gathering, welcoming the season of renewal.

Includes: Sandwiches complimented with pastries, coffee, and tea. We will have a lively game of Bingo with a special theme of the season.

Fee: \$15.00 (NM\$20.00)





Workshops

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

LIFE IN THE BLUE

Presented by *Mosaic*

Tuesday, February 10
12:00pm – 1:30pm

Join us for a dynamic and engaging presentation that takes you on a journey around the world to explore the foods, cultures, and lifestyles of regions known for having the longest-living and healthiest populations.

Fee: \$5.00 (NM\$10.00)

STORY AS MEDICINE: MOVEMENT, VOICE & CONNECTION

Presented by *Auset Rose, Somatic Storytelling Guide*

Tuesday, March 10
2:00pm – 3:00pm

Where movement and storytelling inspire memory, creativity, and connection. Guided movement and playful vocal work help participants reconnect with their body and share stories that honour moments.

Fee: \$5.00 (NM\$10.00)

IF THE SHOE FITS - EXHIBITION

Presented by *Bata Shoe Museum*

Wednesday, February 18
1:30pm – 3:00pm

This event is jam-packed with activities, including a one-hour presentation featuring footwear from the Museum's collection, a hands-on opportunity to explore and handle shoes from around the world, and a fun craft activity where you'll design and decorate your own mini shoe ornament.

Fee: \$25.00 (NM\$30.00)



EXPLORE THE ASIAN ART

Presented by *Toronto Asian Art Museum*

Friday, March 20
10:00am – 12:00pm

Experience the beauty and depth of Chinese history as the museum showcases a remarkable collection of artifacts spanning 4,000 years. Take part in the Chinese painting and calligraphy interactive workshop, which highlights the rich traditions and cultural heritage of China.

Fee: \$5.00 (NM\$10.00)

FLORAL ARRANGEMENT

Presented by *Loft Leaside*

Wednesday, April 15
2:00pm – 4:00pm at 93 Laird Drive

Join us at Longo's Leaside for a Floral Workshop and create your own arrangement to take home. A simple and fun hands on session. Spots are limited, reserve today.

Fee: \$45.00 (NM\$50.00)

Transportation is not included.



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!



HOW MANY STEPS PROTECT YOUR BRAIN?

Presented by Lorne Opler

Monday, February 9
1:30pm - 2:30pm

Forget the 10,000-step myth. In this engaging session, discover what the latest science reveals about the real number of daily steps that can reduce Alzheimer's risk and support long-term brain health. We'll debunk common misconceptions and share simple, practical ways to add more movement to your day.

Fee: \$15.00 (NM\$20.00)



A FOOT CARE JOURNEY

Presented by Spectrum Health

Thursday, March 26
11:00am - 12:00pm

Step into the world of foot care! Learn about common foot and lower limb conditions, how to keep your feet healthy, and the top issues our specialized nurses treat daily. Get hands-on tips, see the tools of the trade, and meet our demo duo—Jack (who skipped self-care) and Lola (your foot health inspiration)!

Fee: \$15.00 (NM\$20.00)



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.



NEW Traditional Chinese Handcrafts

Led by: Toronto Asian Art Museum

Join us in creating necklaces, bracelets, or home decorations using Chinese knots, while also sharing the cultural significance behind each design.

Type	Date	Time	Fee
In-person	Series 1: Jan 19, Feb 2, 17 and Mar 2 (4-classes)	12:00pm – 2:00pm	M - \$30.00 NM - \$50.00
In-person	Series 2: Mar 16, 30, Apr 13 and 27 (4-classes)	12:00pm – 2:00pm	M - \$30.00 NM - \$50.00



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 - just bring your enthusiasm!

Type	Date	Time	Fee
In-person	Series 1 Wednesdays Feb 4 – Feb 25 (4-classes)	2:00pm – 4:00pm	M - \$72.00 NM - \$100.00
In-person	Series 2 Wednesdays Mar 4 – Mar 25 (4-classes)	2:00pm – 4:00pm	M - \$72.00 NM - \$100.00

Beading

Led by: Kimberly Lawrence

Discover the joy of beading in our hands-on class! Create your own one-of-a-kind jewellery pieces—bracelets, necklaces, and more—while learning fun and creative techniques. Material fee of \$15.00 per person.

Type	Date	Time
In-person	Tuesdays	2:00pm - 4:00pm

Brushstrokes of Creativity: Acrylics

Instructor: Karen Jendruska

Explore acrylic painting as you create a charming still life featuring a coffee mug or teacup. Learn the basics of composition, colour mixing, and creative expression. Beginner and intermediate welcome. A materials list will be provided; participants are responsible for acquiring the items.

Type	Date	Time	Fee
In-person	Mondays Feb 23, Mar 9 & 23 (3-classes)	2:00pm – 4:00pm	M - \$54.00 NM - \$75.00

Brushstrokes of Creativity: Watercolour

Instructor: Karen Jendruska

Celebrate the fresh energy of spring through watercolour as you paint a vibrant seasonal still life. Learn essential techniques or refine your skills in this welcoming class. A materials list will be provided; participants are responsible for acquiring the items.

Type	Date	Time	Fee
In-person	Mondays Apr 6, 13 & 20 (3-classes)	2:00pm – 4:00pm	M - \$54.00 NM - \$75.00

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 Jan 15 - April 23 (15-classes)	11:30am – 12:30pm	M - \$113.00 NM - \$158.00

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, Jan 12	1:30pm – 2:30pm

Pain, Sleep & More: How Medical Cannabis Can Help

Presented by Apollo Cannabis

Explore how medical cannabis may help manage chronic pain, improve sleep, and reduce anxiety. Learn how it works, how to access it in Canada, and the different product options available. We'll also discuss side effects, safety tips, and answer your questions live. Discover if medical cannabis could support your health.

Type	Date	Time
In-person	Thursday, Mar 2	2:00pm – 3:00pm

Hearing Loss and Hearing Support

Presented by Canadian Hearing Services

As we age, our bodies go through many changes — and hearing is no exception. Hearing loss is one of the most common yet often overlooked aspects of aging. Join this informative presentation to gain a better understanding of your hearing health and learn practical ways to care for it.

Type	Date	Time
In-person	Thursday, Feb 5	11:00am – 12:00pm



Discover More Services at Better Living



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

SEASONAL OUTDOOR MAINTENANCE FROM NOVEMBER - MARCH

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

Save 25% on all handyman services from November - March.
Maintenance, Installation, Cleaning, Decorating,
Repairs, and More!

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**



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



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

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

SOCIAL WORK

Stay engaged, connected, and supported this winter with our Social Work Department's programs designed to promote safety, learning, and social connection.

Bi-Monthly Educational Series:

Join us for our Bi-Monthly Educational Series, where each session focuses on building practical skills, discovering community resources, and enhancing your overall well-being.

Location	Topic	Date
1 Overland Drive	“Hope for the best, plan for the rest” – presentation on Advance Care Planning	Jan 2026
1 Overland Drive	“Caregiving for Older Adults Age 55+” – presentation by Ontario Caregiver Organization	Mar 2026

Wellness Check Program:

Supportive phone conversations that focus on emotional well-being, social connection, and access to helpful resources. These calls provide meaningful conversation, guidance, and support to help older adults feel connected and cared for.

Security Check Program:

Feel safer and more connected this winter with our Security Check Program. We offer regular phone calls to older adults who may be at higher risk or living alone, providing a friendly voice and peace of mind for clients and caregivers.

Socialize and Learn Together (SALT) – Conversation Group for Older Adults 55+

Connect, share, and learn with others in a warm and friendly setting. Each week features a new topic, engaging discussions, and opportunities to exchange experiences and ideas. Transportation is available upon request.

Location	Date	Time
1 Overland Drive	Weekly on Wednesdays from Feb 4 th 2026 to Mar 25 th 2026	1:00PM – 2:30PM



To learn more or register for Social Work programs, please contact Intake at 416-447-7244 ext. 541.

COMMUNITY HOSPICE 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 once a month Jan 20, Feb 24, Mar 24, Apr 21, May 19, Jun 23	11:30am - 2:00pm

Hospice Case Management:

Receive individualized support if you or someone you care for is living with a life limiting illness. This includes guidance, emotional support, wellness and complementary therapy, and help navigating community resources.

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.



To learn more or register for support groups, contact Paige at pbrooker@myhospice.ca or call 437 616 6694.



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 when you register at least two weeks before the program start date.

This discount 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.

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 Jan 7 - Apr 22 (16-classes)	10:30am - 11:30am	M - \$120.00 NM - \$168.00

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 Jan 14 - Apr 22 (15 classes)	9:30am - 10:20am	M - \$113.00 NM - \$158.00
In-person	Thursdays Jan 15 - Apr 23 (15 classes)	8:30am - 9:20am	M - \$113.00 NM - \$158.00

Qi Gong Class

Instructor: Mary Yeung

Qi gong 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 Jan 9 - Apr 24 (15 classes) <small>No class on: Apr 3</small>	10:00am - 11:00am	M - \$113.00 NM - \$158.00

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 Jan 14 - Apr 22 (15 classes)	8:30am - 9:20am	M - \$113.00 NM - \$158.00

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 Jan 6 - Apr 28 (17 classes)	9:00am - 9:50am	M - \$128.00 NM - \$179.00
In-person	Thursday Jan 8 - Apr 30 (17 classes)	9:30am - 10:15am	M - \$128.00 NM - \$179.00

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 Jan 5 - Apr 13 (14 classes) <small>No class on: Feb 16</small>	11:00am - 12:00pm	M - \$105.00 NM - \$147.00



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.

Tai-Chi: Intermediate

Instructor: Mary Yeung

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

Type	Date	Time	Fee
In-person	Tuesdays Jan 6 - Apr 21 (16-classes)	10:00am - 11:00am	M - \$120.00 NM - \$168.00

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 Jan 6 - Apr 28 (14 classes) No class on: Feb 10, 24 & Mar 3	11:15am - 12:15pm	M - \$105.00 NM - \$147.00
Zoom	Fridays Jan 9 - Apr 24 (14 classes) No class on: Feb 27 & Apr 3	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 Jan 5 - Apr 27 (16 classes) No class on: Feb 16	10:00am - 10:50am	M - \$120.00 NM - \$168.00



*Please Note: Zoom participants must have their computer camera on so that they are visible to the instructor.

Bring your own resistance band or purchase one at the centre. Hand weights are provided.

PAR-Q+ and PARmedX (if required) forms must be completed once a year before starting classes by Chris Moffett. These forms are available online or at the front desk. Please return completed forms by email, or to the front desk.

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 Jan 9 - Apr 24 (14 classes) No class on: Feb 27 & Apr 3	11:15am - 12:15pm	M - \$105.00 NM - \$147.00
Zoom	Tuesdays Jan 6 - Apr 28 (15 classes) No class on: Feb 24 & Mar 3	10:00am - 11:00am	M - \$113.00 NM - \$158.00



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 exercise 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 Jan 6 - Apr 28 (14 classes) No class on: Feb 10, 24 & Mar 3	12:30pm - 1:15pm	M - \$105.00 NM - \$147.00



Social Groups/Clubs

Members Only: Pay only \$2 per visit.

You can also save more with an Activity Card. Get 12 pre paid visits for \$20 at the Front Desk.

GROUPS AND CLUBS

NEW Photography Club

Led by: Ibrahim Meru

Learn the fundamentals of photography, from understanding exposure, camera settings, and lenses to mastering composition, framing, and flash. This course focuses on DSLR cameras and includes tips on choosing the right equipment.

Type	Date	Time
In-person	Thursdays Starting February 5 No class on: Apr 16	11:00am - 12:30pm

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 basics, troubleshoot issues, and share tech knowledge. Each meeting includes member Q&A, interesting finds, and discussions on relevant topics. Beginners and experts welcome.

Type	Date	Time
Zoom	2nd & 4th Tuesdays No class on: Jan 13	2:00pm - 3:00pm

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

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"> • Jan 26: "Ziegfeld Follies" (1945) Starring Fred Astaire, Lucille Ball. • Feb 23: "Dear Evan Hansen" (2021) starring Ben Platt, Julianne Moore. • Mar 30: "Carousel" (1956) starring Shirley Jones, Gordon McRae. • Apr 27: "Jesus Christ Superstar" (1973) starring Ted Neeley, Carl Anderson. 	1:30pm

Gold Pass Options

Upgrade to a Gold Pass for unlimited participation in groups and clubs.

Gold Pass: Zoom Only

- \$50 per year
- Unlimited online groups and clubs

Gold Pass: Zoom and In-Person

- \$100 per year
- Unlimited online and in-person groups and clubs

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		
Books and Beyond: Book Club		
Documentary Club		

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.

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 Jan 6, Feb 10 & Mar 10	1:15pm

Books and Beyond: Book Club

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

Type	Dates	Books	Time
Zoom	Jan 22	A Long Way Home – A Memoir by Sarroo Brierley	Thursdays 1:45pm
	Feb 19	The Five: The Untold Lives of the Women Killed by Jack the Ripper by Haillie Rubenhold	
	Mar 19	The Water is Wide by Pat Conroy	
	Apr 23	Here One Moment by Liane Moriarity	

Hot Topics

Discuss current issues and social challenges. Share perspectives and explore ideas in an open space that deepens understanding of our global community.

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

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	Dates	Titles	Time
In-person	Jan 13	And So It Goes (2014)	2 nd & 4 th Tuesday Starting January 13 at 1:00pm
	Jan 27	Fifty Five Steps (2018)	
	Feb 10	On a Clear Day (1970)	
	Feb 24	A Brilliant Young Mind (2014)	
	Mar 10	This Is Where I Leave You (2014)	
	Mar 24	Eighty Four Charing Cross Road (1987)	
	Apr 14	Conclave (2024)	
	Apr 28	To Be Announced	



TABLE GAMES & CARDS

Board Games

Led by: Susan Evans

Join us 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	10:00am - 11:45am

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	1:30pm

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 players are always welcome.

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

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!

Type	Date	Time
In-person	Thursdays	1:00pm



Exercise and Falls Prevention

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 Jan 9 - Apr 24	12:30pm - 1:15pm
		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 Jan 8 - Apr 30	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 Jan 9 - Apr 24	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 Jan 5 - Apr 27	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 Jan 5 - Apr 27	1:30pm - 2:15pm
	Thursdays Jan 8 - Apr 30	1:30pm - 2:15pm
Zoom	Mondays Jan 5 - Apr 27	9:30am - 10:15am

Keep Fit

Led by: Nagar G. (In-person), Shereen A. (In-person and 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 Jan 5 - Apr 27	12:30pm - 1:15pm
	Thursdays Jan 8 - Apr 30	12:30pm - 1:15pm
	Fridays Jan 9 - Apr 24	9:00am - 9:45am
Zoom	Mondays Jan 5 - Apr 27	10:30am - 11:15am
	Wednesdays Jan 7 - Apr 29	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 Jan 7 - Apr 29	5:30pm - 6:15pm
	Sundays Jan 4 - Apr 26	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 Jan 8 - Apr 30	4:45pm - 5:30pm

Strengthen Your Structure

Led by: Lupita R.

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

Type	Date	Time
Zoom	Mondays Jan 5 - Apr 27	4:45pm - 5:30pm
Zoom	Fridays Jan 9 - Apr 24	4:45pm - 5:30pm

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 Jan 6 - Apr 28	12:00pm - 12:45pm
Zoom	Wednesdays Jan 7 - Apr 29	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 Jan 6 - Apr 28	3:30pm - 4:30pm
Zoom	Tuesdays Jan 6 - Apr 28	4:45pm - 5:30pm
	Sundays Jan 4 - Apr 26	10:15am - 11:00am

GIVING MONTHLY HAS A GREATER IMPACT

By giving monthly, you help us plan ahead and continue offering meaningful programs and services to individuals and Families in our community.

SUPPORT BETTER LIVING

If you are interested in Monthly Giving, or to make a donation to Better Living, please contact donations@betterlivinghealth.org, call 416-447-7244 ext. 134, or scan the QR code.



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

1 Overland Drive

(416) 447-7244 Ext. 622

frontdesk@betterlivinghealth.org

www.mybetterliving.ca