

# Seniors Month

## June 2026 Weekly Highlights

**Overland** - 1 Overland Dr, North York, ON M3C 2C3

**Deauville** - 5 Deauville Ln, North York, ON M3C 0J8

**\$** - Paid Activities

**\*** - Registration Required

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	<b>Get Your Passport and Enter to Win!</b> Attend more than <b>3 Wellness Wednesdays</b> and join the Power Pacer team for the Summer Fair to be entered into a prize draw!  <b>1<sup>st</sup> Prize:</b> 2026/27 Membership* & \$20 Better Bistro Gift Card  <b>2<sup>nd</sup> Prize:</b> \$20 Better Bistro Gift Card  <b>3<sup>rd</sup> Prize:</b> Wellness Package, including a balance cushion, water bottle, and TheraBand	<b>Overland</b> 02 <b>Better Bistro:</b> Free small coffee/Tea	<b>Wellness Wednesdays</b> 03 <b>Gentle Yoga*</b> 9:30 – 10:30	<b>Overland</b> 04 <b>Persian Dancing</b> 11:30 – 12:20	<b>Overland</b> 05 <b>Keep Fit</b> 9:00 – 9:45
	<b>Overland</b> 08 <b>Morning Motion</b> 9:30 – 10:15	<b>Overland</b> 09 <b>Movie Tuesday</b> 1:00 – 3:00	<b>Overland</b> 10 <b>Better Bistro:</b> Complimentary Cookie	<b>Overland</b> 11 <b>Healthy Cooking Tips</b> 10:00 – 11:00	<b>Overland</b> \$ 12 <b>Drag Queen Bingo*</b> 1:30 – 2:30
	<b>Overland</b> \$ 15 <b>Actively Preventing Elder Abuse*</b> 11:00 – 12:00	<b>Overland</b> 16 <b>Carpet Bowling</b> 1:30 – 2:30	<b>Overland</b> 17 <b>Meals on Wheels Info Session*</b> 12:30 – 2:00 New Food Vendor Introduction & Free Sample Tasting!	<b>Overland</b> 18 <b>Agility in Motion</b> 10:30 – 11:20  <b>Better Bistro:</b> Free small coffee/Tea	<b>Overland</b> 19 <b>Qi Gong</b> 10:00 – 11:00
	<b>Overland</b> \$ 22 <b>Heart Health and Exercise*</b> 12:00 – 1:00	<b>Overland</b> 23 <b>Membership Mingle!</b> 10:00 – 12:00 Visit our Program Staff Office to meet our team and enjoy a morning snack!	<b>Wellness Wednesdays</b> 24 <b>Tai Chi*</b> 10:30 – 11:30	<b>Overland</b> 25 <b>Members Annual General Meeting*</b> 11:00 – 12:00 Light refreshments to follow  <b>Seniors Month Harmony: A Choir Event*</b> 1:00 – 2:00	<b>Overland</b> 26 <b>Better Bistro:</b> Complimentary Ice Cream Treat

### Wellness Wednesdays

Join us on Wednesdays in **The Town Square at CF Shops at Don Mills** for fresh air, music, and movement as we celebrate active living during Seniors Month.

IN COLLABORATION WITH



**Stroll for Seniors**  
is now part of our new



Saturday  
**20**  
June

Location:  
**The park at 65 The Donway W**

Join us for food, activities, vendors, and live performances as we come together to celebrate Seniors Month.