

Spring 2026 Program Guide

Updated April 28



55+ in Central Etobicoke

Connected, Caring, Creative

55+ in Central Etobicoke has something for everyone!

Old favourites, and some exciting new programs
to keep you active this Spring.

At 55+ in Central Etobicoke our programs are:

- **CONNECTED** – We build on connections within the community and beyond, to strengthen our sense of belonging.
- **CARING** – Our priority is caring for each other, being inclusive and affirming to all. We find new ways to make our programs open, accessible and inviting for everyone.
- **CREATIVE** – Our programs explore new formats, approaches and styles, to meet the unique needs and interests of current and new participants. We encourage a range of programming in Health and Wellness, Social and Lifelong Learning, Arts and Culture, Faith and Spirituality, and Ageing Well.

WEEKLY IN PERSON PROGRAMS

Gigong – Tuesdays 10am at Humber Valley United Church

This class blends slow, flowing movements with focused breathing to improve physical, mental and spiritual well being. Suitable for all fitness levels.

Drum Fit – Tuesdays 5pm at Humber Valley United Church

We use chairs and yoga balls as our drums, mix in some fun moves, music and the beat goes on! Drum Fit is suitable for all levels of ability.

Find Your Voice – Wednesdays 3pm at Humber Valley United Church

Everyone has a unique way of producing sound. This is an opportunity to learn from a professional musician! Join this supportive and uplifting class where you will work on expressing yourself clearly and projecting your voice.

Hand Bell Choir – Wednesdays 6pm at Humber Valley United Church

Explore the fundamentals of rhythm using handbells! You will be amazed how the concepts and patterns in this class make bell ringing easy and enjoyable.

Tai Chi – Thursdays 10am Humber Valley United Church

Taught by Steve Yee, Tai Chi is a gentle form of Chinese exercise. It consists of slow, gentle, flowing movements using all muscles and joints. Benefits include reducing risks of falls, weight loss, better sleep, improved cardiovascular health, enhanced posture, relief of arthritis, cognitive and social benefits.

Line Dancing – Thursdays 5pm at Humber Valley United Church

It's fun! It's social! Come out and learn new moves at our very popular Line Dancing class. This is for beginners and all levels.

Zumba Fitness Classes- Fridays 1pm at Humber Valley United Church Great for balance, coordination and range of motion, this class is especially designed for older adults. All levels welcome.

We look forward to continuing to provide you with quality programming. For programs with paid professional instructors a \$5 contribution per class per program is appreciated. Please contact 55+ Program Coordinator Jenny Terwoord with questions at jenny@hvuc.ca or call 416-231-2263 ext. 31

WEEKLY VIRTUAL PROGRAMS

Chair yoga

Mondays 10am on ZOOM

Sheila Bacopulos instructs this live 30-minute class. We combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen, reducing stress and calming the mind.

Coffee Time

Mondays 11am on ZOOM

Join this friendly conversation. Connect about timely topics, either in our own lives or on the news.

In the News

Second Wednesday of each month 1pm on ZOOM

This is an informative and entertaining current events discussion led by dynamic volunteer facilitator Beverley Conner.

Drop in Book Club

Second Monday of each month at 2pm on ZOOM

New titles each month and great discussions!

MONTHLY PROGRAMS

Men's Discussion Group

Final Monday of each month at 7pm at Humber Valley United Church

Informative and topical presentations followed by lively Q & A! In the Hearth Room.

DAYTIMERS LUNCHEONS

Come to HVUC for a delicious lunch and hear guest speakers on the last Monday of each month at **11:30 AM!** All are welcome! Registration required – See link at www.hvuc.ca

Monday, April 27

HISTORY OF THE ROYAL ONTARIO MUSEUM

A fascinating talk on how museums are built and curated.

Monday, May 25

QUEENS, GODDESSES & WOMEN OF INFLUENCE

A special presentation by the Royal Ontario Museum on powerful women. Don't miss it!

APRIL

Mon	Tues	Wed	Thurs	Fri
		1 Find Your Voice 3pm Hand Bell Choir 6pm	2 Tai Chi 10am Line Dancing 5pm	3
6 Online Chair Yoga 10am Online Coffee Time 11am	7 Gigong 10am Drum Fit 5pm	8 Online In the News 1pm Find Your Voice 3pm Hand Bell Choir 6pm	9 Tai Chi 10am Line Dancing 5pm	10 Friday Fit 10:30am Zumba 1pm
13 Online Chair Yoga 10am Online Coffee Time 11am Online Book Club 2pm Square Dancing 1pm	14 Gigong 10am Drum Fit 5pm	15 Find Your Voice 3pm Hand Bell Choir 6pm	16 Tai Chi 10am Line Dancing 5pm	17 Friday Fit 10:30am Zumba 1pm
20 Online Chair Yoga 10am Online Coffee Time 11am	21 Gigong 10am Drum Fit 5pm	22 Find Your Voice 3pm Hand Bell Choir 6pm	23 Tai Chi 10am Line Dancing 5pm	24 Friday Fit 10:30am Zumba 1pm
27 Daytimers Luncheon 11:30am Men's Group 7pm	28 Gigong 10am Drum Fit 5pm	29 Find Your Voice/ Hand Bell Choir 3pm	30 Tai Chi 10am Line Dancing 5pm	

MAY

Mon	Tues	Wed	Thurs	Fri
				1 Friday Fit 10:30am Zumba 1pm
4 Online Chair Yoga 10am Online Coffee Time 11am	5 Gigong 10am Drum Fit 5pm	6 Find Your Voice/ Hand Bell Choir 3pm	7 Tai Chi 10am Line Dancing 5pm	8 Friday Fit 10:30am Zumba 1pm
11 Online Chair Yoga 10am Online Coffee Time 11am Online Book Club 2pm Square Dancing 1pm	12 Gigong 10am Drum Fit 5pm	13 Online In the News 1pm Find Your Voice/ Hand Bell Choir 3pm	14 Tai Chi 10am Line Dancing 5pm	15 Friday Fit 10:30am Zumba 1pm
18 Online Chair Yoga 10am Online Coffee Time 11am	19 Gigong 10am Drum Fit 5pm	20	21 Tai Chi 10am Line Dancing 5pm	22 Zumba 1pm
25 Daytimers Luncheon 11:30am Men's Group 7pm	26 Gigong 10am Drum Fit 5pm	27	28 Tai Chi 10am Line Dancing 5pm	29 Zumba 1pm

JUNE

Mon	Tues	Wed	Thurs	Fri
1 Online Chair Yoga 10am Online Coffee Time 11am	2 Gigong 10am	3	4 Tai Chi 10am	5
8 Online Chair Yoga 10am Online Coffee Time 11am Online Book Club 2pm	9 Gigong 10am	10 Online In the News 1pm	11 Tai Chi 10am	12
15 Online Chair Yoga 10am Online Coffee Time 11am	16 Gigong 10am	17	18 Tai Chi 10am	19
22 Online Chair Yoga 10am Online Coffee Time 11am	23 Gigong 10am	24	25 Tai Chi 10am	26
29 Men's Group 7pm	30 Gigong 10am			

