



55+ in Central Etobicoke

Winter

Thrive 55+ Program Guide January to March 2024

Welcome everyone! Our **FREE** and inclusive programs are open to the whole community! Please join us!

This Winter we are excited to share some of our most popular programs and to introduce Healthy Mind Mondays and Line Dancing. Registration for in person activities is easy using the Zoom links in the guide. Find all the latest updates at www.hvuc.ca. under 55+ In Central Etobicoke - 55+ Activities this Week.

At 55+ in Central Etobicoke our programs are:



CONNECTED - We build on connections within the community of Central Etobicoke and nurture new connections in the wider community, 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.



CREATIVE - Our programs explore new formats, approaches and styles, to meet unique needs and interests of current and new participants. We encourage a range of creative programming in Health and Wellness, Social and Lifelong Learning, Arts and Culture, Faith and Spirituality and Ageing Well.

Humber Valley
UNITED CHURCH

Meet Our Instructors/Leaders

At 55+ in Central Etobicoke, we have an amazing team of instructors and leaders who provide us with high-quality programs everyday!



Nancy Angus - Ageing Well

Having gerontology, adult ed, community development and psychology experience, Nancy helps seniors as a Certified Retirement Coach bringing people together. See page 12.

Sheila Bacopulos - Chair Yoga & Hatha Yoga Instructor

Sheila has a passion for yoga and has been offering yoga classes at Humber Valley UC for over 10 years. She now offers both Chair Yoga and Hatha Yoga weekly. See page 3.

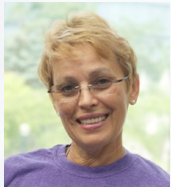
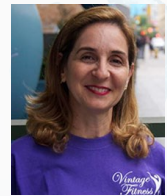


Beverley Conner - In the News and Drop-In Book Club

Beverley, retired teacher and budding musician, brings a zest for life to a wide range of interests including In the News and Drop-In Book Club. See pages 10-11.

Cristina Teixeira - Fitness Instructor

Cristina has a degree in Fitness and Health Promotion. Her 20+ years experience working with seniors contributes to this custom fitness program. See page 3.



Olena Tregubenko - Fitness

Fitness Instructor Olena's boundless energy is contagious. She is an 'older adult fitness specialist' through Can-Fit Pro, is a CALA certified aqua fitness and Pilates instructor and has been training older adults for 15 years. She is an avid cyclist and yogi. Olena works for Vintage Fitness as a Personal Trainer. See page 3.

Steve Yee - Tai Chi Instructor

Steve, of the Canadian Taiji Federation, is an Independent Alternative Medicine Professional who has been teaching Tai Chi for 30+ years for Toronto District School Board, in seniors homes and privately. See page 3.



Coffee Time Leaders

Coffee Time volunteers, Lynn, Nancy and Wendy are your friendly hosts at our weekly online Coffee time. They love to chat over a cuppa about current events, news in our lives and even play some games! See page 9.



Health & Wellness

Stay Fit with Cristina - Mondays 2:00-3:00pm on Zoom beginning Jan. 29

Improve posture and daily functional movements, maintain healthy joints and balance while having fun in this 60-minute Zoom class. [Register here](#)

Fitness - Wednesdays 3:00-4:00pm on Zoom

Join this one-hour Zoom Fitness class right from the comfort of your home! Instructor Lena leads us through gentle stretching, cardio and strength exercises; it feels great to get up and move to the music, together!

[Register here](#)

Chair Yoga - Mondays 10:00-10:30am on Zoom (in person the second Monday of each month as noted)

A weekly 30-minute class using a chair to provide support. We combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind. Everybody is welcome to practice yoga with Instructor Sheila in this supportive environment. No yoga experience is required. Register once and drop in when it suits you.

In-person Chair Yoga takes place on the second Monday of each month. Meet on Jan. 15, Feb. 12, and Mar. 11 at Humber Valley United Church at 76 Anglesey Blvd., Etobicoke. [Register here](#)

Hatha Yoga - Fridays 10:00-11:00am on Zoom

Whether you are new to yoga or are familiar with the practice, hatha yoga will help you develop balance, strength and flexibility. In this 60-minute class, our instructor, Sheila will help us combine yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind. Register once and drop in when it suits you. [Register here](#)

Tai Chi for Good Health - Mondays 4:30-6:00pm beginning Jan. 8

In person with Steve Yee at HVUC Steed Hall, 76 Anglesey Blvd., Etobicoke. Tai Chi is a gentle and relaxing form of exercise originating from an ancient martial art in China. Slow, gentle-flowing movements use all your muscles and joints. Benefits include: reducing risk of falls, weight loss, better sleep, improved cardiovascular health, enhanced posture, pain & arthritis relief, cognitive & social benefits. In this accessible class you will learn how to: increase your oxygen through breathing exercises; balance and transfer weight while moving and; improve posture, and stretch and strengthen muscles safely. [Register here](#)

Co-ed Seniors Recreational Volleyball - Thursdays 1:00-3:00pm

Ourland Community Centre Indoor Co-ed Recreational Volleyball, 18 Ourland Ave, Etobicoke (Islington and Evans). A fun recreational volleyball game, every Thursday, for seniors 55+. No experience necessary. Social time with coffee and tea after the game. Anne Colhoun, Organizer. For more information and to register by email or phone, contact George Turnbull at george@hvuc.ca 416 231 2263 x31.

Health and Wellness cont'd

Cloverdale Walkers - Thursdays 10:00-11:30am at Cloverdale Mall

Malls are the new town squares! Meet up for a gentle indoor walk with this friendly group. Get out for some exercise and even run a few errands! We will meet at the centre court, by the information desk. After our walk we will gather for coffee or a light snack at the food court - come when you can!



New for 2024



Beginner Line Dancing

It's fun! It's social! Come out and learn some new moves with George Turnbull at our very first Line Dancing class. This is for beginners and all levels. [Register here](#)

Healthy Mind Mondays

Now let's do something good for our minds! Join Jenny Terwoord each Monday in January to talk about the pillars of good mental health. This is a safe, non-judgmental space to learn and share. [Register here](#)

See a Program You are Interested in?

- ♦ CLICK ON THE LINKS UNDER EACH PROGRAM DESCRIPTION TO REGISTER or;
- ♦ Contact 55+ Program Registrar George Turnbull by e-mail at george@hvuc.ca

For additional information or special accommodation please contact the 55+ Program Coordinator Jenny at: jenny@hvuc.ca 416-231-2263 x31

January 2024



Mon	Tues	Wed	Thurs	Fri	Sat/Sun
1 NEW YEAR'S DAY <div>* = IN PERSON</div>	2	3	4	5	6/7
8 Chair Yoga 10:00 Coffee Time 10:30 Healthy Mind Monday 1:00 *Tai Chi 4:30	9 *Walking Meditation 9:30 Digital Literacy 11:00	10 Fitness 3:00	11 *Cloverdale Walkers 10:00 *Beginner Line Dancing 5:00	12 Hatha Yoga 10:00	13/14
15 *Chair Yoga 10:00 *Coffee Time 10:30 Healthy Mind Monday 1:00 *Tai Chi 4:30	16 *Walking Meditation 9:30 Digital Literacy 11:00	17 In The News 1:00 Fitness 3:00	18 *Cloverdale Walkers 10:00 *Beginner Line Dancing 5:00	19 *Hatha Yoga 10:00	20/21
22 Chair Yoga 10:00 Coffee Time 10:30 Healthy Mind Monday 1:00 *Tai Chi 4:30	23 *Walking Meditation 9:30 Digital Literacy 11:00	24 Ageing Well 2:00 Fitness 3:00	25 *Cloverdale Walkers 10:00 Book Club 2:00 *Beginner Line Dancing 5:00	26 Hatha Yoga 10:00	27/28
29 Chair Yoga 10:00 *Daytimers 11:30 Healthy Mind Monday 1:00 Fitness 2:00 *Tai Chi 4:30 *Men's Discussion Group 7:00	30 *Walking Meditation 9:30 Digital Literacy 11:00	31 Fitness 3:00			

February 2024

Mon

Tues

Wed

Thurs

Fri

Sat/Sun

* = IN PERSON

5

Chair Yoga 10:00
Coffee Time 10:30
Fitness 2:00
*Tai Chi 4:30

6

*Walking Meditation 9:30
Digital Literacy 11:00

7

Fitness 3:00

8

*Cloverdale Walkers 10:00
*Chocolate-Making Demo 1:00
*Beginner Line Dancing 5:00

9

Hatha Yoga 10:00

10/11

12

*Chair Yoga 10:00
*Coffee Time 10:30
Fitness 2:00
*Tai Chi 4:30

13

*Walking Meditation 9:30
Digital Literacy 11:00

14

**VALENTINE'S DAY
& ASH WEDNESDAY**

In The News 1:00
Fitness 3:00

15

*Cloverdale Walkers 10:00
*Beginner Line Dancing 5:00

16

*Hatha Yoga 10:00

17/18

19

FAMILY DAY

Chair Yoga 10:00
Coffee Time 10:30
Fitness 2:00
*Tai Chi 4:30

20

*Walking Meditation 9:30
Digital Literacy 11:00

21

Ageing Well 2:00
*MAID Special
Presentation 1:00
Fitness 3:00

22

*Cloverdale Walkers 10:00
Book Club 2:00
*Beginner Line Dancing 5:00

23

Hatha Yoga 10:00

24/25

26

Chair Yoga 10:00
*Daytimers 11:30
Fitness 2:00
*Tai Chi 4:30
*Men's Discussion
Group 7:00

27

*Walking Meditation 9:30
Digital Literacy 11:00

28

Fitness 3:00

29

*Cloverdale Walkers 10:00
*Beginner Line Dancing 5:00

March 2024

March 2024				
Mon	Tues	Wed	Thurs	Fri
Sat/Sun				
<div>* = IN PERSON</div>				<div>1</div> <div>Hatha Yoga 10:00</div> <div>2/3</div>
<div>4</div> <div>Chair Yoga 10:00</div> <div>Coffee Time 10:30</div> <div>Fitness 2:00</div> <div>* Tai Chi 4:30</div>	<div>5</div> <div>* Walking Meditation 9:30</div> <div>Digital Literacy 11:00</div>	<div>6</div> <div>Fitness 3:00</div>	<div>7</div> <div>* Cloverdale Walkers 10:00</div> <div>* Beginner Line Dancing 5:00</div> <div>9/10</div>	
<div>11</div> <div>* Chair Yoga 10:00</div> <div>* Coffee Time 10:30</div> <div>Fitness 2:00</div> <div>* Tai Chi 4:30</div>	<div>12</div> <div>* Walking Meditation 9:30</div> <div>Digital Literacy 11:00</div>	<div>13</div> <div>* In The News 1:00</div> <div>Fitness 3:00</div>	<div>14</div> <div>* Cloverdale Walkers 10:00</div> <div>* Beginner Line Dancing 5:00</div> <div>16/17</div>	<div>15</div> <div>* Hatha Yoga 10:00</div> <div>17 - ST. PATRICK'S DAY</div>
<div>18</div> <div>Chair Yoga 10:00</div> <div>Coffee Time 10:30</div> <div>Fitness 2:00</div> <div>* Tai Chi 4:30</div>	<div>19</div> <div>* Walking Meditation 9:30</div> <div>Digital Literacy 11:00</div>	<div>20</div> <div>Ageing Well 2:00</div> <div>Fitness 3:00</div>	<div>21</div> <div>* Cloverdale Walkers 10:00</div> <div>* Beginner Line Dancing 5:00</div> <div>23/24</div>	
<div>25</div> <div>Chair Yoga 10:00</div> <div>* Daytimers 11:30</div> <div>Fitness 2:00</div> <div>* Tai Chi 4:30</div> <div>* Men's Discussion Group 7:00</div>	<div>26</div> <div>* Walking Meditation 9:30</div> <div>Digital Literacy 11:00</div>	<div>27</div> <div>Fitness 3:00</div>	<div>28</div> <div>* Cloverdale Walkers 10:00</div> <div>Book Club 2:00</div> <div>* Beginner Line Dancing 5:00</div> <div>30/31</div>	<div>29</div> <div>GOOD FRIDAY</div> <div>Hatha Yoga 10:00</div> <div>FOR ADDITIONAL EASTER EVENTS GO TO www.hvuc.ca</div>

My Notes



Social and Lifelong Learning



Coffee Time - Mondays 10:30am on Zoom except the last Monday of the month when we have our Daytimers lunch

Join us for free-ranging conversation with friends! Coffee Time is a chance to converse about timely topics either in our own lives or in the news. A variety of hosts will facilitate discussion and introduce special features. You can join in by any phone or video call. Register once and drop in when it suits you or contact George Turnbull at 416-231-2263 Ext. 31 or george@hvuc.ca to sign up. [Register here](#)



Chocolate-Making Demonstration

Thursday, Feb. 8 1:00pm

Just in time for Valentines Day a chocolate making demonstration in the kitchen at HVUC. Space is limited please register early. [Register here](#)



Medical Assistance in Dying

Wednesday, Feb. 21 1:00pm

An information session by Dr. Konia Trouton, President of the Canadian Association of MAID Assessors and Providers. Come to this educational and informative talk. [Register here](#)

Daytimers - Mondays on Sept. 25, Oct. 30, Nov. 27 & Dec. 18

Registration includes a delicious lunch and an interesting and entertaining presentation. Register using the links below or contact George Turnbull at 416-231-2263 Ext. 31 or george@hvuc.ca to register

Monday, Jan. 29, 11:30am (In-person lunch at HVUC)

Welcome back Luncheon with guest Speaker Susanne Hynes. A travelogue presentation. [Register here](#)

Monday, Feb. 26, 11:30am (In-person lunch at HVUC)

Luncheon with guest speaker Dr. Peeter Poldre. Dr. Poldre is the former director of the College of Physicians and Surgeons who took up photography as a retirement hobby. He is a published nature and sports photographer and will share a collection of his photos. [Register here](#)

Monday, Mar. 25, 11:30am (In-person lunch at HVUC)

Luncheon guest speaker Andrew Gaboury, Acting Executive Director of Red Nose Remedy. Andrew and company bring the power of therapeutic clowning to many healthcare settings and beyond. [Register here](#)

Social and Lifelong Learning cont'd

Play Dates with Grandparents - Once a month on Saturdays

Here is an opportunity for grandparents to have fun and participate in enriching activities with their grandchildren (age 2-5 years) and give their Moms & Dads a break. We will meet on a prearranged Saturday once a month for 2 hours at different locations. Activities will include: nature walks, park outings, picnics, games, crafts and more.

If interested please contact: Kathy Kitchen 647-527-3139 or Cheryl Drake 416-209-0041.

Humber Valley Men's Discussion Group - In person, final Monday of each month at 7:00pm at 76 Anglesey Blvd

Join in for informative and topical presentations followed by lively Q&A. Stay tuned to hvuc.ca for each month's presentation topic and any location or time changes.

Digital Literacy Club hosted by Leap

- Tuesdays, 11:00am-12:00pm on Zoom

The Tech Coaches' Digital Literacy Club - This is a place for members of the Leap community to grow their understanding of useful technologies, master the basics of their own personal devices, and ask questions to clarify technology concepts, all while in a trustworthy group motivated to learn with the constant support of a tech coach. To become a member of Leap **SUBMIT THE SHORT ONLINE FORM at LEAP by CABHI** (Centre for Brain Health and Innovation) then register for the digital literacy club.

In the News - Second Wednesday of each month, 1:00-2:00pm on Zoom

Join us for an informative and entertaining current-events discussion led by dynamic, volunteer facilitator, Beverley Conner. Participants are invited to raise topics of interest, pose questions, share facts and opinions. Hope to see you there: January 10, February 14, and March 13. Just register once and attend whenever it suits you. [Register here](#)



BE SURE TO CHECK IN FREQUENTLY AT

www.hvuc.ca

for updates and more programs as they arise



As an Affirming Ministry, we celebrate the diversity of God's creation. We celebrate the richness of our community when we have diversity in age, gender identity, racial/cultural backgrounds, sexual orientation, ability, and family configurations. We seek to create a safe space with an open invitation to bring every aspect of your whole self into your participation within this ministry

Arts and Culture



Community Choir “Valley Voices” - Wednesdays 7:00pm, Humber Valley United Church beginning Wednesday, Sept. 13

Looking for a place to sing and have fun with others? Join us Wednesday evenings in person with Valley Voices choir, directed by Kate Brown and Colleen Isherwood. For more information [contact Colleen](#).

Drop-In Book Club - Fourth Thursday of each month, 2:00-3:00pm on Zoom

We read and discuss a broad range of fiction and non-fiction books, from local and international authors, selected by participants.

January 25 – “Lessons in Chemistry” by Bonnie Garmus

February 22 and March 28 books will be chosen at our meeting on December 28.

[Register here](#) and drop in when it suits you.

Faith and Spirituality

Daily Bread Prayer Group - Mondays and Fridays 8:30am

All are welcome to join for 30 minutes of comfort, unity, inspiration, and connection. No preparation or experience necessary! Please register in advance for this Zoom meeting. After registering, you will receive a confirmation email containing information about joining the meeting.

[Register here](#) or contact George Turnbull at 416-231-2263 x31 or george@hvuc.ca.

Walking Meditation - Tuesdays 9:30-10:30am

Local parks with maintained paths and trails. Reflective walking experiences to renew your soul. Join us for a guided meditation and walk in the company of this supportive group led by Kate Brown. Please register with Zoom using the following link for this in-person event to facilitate getting email updates. [Register here](#) or contact George Turnbull at george@hvuc.ca or call 416-231-2263 x31.

For more information on Sunday Gatherings and many other programs offered at Humber Valley United Church please visit our website at hvuc.ca or call the office at 416-231-2263.

Ageing Well

Practical Services and partners to help support thriving as you age.

Ageing Well Workshop On Zoom - Third Wednesday of each month 1:00-2:00pm

A meeting place to discuss, learn and connect. This monthly workshop addresses a wide range of ageing issues based on needs and interests identified by participants. This season we welcome our host Ageing Consultant and certified Retirement Coach, Nancy Angus of Agebig. [Register here](#) and attend any of the sessions by Zoom.



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www.hvuc.ca

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Our Partners

Just Like Family Home Support Services

- Personal Care
- Alzheimer's & Dementia Care
- Companionship
- Meal Plans & Prep
- Light Housekeeping
- Post-Hospitalization Care
- Palliative Care
- Respite & Live-in Care
- Non-Senior Care
- And more...

Toronto West Office 600-3250 Bloor St. W. 416.459.3337 toronto@justlikefamily.ca

CABHI and Leap

JUST LIKE FAMILY
HOME CARE



Created by the Centre for Aging + Brain Health Innovation (CABHI), Leap is an online community where we share, learn, collaborate, and advise on solutions being developed to make aging better. If you're an older adult (55+) interested in participating in this exciting adventure, join us today. Find out [more about CABHI & Leap](#)

Our Funders



THE UNITED CHURCH OF CANADA
FOUNDATION

All programs funded in part by Humber Valley United Church, The United Church of Canada Foundation & the Government of Canada's New Horizons for Seniors Program.

If you would like to support the 55+ programs please consider donating to Humber Valley United Church and note "55+ programs" with your cheque or e-transfer donation to finance@hvuc.ca. All donations will receive a tax receipt.

Humber Valley United Church, 76 Anglesey Blvd., Toronto ON M9A 3C1 | www.hvuc.ca