

Winter 2026 Program Guide



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 Winter.

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 Wel

Chair Yoga – Mondays 10 am 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. Register here: [https://us02web.zoom.us/meeting/register/tZEld-quqTkvgDyyX4NgpVrjuKvmjcr7eNd#/registration](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZEld-quqTkvgDyyX4NgpVrjuKvmjcr7eNd#/registration)

Drum Fit – Tuesdays at 5 pm 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! DrumFit is suitable for all levels of ability.

Hand Bell Choir – Wednesdays at 2 pm 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.

Find Your Voice – Wednesdays at 3 pm 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.

Tai Chi – Thursdays 10 am at 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 at 5 pm 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 at 1 pm 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

COFFEE TIME

Mondays 11 am on ZOOM

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

[Meeting Registration - Zoom](#)

MEN'S DISCUSSION GROUP

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

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

IN THE NEWS

Second Wednesday of each month 1 pm on ZOOM

This is an informative and entertaining current events discussion

led by dynamic volunteer facilitator Beverley Conner. Registration link below.

https://us02web.zoom.us/join/joinmeeting/register/tZUtcemtqzwoE9CTxne034Xhlv_EZcPKoMwV#/registration

DROP IN BOOK CLUB

Second Monday of each month at 2pm on ZOOM

New titles each month and great discussions! Registration link below.

https://us02web.zoom.us/join/joinmeeting/register/tZUrcce-orTkvhTtDQENP6LEmjnMw_SkqnqXJq#/registration

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 link below.

<https://docs.google.com/forms/d/1-uKMmqv8kyOfUHDmbQm5jvYwR9ipKvqsbPe5lKiKaCs/edit>

Monday, January 26

HEALTHY AGING AND CAREGIVING

A special presentation by policy strategist, educator and senior's advocate Sue Lantz.

Monday, February 23

WELL SEASONED PRODUCTIONS

A Toronto based theatre company, led and performed by older adults will entertain and inspire us.

Monday, March 30

TECH TALK

This is our chance to talk with a computer expert who will help us troubleshoot and understand our personal devices.

January

Mon	Tues	Wed	Thurs	Fri	
			1	2	
5 Online Coffee Time 10:30	6	7	8 Tai Chi 10:00 Mah Jong 1:00	9 Zumba 1:00	
12 Online Chair Yoga 10:00 Online Coffee Time 10:30 Square Dance 1:00 Online Book Club 2:00	13 Drum Fit 5:00	14 Online In The News 1:00 Hand Bell Choir 2:00 Find Your Voice 3:00	15 Tai Chi 10:00 Mah Jong 1:00 Line Dancing 5:00	16 Zumba 1:00	
19 Online Chair Yoga 10:00 Online Coffee Time 10:30	20 Drum Fit 5:00	21 Hand Bell Choir 2:00 Find Your Voice 3:00	22 Tai Chi 10:00 Mah Jong 1:00 Line Dancing 5:00	23 Zumba 1:00	
26 Daytimers Luncheon 11:30 Men's Group 7:00	27 Drum Fit 5:00	28 Hand Bell Choir 2:00 Find Your Voice 3:0	29 Tai Chi 10:00 Mah Jong 1:00 Line Dancing 5:00	30 Zumba 1:00	

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February					
Mon	Tues	Wed	Thurs	Fri	
2 Online Chair Yoga 10:00	3 Drum Fit 5:00	4 Hand Bell Choir 2:00 Find Your Voice 3:00	5 Tai Chi 10:00 Mah Jong 1:00 Line Dancing 5:00	6 Zumba 1:00	
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March

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