



Winter Wonderland

PROGRAM GUIDE

Jan/Feb 2021

Humber Valley United Church

Welcome to our Winter Wonderland Programs

As we begin a new year, familiar 55+ programs continue and we are launching a few new activities. Explore **free** programs and find a virtual space to participate with others who want to stay active, connected and learning. And please spread the word. You may invite friends and neighbours to join in from the comfort of their own homes.

At 55+ in Central Etobicoke we provide programs that are:



CONNECTED - Our programs 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 programs promote caring for each other, being inclusive, affirming to all. We find new ways to make our programs open, accessible and inviting to all.



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 and Arts and Culture.

All Our Programs Are Provided FREE of Charge on Zoom.
No Internet? You can participate by using any telephone!
3 Easy Ways to Register for All Our FREE Programs!

- ◆ Register by clicking on registration links in the following pages
- ◆ Find our online Program Guide at www.hvuc.ca or follow us on Facebook @ 55plusincentraletobicoke
- ◆ Email or call AnnePietro Paolo or Beverley Conner at anne@hvuc.ca (416) 231 2263 x31

Lending Library - Audio books, DVDs, paperbacks and puzzles available. Contact Anne Pietro Paolo for more information and to arrange home delivery anne@hvuc.ca 416 231 2263 x 31

We look forward to connecting with you
and helping you find the programs that are right for you!

*All programs made possible by the support of
the Government of Canada, New Horizons for Seniors Program.*

Health & Wellness

Fitness - Mondays at 2 pm and Wednesdays at 3 pm

Join in a 60-minute Zoom Fitness class right from the comfort of your home! Instructor Christina leads us through gentle stretching, cardio and strength exercises - it feels great to get up and get moving together!

Mondays at 2 pm [Register here](#)

Wednesdays at 3 pm [Register here](#)

Chair Yoga - Tuesdays at 10 am

A 30-minute modified, gentle, seated yoga 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 here](#)

Hatha Yoga - Fridays at 10-11 am (No yoga January 1st)

Whether you are new to yoga or are familiar with the practice, Hatha Yoga will help you develop balance, strength and flexibility. In this class, our Instructor Sheila will help us combine yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind. [Register here](#)

Nature Walkers - Wed Jan 13 & Wed Feb 10 at 1:00pm

Meet up in person at local parks for safe and socially-distanced nature walks.

Wed Jan 13 at 1:00 pm - West Deane Park - "Walking Meditation" Explore trails along Mimico Creek (19 Sedgebrook Cres).

Register by email or call Anne or Bev anne@hvuc.ca 416 231 2263 x31

Wed Feb 10 at 1:00 pm - Colonel Samuel Smith Park and outdoor skating trail. Join us for a wintry walk or bring your skates for a spin on the outdoor skating trail (3145 Lakeshore Ave West). Register by email or call Anne or Bev anne@hvuc.ca 416 231 2263 x31

Register using links provided
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Social & Lifelong Learning

Coffee Time

Mondays at 10:30 am (except the final Monday of each month)

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. We are also introducing a "Feature of the Week". This will be a 10 to 15 minute activity or presentation connected with a theme such as: Mindfulness, Cool Sites, Memory Lane, Fun & Games, Films, and Magazine Rack. You can join in by any phone or video call!

[Register here](#)

Snowbirds in Malaga

Wed Jan 20 at 2:00 pm

A retired Montreal couple finds an ideal place to escape Montreal's harsh winter and head for the Costa del Sol in Spain. A true serendipitous find

[Register here](#)

Daytimers

Mon Jan 25 & Mon Feb 22 at 12 noon

A virtual gathering for lunch and a variety of interesting speakers and presentations. If you are 55+ lunch is delivered to your door with advance registrations.

Mon Jan 25 - Enjoy a STAYCATION with presenters from the Vaughan Community Health Centre. Register by Thursday January 21 to for the full lunch program. [Register here](#)

Mon Feb 22 - Lunch and Learn. Joy Howse (and David Adley) volunteer with Canadian Friends of Rabbis for Human Rights. Find out about the Rabbis in Israel on a crusade for social justice [Register Here](#)

Humber Valley Men's Group

Mon Jan 25 and Mon Feb 22 at 7:00 pm (TBA)

Join in for an interesting presentation and lively Q & A discussion.

Mon Jan 25 - "Wills" David Hynes presenting.

[Register here](#)

Memoir Writing

Mondays at 12:00 pm

Everyone has a story- Join us as we share Memoir writing activities that help us to "discover the common themes of family and faith, hardship and recovery, and what it means to be human"

[Register here](#)

Writing with Rob

Wed Jan 6, 13, 20, 27 & Feb 3, 10 at 11:00 am

Join Rob Kempson for a 6-week course exploring a variety of writing genres (poetry, short story, playwriting, radio drama, etc.), as well as general tips, tricks, and exercises to keep your writing muscle working [Register here](#) by Jan 6 to attend the 6 week course.

“Issues and Us” Speaker Series

Wed Jan 6 at 2:00 pm - CRA “Seniors and benefits and credits”, Gina Aweah from the CRA will share information and answer your questions. [Register here](#)

Wed Feb 24 at 2:00 pm - Medical use of Cannabis -Guest speaker from Apollo Cannabis Clinics will explore issues of Cannabis as a natural alternative therapy and answer your questions. [Register here](#)

In the News

Wed Feb 3 & Wed Feb 17 at 2:00 pm

Join a guest host every second Wednesday to discuss current events. You are invited to propose topics and be a guest host. Register once and then drop in whenever it suits you. [Register here](#)

TECH Feature - Wed Jan 27 at 2:00 pm

“Minor Slip Up = Major Problems, in Big Business IT” Millennial, G-R Goldwater, techie with the Royal Bank has some tales to tell about behind the scenes networking problems and surprising fixes. [Register here](#)

Arts & Culture

Cooking Club - Thurs Feb 11 at 2:00 pm - A TWO Heritage Culinary Celebration in honour of Lunar New Year and Black History Month. [Register here](#)

Book Club - Thurs Jan 7 at 2:00 pm - “The Bridge Ladies”, Betsy Lerner. Thurs Feb 4 at 2:00 pm - “Hamnet & Judith” by Maggie O’ Farrel. You just need to register once; then you will receive reminders monthly and may attend when it suits you. [Register here](#)

Register using links provided
or contact Anne Pietropaolo or Bev Conner
anne@hvuc.ca 416 231 2263 x 31

Arts & Culture continued

Art Appreciation - Tues Jan 19 at 2 pm & Feb 23 at 4pm

Tues Jan 19 at 2:00 pm - Virtual visit to MoMa in New York City Museum of Modern Art for a tour and artist talk. [Register here](#)

Tues Feb 23 at 4:00 pm - Join us for a short lecture and discussion about some of the most exciting artists from the 20th and 21st centuries. The lectures will explore an artist's oeuvre, personal life, and the socio-cultural framework that shaped their practice. Lecturer: Jen MacDonald, BFA, MA Art History.

Tues Feb 23 at 4:00 pm - Canadian artists Christopher and Mary Pratt. [Register here](#)

Paint Day - Thurs Jan 21 & Feb 18 at 2:00 pm

Based on popular Paint Nights, we get together virtually to express our creativity in a fun and relaxed environment. Licia, our Instructor leads us step-by-step as we each create our own unique work of art! All materials are provided in a kit delivered to your door. Jan 21: [Register here](#) Feb 18: [Register here](#)

Crafternoon - Thurs Jan 14 at 1:00 pm

Share your craft projects and discover some fun, new ideas to try with materials you have on hand or our craft kits delivered to your home. Featuring - Service project:crochet dish scrubbies and more zen doodles. [Register here](#)

Dance - Thursdays at 11:00 am

Join us for a video-streamed, 20-minute, seated dance class, accompanied by a live musician. Based on the Baycrest NBS Sharing Dance Seniors program, this class starts with a warmup, moves through a set of themed dances and finishes with a sing-along. The whole class is done seated and designed to be accessible for people with varied physical and cognitive abilities. No experience is necessary. Have fun, and move in the way that feels best for you! [Register here](#)

Music - Thurs Jan 28 at 2:00 pm & Thurs Feb 25 at 2:00 pm

Thurs Jan 28 at 2:00 pm - Ukelele Sing Along. Bring along your singing voice (or even an instrument) and chime in on some classics. Song sheets will be provided. [Register here](#)

Thurs Feb 25 at 2:00 pm - Come Drum. Catch the beat and play interlocking rhythms with an amateur hand drummer, Beverley. No drum? No problem. Bring a pot, a table, or just your lap. [Register here](#)

Technology support is available

on an individual appointment-by-phone basis. We can assist you with getting connected to Zoom & other programs.

For help with this, contact Anne or Bev.



January

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 Happy New Year	2
3	4 Coffee Time 10:30 am <i>Welcome 2021</i> Memoir 12pm Fitness 2pm	5 Chair Yoga 10am	6 Writing with Rob 11am Lifelong Learning 2pm <i>Issues & Us CRA</i>	7 Seated Dance 11am Arts and Culture 2pm <i>Book Club</i>	8 Yoga 10am	9
10	11 Coffee Time 10:30am <i>Mindfulness</i> Memoir 12pm Fitness 2pm	12 Chair Yoga 10am	13 Writing with Rob 11am Nature Walkers 1pm Fitness 3pm	14 Seated Dance 11am Arts and Culture 1pm <i>Crafternoon</i>	15 Yoga 10am	16
17	18 Coffee Time 10:30am <i>Fun & Games</i> Memoir 12pm Fitness 2pm	19 Chair Yoga 10am Virtual MoMa 2pm	20 Writing with Rob 11am Lifelong Learning 2pm <i>Snowbirds in Malaga</i> Fitness 3pm	21 Seated Dance 11am Arts and Culture 2pm <i>Paint</i>	22 Yoga 10am	23
24	25 Memoir 1pm Daytimers 12pm <i>Staycation</i> Fitness 2pm Men's Group 7pm <i>Estate Planning</i>	26 Chair Yoga 10am	27 Writing with Rob 11am Lifelong Learning 2pm <i>RBC Techie</i> Fitness 3pm	28 Seated Dance 11am Arts and Culture 2pm <i>Music (Ukelele Sing Along)</i>	29 Yoga 10am	30

Register using links provided
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anne@hvuc.ca 416 231 2263 x 31



February

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
31	1 Coffee Time 10:30 am Memoir 1 pm <i>Memory Lane</i> Fitness 2pm	2 Chair Yoga 10 am	3 Writing with Rob Lifelong Learning 2 pm <i>In the News</i> Fitness 3 pm	4 Seated Dance 11 am Arts & Culture 2pm <i>Book Club</i>	5 Yoga 10 am	6
7	8 Coffee Time 10:30 am <i>View & Review</i> Memoir 1 pm Fitness 2pm	9 Chair Yoga 10 am	10 Writing with Rob 11 am Nature walk 1 pm Fitness 3 pm	11 Seated Dance 11 Arts & Culture 2pm <i>Cooking Club</i>	12 Yoga 10 am	13
14	15 Coffee Time 10:30 am <i>Cool sites</i> Memoir 1 pm Fitness 2pm	16 Chair Yoga 10 am	17 Lifelong Learning 2 pm <i>In the News</i> Fitness 3 pm	18 Seated Dance 11 Arts & Culture 2 pm <i>Paint</i>	19 Yoga 10 am	20
21	22 Daytimers 12:00 pm <i>Rabbis for Human Rights</i> Fitness 2pm Men's Group 7pm	23 Chair Yoga 10 am Art Appreciation 4 pm	24 Lifelong Learning 2 pm <i>Issues and Us: Medical Use of Cannabis</i> Fitness 3 pm	25 Seated Dance 11 am Arts & Culture 2 pm <i>Music – Come Drum</i>	26 Yoga 10 am	27

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