



55+ in Central Etobicoke  
Connected, Caring, Creative

# *Spring into April* *2021*

## PROGRAM GUIDE

*Humber Valley*  

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**UNITED CHURCH**



# "Zooming Together"

## Guide to Virtual Programs

This month we celebrate the launch of a new year of 55+ programs supported by a Government of Canada New Horizons for Seniors grant. We hope you enjoy these **free** programs. They provide 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](http://www.hvuc.ca)
- ♦ Email or call AnnePietropaolo or Beverley Conner at [anne@hvuc.ca](mailto:anne@hvuc.ca) (416) 231 2263 x31

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

*Funded by the Government of Canada's New Horizons for Seniors Program.*

# Health & Wellness

## **Fitness** - Mondays at 2 pm and Wednesdays at 3 pm

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 to the music, together!

Mondays at 2 pm [Register here](#)

Wednesdays at 3 pm [Register here](#)

## **Chair Yoga** - Tuesdays at 10:00 am

As Sheila recovers, class is half hour video 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 10-11:00 am

As Sheila recovers, enjoy a video-based class, half yoga and half Tai Chi & Qigong. 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** - Earth Day, Thurs Apr 22 at 1:00 pm

Meet up for a safe and socially-distanced walk at Centennial Park and enjoy the spring blossoms. Meet at the Conservatory close to free parking. Register by email or call Anne or Bev [anne@hvuc.ca](mailto:anne@hvuc.ca) 416 231 2263 x31

## **Issues & Us** - Wed Apr 21 at 2:00 pm

Positive Approach to Dementia for Caregivers - Watch and discuss 2 Teepa Snow videos. Learn about how to communicate effectively and the 6 Gems - a scale celebrating what is left rather than focusing on what is lost.

[Register here](#)

# Social & Lifelong Learning

## Coffee Time

Mondays at 10:30 am (no Coffee Time on April 26)

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. Plus, enjoy our "Feature of the Week", an 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](#)

## Afternoon Tea

Thurs Apr 29 at 2:00 pm

Sippa Cuppa and celebrate Poem In Your Pocket Day.

[Register here](#)

## Daytimers

Mon Apr 26 at 12:00 noon

Registration includes a delicious lunch delivered to your home and an interesting and entertaining presentation with "Wildbirds Unlimited". To opt out of the lunch option or to order extra lunches, please contact Anne, see info below.

[Register here](#)

## Humber Valley Men's Group

Mon Apr 26 at 7:00 pm

Join in for informative and topical presentations followed by lively Q & A. Stay tuned for this month's topic and presentation.

[Register here](#)

## Memoir Writing

Mondays at 12:00 pm (no Memoir Writing on April 26)

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](#)

Register using links provided  
or contact Anne Pietropaolo or Bev Conner  
[anne@hvuc.ca](mailto:anne@hvuc.ca)  
416 231 2263 x31

## **Intro to Memoir and Autobiography**

**Tuesdays 11:00 am - 12:00 pm**

Share your memories and life stories with enjoyable and easy writing activities in this supportive and friendly group.

[Register here](#)

## **In the News**

**Wednesdays at 2:00 pm, biweekly**

**Wednesday, April 14, 2:00 pm - "Recycling Challenges and Environmental Citizenship: BYO Calendar" (municipal recycling calendar). Open invitation to guest host.**

**Wednesday, April 28, 2:00 pm - "Preserving a Green Ontario" with guest host, Don Stevenson.**

Are you interested in Corporate takeovers? Dying with Dignity? Canadian Butter? You are invited to propose topics and be a guest host.

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

## **Computer Clinic**

**Wed Apr 7 at 1:00 pm**

Instructor, Frank Cosentino, will guide us through transferring photos from an iPad or iPhone to a Windows computer. Detailed instructions and trouble shooting will be for the above platforms, but all are welcome to attend.

[Register here](#)

## **Learn to Play Bridge Group**

**Tuesdays 4-5:00 pm, April 6, 13, & 20**

A "Kitchen Bridge" class for beginners. Learn how to play bridge in a friendly and supportive group. Led by David and Kathy Kitchen. Final 3 sessions for current group. Participants already enrolled will receive a weekly reminder.

Register using links provided  
or contact Anne Pietropaolo or  
Bev Conner  
[anne@hvuc.ca](mailto:anne@hvuc.ca)  
416 231 2263 x31

## Arts & Culture

**Book Club** - First Thursday of the month at 2:00 pm

Thurs Apr 1 at 2:00 pm - "All Adults Here" by Emma Straub.

Thurs May 6 at 2:00 pm - "Clementine, The Life of Mrs. Winston Churchill" by Sonia Purnell.

You just need to register once; then you will receive reminders monthly and may attend when it suits you.

[Register here](#)

**Paint Day** - Thurs Apr 15 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.

[Register here](#)

**Crafternoon** - Thurs Apr 8 at 1:00 pm

Beeswax Wrappers and Fabric Remnants - Receive a kit to make your own beeswax food-wrappers and follow along with a demo and instructions by guest, Corry Carter. Plus, share your own ideas for using up leftover fabric.

[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 National Ballet School Sharing Dance Seniors program, this class starts with a warmup and moves through a set of themed dances. The whole class is done seated or standing 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](#)

**Living Room Concerts** - Date TBA

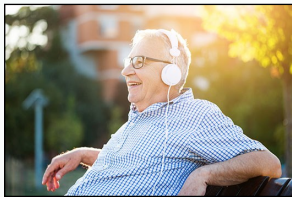
The Saturday night monthly concert series continues. Enjoy live music with a concert right in your living room! Stay posted for the big reveal date (April 17 or 24, or maybe even May 1), performers and venue.

Register using links provided  
or contact Anne Pietropaolo or  
Bev Conner  
[anne@hvuc.ca](mailto:anne@hvuc.ca)  
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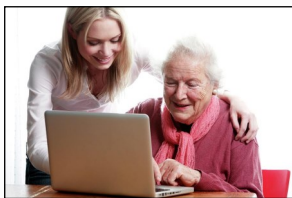
## **Lending Library**

Audio books, DVDs, paperbacks and puzzles are available on loan. Contact Anne Pietropaolo for more information and to arrange home delivery [anne@hvuc.ca](mailto:anne@hvuc.ca) 416 231 2263 x 31



## **Technology Support**

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.



**Register for programs using links provided  
or contact Anne Pietropaolo or Bev Conner  
[anne@hvuc.ca](mailto:anne@hvuc.ca) 416 231 2263 x 31**



# April 2021

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 <b>April Fools</b> Seated Dance 11 am  2 pm Drop-in Book Club All Adults Here	2  <b>GOOD FRIDAY</b>	3
4 <b>EASTER</b>	5 Coffee Time 10:30 am Magazine Rack  Memoir 12 pm  Fitness 2 pm	6 Chair Yoga 10 am  Memoirs 11 am  Learn to Play Bridge 4 pm	7  Computer Clinic 1 pm Managing Photos  Fitness 3 pm	8  <b>Holocaust Remembrance Day</b>  Seated Dance 11 am  1 pm Crafternoon – beeswax wrappers demo & using leftover fabric	9  Yoga etc. 10 am	10
11	12 <b>Ramadan starts pm</b> Coffee Time 10:30 am Memory Lane: photos Memoir 12 pm Fitness 2 pm	13 Chair Yoga 10 am  Memoirs 11 am Learn to Play Bridge 4 pm	14  In the News 2 pm Recycling Challenges Fitness 3 pm	15 Seated Dance 11 am  Fred Torrie Lunch 12 pm  Paint 2 pm	16  Yoga etc. 10 am	17 Living Room Concert today or next week
18	19 Coffee Time 10:30 am Jeopardy with Wendy  Memoir 12 pm  Fitness 2 pm	20 Chair Yoga 10 am  Memoirs 11 am  Learn to Play Bridge 4 pm	21 Issues and Us 2 pm Dementia for Caregivers Teepa Snow videos  Fitness 3 pm	22 <b>Earth Day</b>  Seated Dance 11 am  Nature Walkers 1 pm Centennial Park	23  Yoga etc. 10 am  Hymn Sing 4 pm	24
25	26 Daytimers 12:00 noon Wildbirds Unlimited  Fitness 2 pm  UCW Men's Group 7pm	27 Chair Yoga 10 am  Memoirs 11 am  Learn to Play Bridge 4 pm	28  In the News 2 pm Preserving a Green Ontario  Fitness 3 pm	29 Seated Dance 11 am  Afternoon Tea 2 pm Poem In Your Pocket Day	30  Yoga etc. 10 am	

*Humber Valley*

UNITED CHURCH

76 Anglesey Blvd., Toronto ON M9A 3C1