



# **55+ in Central Etobicoke**

## **Thrive 55**

### **Program Guide**

### **Sept-Dec 2025**

# *Fall*

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

*J*here is something for everyone at 55+ In Central Etobicoke this Fall! Our most popular programs are back and we have some exciting new offerings... join us!

Registration for in-person activities is easy using the registration links. Find all the latest updates on OUR [FACEBOOK PAGE](#) and [OUR INSTAGRAM PAGE](#). Subscribe to the weekly newsletter at [www.hvuc.ca](http://www.hvuc.ca) or view the weekly newsletter under "55+ Activities this Week".

#### **At 55+ in Central Etobicoke our programs 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 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 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!



## **Sheila Bacopulos-Chair Yoga & Hatha Yoga Instructor**

Sheila has a passion for yoga and has been offering 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 & Drop-In Book Club**

Beverley has worked with 55+ in Central Etobicoke running a variety of programs. Beverley is a retired teacher and a budding musician who brings a zest for life to a wide range of interests. She loves a good discussion and hopes you will check out the two programs she runs as a volunteer - In the News and Drop-In Book club. See pages 10-11.



## **Steve Yee-Tai Chi Instructor**



Steve is Independent Alternative Medicine Professional who has been teaching Tai Chi for over 30 years for Toronto District School Board, in seniors homes, and privately. He is a member of the Canadian Taiji Federation. See page 4.

## **George Turnbull - DrumFit, Line Dancing and Tap Instructor**

George grew up as a competitive dancer with the Sean Boutilier Academy of Dance studio in Etobicoke, competing in competitions across North America. Classically trained in Jazz, Tap, Ballet, Acro, Hip Hop, Lyrical, Contemporary, Modern, and Musical Theatre, George now teaches line dancing and DrumFit and Tap Dance as part of the 55+ program at Humber Valley United Church. See page 3.



## **Rob Hennig, B. Mus. - Hand-Bell Choir and Find Your Voice Instructor**

Rob has a Bachelor of Music degree and has worked with The Canadian Opera Company and many well known musicians. He leads award-winning hand-bell choirs and is a member of the Guild of English Handbell Ringers.

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**We look forward to continuing to provide you with quality programming.**

For programs with paid professional instructors  
(chair yoga, drumfit, line dancing, tap class, square dancing, bells, voice, and tai chi)  
a \$5 contribution per class per program is appreciated.

For accommodation or questions, please contact Jenny Terwoord,  
the 55+ Program Coordinator at [jenny@hvuc.ca](mailto:jenny@hvuc.ca) or call 416-231-2263 x 31.



# Health & Wellness

## **Chair Yoga - Mondays 10:00am 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](#)

## **DrumFit - Tuesdays 5:00-5:45pm in person at Humber Valley United Church in Arthur Steed Hall, 76 Anglesey Blvd.**

Join instructor George Turnbull as we use chairs and yoga balls as our drums, mix in some fun moves and music, and the beat goes on! DrumFit is suitable for all levels and helps improve cardio vascular health as well as providing great stress relief! Space is limited; please register in advance. [Register Here](#)

## **Tai Chi for Good Health - Thursdays 10:00-11:30am in person at Humber Valley United Church in Arthur Steed Hall, 76 Anglesey Blvd.**

Tai Chi is a gentle and relaxing form of Chinese exercise. It consists of slow, gentle flowing movements using all the muscles and joints of your body. Taught by Steve Yee, the many benefits of Tai Chi include: reducing the risk of falls, weight loss, better sleep, improved cardiovascular health, enhanced posture, relief of arthritis/various types of pain, cognitive and social benefits. In this accessible class you will learn how to increase your oxygen through breathing exercises, how to balance and transfer weight, improve posture, stretch and strengthen muscles safely. [Register Here](#)

## **Co-Ed Recreational Indoor Volleyball & Social - Thursdays 1:00-3:00pm with the option to socialize until 4:00pm in person at 18 Ourland Ave, Etobicoke**

A fun recreational volleyball game, every Thursday, for seniors 55+. No experience necessary. Social time with coffee and tea after the game. Anne Colhoun is the organizer at Ourland Community Centre, (Islington and Evans). No registration required.

## **Line Dancing - Thursdays 5:00-5:45pm in person at Humber Valley United Church in Arthur Steed Hall, 76 Anglesey Blvd.**

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

## **Beginner Tap Dance - Fridays 5:00pm in person at Humber Valley United Church in Arthur Steed Hall, 76 Anglesey Blvd.**

Always wanted to try tap dancing? Start here! This is a fun and supportive class where you will learn the basics of tap dance from professionally trained dancer, George Turnbull. [Register Here](#)



## Health & Wellness continued

### **Square Dancing - Wednesdays on Nov. 5 & Dec. 3 in person Arthur Steed Hall, Humber Valley United Church, 76 Anglesey Blvd.**

So much fun was had in July at our square dancing get together that we decided to repeat the experience. We will learn a simple square dance at 1:00pm on the following Wednesdays

[Register Here for October 15](#)

[Register Here for November 5](#)

[Register Here for December 3](#)

## Day Outings

Now accepting reservations for the following coach tours.  
Please purchase tickets directly from Mary Morton Tours at

**416-488-2674**

mentioning the Humber Valley United Church trip.

### **“Anything Goes” Private Coach Tour to Shaw Festival Tuesday, Sept. 9, 9:00am-8:30pm**

Join us for a fun outing on a private coach tour which includes Shaw Festival’s “Anything Goes”. Follow the delightful antics of Reno Sweeney, a spirited nightclub singer, as she navigates love triangles, mistaken identities, and comical misunderstandings on a transatlantic voyage. “this fresh revival brims with spectacular dance numbers and non-stop laughter.”

We will have a 9:00am departure by private coach from Humber Valley United Church. Spend time browsing in Niagara-on-the-Lake, with lunch on your own. It’s showtime at 1:00pm at the Shaw Festival in Niagara On The Lake. On the return trip, an early, splendid buffet dinner is included at the beautiful Sheraton Fallsview.

Return to Etobicoke approximately 8:30pm. Price per person is \$199.00.

### **The Celtic Tenors: A Celtic Christmas Private Coach Tour includes Buffet Meal Thursday, Dec. 11, 9:00am-6:30pm**

Let’s celebrate the holiday season together with the most successful crossover act to emerge from Ireland. Mary Morton Tours will pick us up at Humber Valley United Church at 9:00am and take us to spend time browsing at Denninger’s Foods of the World. Then a delicious buffet is included at the Best Western, Brantford.

At 2:00pm it’s showtime at the Sanderson Centre for “The Celtic Tenors: A Celtic Christmas.” These world-class artists will perform holiday classics with uplifting harmonies that will have the audience smiling into the season.

Estimated return time is 6:30pm. Price per person is \$155. Call the phone number above to reserve your spot.





# September 2025

Mon		Tues		Wed		Thurs		Fri		Sat/Sun
1	* = IN PERSON	2		3		4		5		6/7
8	Chair Yoga 10:00am Coffee Time 10:30am	9	Shaw Festival 9:00am Book Club 2:00pm *Drum Fit 5:00pm	10	In The News 1:00pm	11	*Tai Chi 10:00am *Intermediate MahJong 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm	12	*Tap Dancing 5:00pm	13/14
15	Chair Yoga 10:00am Coffee Time 10:30am	16	*Drum Fit 5:00pm	17	*Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	18	*Tai Chi 10:00am *Advanced MahJong 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm	19	*Tap Dancing 5:00pm	20/21
22	Chair Yoga 10:00am Coffee Time 10:30am	23	*Drum Fit 5:00pm	24	*Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	25	* Tai Chi 10:00am *Advanced MahJong 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm	26	*Tap Dancing 5:00pm	27/28
29	Chair Yoga 10:00am *Daytimers 11:30am *Men's Group 7:00pm	30	*Drum Fit 5:00pm							



# October 2025

Mon	Tues	Wed	Thurs	Fri	Sat/Sun
* = IN PERSON	1	2	3	4/5	
	*Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	*Tai Chi 10:00am *Advanced MahJong 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm	*Tap Dancing 5:00pm		
6	7	8	9	10	11/12
Chair Yoga 10:00am Coffee Time 10:30am	*MahJong Lessons 1:00pm *Drum Fit 5:00pm *Worship at the Table 6:00pm	*Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	*Tai Chi 10:00am, Sanctuary *Advanced MahJong 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm, Sanctuary	*Tap Dancing 5:00pm, Sanctuary	
13	14	15	16	17	18/19
THANKSGIVING Chair Yoga 10:00am Coffee Time 10:30am	*MahJong Lessons 1:00pm Book Club 2:00pm *Drum Fit 5:00pm *Worship at the Table 6:00pm	In The News 1:00pm *Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	*Tai Chi 10:00am *Advanced MahJong 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm	*Tap Dancing 5:00pm	
20	21	22	23	24	25/26
Chair Yoga 10:00am Coffee Time 10:30am	*MahJong Lessons 1:00pm *Drum Fit 5:00pm	*Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	*Tai Chi 10:00am *Advanced MahJong 1:00pm *Indoor Volleyball 1:00pm Book Club 2:00pm *Beginner/Intermediate Line Dancing 5:00pm	*Tap Dancing 5:00	
27	28	29	30	31	November 1/2
Chair Yoga 10:00am *Daytimers 11:30am *Men's Group 7:00pm	*MahJong Lessons 1:00pm *Drum Fit 5:00pm *Worship at the Table 6:00pm	*Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	*Tai Chi 10:00am *Advanced MahJong 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm	*Tap Dance 5:00pm	





# November 2025

Mon	Tues	Wed	Thurs	Fri	Sat/Sun
3 <div>* = IN PERSON</div> Chair Yoga 10:00am Coffee Time 10:30am	4 *Drum Fit 5:00pm *Worship at the Table 6:00pm	5 *Square Dance 1:00pm *Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	6 *Tai Chi 10:00am *Advanced MahJong 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm	7 *Tap Dancing 5:00pm	8/9
10 Chair Yoga 10:00am Coffee Time 10:30am	11 Book Club 2:00pm *Drum Fit 5:00pm *Worship at the Table 6:00pm	12 In The News 1:00pm *Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	13 *Tai Chi 10:00am *Advanced MahJong 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm	14 *Pastry Pie-Making Workshop 1:30pm *Tap Dancing 5:00pm	15/16
17 Chair Yoga 10:00am Coffee Time 10:30am	18 *Worship at the Table 6:00pm *Drum Fit 5:00pm	19 *Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	20 *Tai Chi 10:00am *Advanced Mah Jong 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm	21 *Tap Dancing 5:00pm	22/23
24 Chair Yoga 10:00am *Daytimers 11:30am *Men's Group 7:00pm	25 *Drum Fit 5:00pm	26 *Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	27 *Tai Chi 10:00am *Advanced MahJong 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm	28 *Tap Dancing 5:00pm	29/30



# December 2025

Mon	Tues	Wed	Thurs	Fri	Sat/Sun
1 * = IN PERSON Chair Yoga 10:00am Coffee Time 10:30am *Drum Fit 4:00pm	2 *Drum Fit 5:00pm	3 *Square Dance 1:00pm *Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	4 *Tai Chi 10:00am *Advanced <u>MahJong</u> 1:00pm *Indoor Volleyball 1:00pm *Beg/Intermediate Line Dancing 5:00pm	5 *Tap Dancing 5:00pm, Sanctuary	6/7
8 Chair Yoga 10:00am Coffee Time 10:30am	9 *Drum Fit 5:00pm Book Club 2:00pm	10 In The News 1:00pm *Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	11 *The Celtic Tenors Tour 9:00am *Tai Chi 10:00am *Advanced <u>MahJong</u> 1:00pm *Indoor Volleyball 1:00pm *Beginner/Intermediate Line Dancing 5:00pm	12 *Tap Dancing 5:00pm, Sanctuary	13/14
15 Chair Yoga 10:00am Coffee Time 10:30am *Daytimers 11:30am *Men's Group 7:00pm	16 *Drum Fit 5:00pm	17 *Hand-Bell Choir 2:00pm *Find Your Voice 3:00pm	18 * Tai Chi 10:00am, Sanctuary *Advanced <u>MahJong</u> 1:00pm *Indoor Volleyball 1:00pm * Beginner/Intermediate Line Dancing 5:00pm, Sanctuary	19 *Tap Dancing 5:00pm, Sanctuary	20/21
22 HOLIDAY BREAK NO CLASSES	23 *Drum Fit 5:00pm	24 CHRISTMAS EVE	25 CHRISTMAS DAY	26	27/28
29 HOLIDAY BREAK NO CLASSES	30 *Drum Fit 5:00pm	31			



## Daytimers Luncheons

Registration includes a delicious lunch and guest speakers!  
All are welcome to attend in person in Arthur Steed Hall,  
Humber Valley United Church, 76 Anglesey Blvd., Etobicoke.



The venue is accessible using our elevator via the front doors  
using the circular drive on Anglesey Blvd.

### Seniors Health & Wellness

**Monday, Sep. 29, 11:30am**

Join us for an informative presentation on health and  
wellness over 55, with a demonstration of our most popular  
fitness programs. [Register Here](#)

### Wills & Estate Planning

**Monday, Oct. 27, 11:30am**

A special presentation by Sandy McIntyre, partner at  
McMaster, McIntyre & Smyth LLP on estate planning and  
wills. [Register Here](#)

### Chat With A Funeral Director

**Monday, Nov. 24, 11:30am**

Helpful information on what to expect when planning a  
funeral with Tammy Hepditch, Licensed Funeral Preplanner  
and Aftercare Specialist. [Register Here](#)

### Christmas Lunch and Carols

**Monday, Dec. 15, 11:30am**

Let's celebrate together with a traditional Christmas meal and  
some familiar carols led by the Valley Voices Community  
Choir. [Register Here](#)



# Social and Lifelong Learning

## **Coffee Time - Mondays 10:30am on Zoom**

Join us for free-ranging conversation with friends. Coffee time is a chance to connect 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 Here](#)

## **Men's Discussion Group - Final Monday of each month at 7:00pm in person at Humber Valley United Church in the Hearth Room, 76 Anglesey Blvd.**

Join in for informative and topical presentations followed by lively Q&A. Stay tuned to [hvuc.ca](http://hvuc.ca) for each month's presentation topic (September through June) and any location or time changes that might occur. No registration required.

## **Mah Jong for Beginners - Tuesdays, Oct. 7, 14, 21 & 28, 1:00pm in person at Humber Valley United Church, 76 Anglesey Blvd.**

We are offering 4 two-hour lessons where you will learn the intricacies of Mah Jong, one of the fastest growing games in North America. The cost is \$20 per lesson, and registration is required. Space is limited. This program is sold out but you may [Register for the Wait List Here](#)

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

This is 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. [Register Here](#)

## **Intermediate Mah Jong - Thursdays 1:00-3:00pm in person at Humber Valley United Church, 76 Anglesey Blvd.**

For experienced American League MahJong players. Join us in the Hearth Room at Humber Valley United Church. [Register Here](#)

## **Pastry and Pie-Making Workshop - Friday, November 14, 1:30-4:30pm in person at Humber Valley United Church Kitchen, 76 Anglesey Blvd.**

Join us for a master class on home-baked pie, perfect for crisp Fall days!

Space is limited to 6 people, sign up early to avoid disappointment. To Register [Contact Nancy via e-mail](#) or call 416-573-5522. \$10 fee for materials.

## **Better Living Education Series by Baycrest**

Register for programs like the Digital Literacy Club, Mindset Shift, and Baycrest Health Talks through the Better Living Education Series. [Register Here](#)

## **Cogniciti: Is my memory normal or should I see my doctor? Brain Health Assessment**

Cogniciti's 20 to 30 minute online assessment is free, private and clinically researched by Baycrest. [Test Your Brain Health Here](#)



## Arts and Culture

**Community Choir "Valley Voices" - Wednesdays 7:00pm beginning Sept 17 in person at Humber Valley United Church, 76 Anglesey Blvd.**  
Looking for a place to sing and have fun with others? Join us Wednesday evenings in person with the Valley Voices Community Choir, directed by Kate Brown and Colleen Isherwood. For more information contact Kate at [kate@hvuc.ca](mailto:kate@hvuc.ca) or 416 231 2263 Ext. 41.

**Drop-In Book Club - Fourth Thursday of each month 2:00pm on Zoom**  
New titles each month and great discussions! [Register Here](#)

September 9 - "At a Loss for Words" by Carol Off  
October 14 - "Wavewalker" by Suzanne Heywood  
November 11 - "James" by Percival Everett  
December 9 - Looking back and planning

**Hand-Bell Choir - Wednesdays 2:00 beginning Sept. 17 in person at Humber Valley United Church, 76 Anglesey Blvd.**  
Explore the fundamentals of rhythm using hand bells! You will be amazed how the concepts and patterns in this class make bell ringing easy and enjoyable. [Contact Rob to Register via Email](#)

**Find Your Voice - Wednesdays 3:00 beginning Sept. 17 in person at Humber Valley United Church, 76 Anglesey Blvd.**  
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. [Contact Rob to Register via Email](#)

## Faith and Spirituality

**Worship at the Table - Tuesdays 6:00-8:00pm, Oct. 7 - Nov. 11 in person at Humber Valley United Church, 76 Anglesey Blvd.**  
Communal dinners and discussion with facilitator, Anne Pietropaolo. We invite you to come share a meal, with weekly scripture readings, prayers and reflections to help understand and enjoy the spiritually formative and socially significant experience of sharing meals with one another. [Register Here](#)

55+ program Worship at the Table booked as follows: Oct. 7 Hearth Room; Oct. 14 Sanctuary; Oct. 28 Hearth Room; Nov. 4 Hearth Room; Nov. 11 Sanctuary; Nov. 18 Hearth Room

**Daily Bread Prayer Group - Fridays 8:30am on Zoom**  
All are welcome to join for 30 minutes of comfort, unity, inspiration, and connection. No preparation or experience necessary! If you are interested in participating, please [contact Lynn Manning](#) for details.

**Walking Meditation - Tuesdays 9:25-10:30am in person at James Gardens, 99 Edenbridge Dr, Etobicoke**  
Reflective walking experiences to renew your soul. Join us for a guided meditation and walk on maintained paths in the company of this supportive group. Meet up in the main parking lot near the duck pond.



## Our Partners

### Just Like Family Home Support Services

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Toronto West Office 600-3250 Bloor St. W. 416.459.3337 [toronto@justlikefamily.ca](mailto:toronto@justlikefamily.ca)

JUST LIKE FAMILY  
HOME CARE

**CABHI and Leap**



CENTRE FOR AGING  
+ BRAIN HEALTH  
INNOVATION  
Powered by Daycrest

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. LEAP now offers a 24/7 virtual module for digital literacy/healthy aging. Find out [more about CABHI & Leap](#)

## Our Funders



THE UNITED CHURCH OF CANADA  
**FOUNDATION**

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 be a donor to the 55+ program, please consider donating to Humber Valley United Church and note "55+ program" on your cheque or e-transfer to [finance@hvuc.ca](mailto:finance@hvuc.ca) with the same notation. Donations will receive a tax receipt, if requested in writing.

## See a Program You are Interested in?

**To register use the "Register Here" links in this guide, or contact 55+ Program Coordinator, Jenny Terwoord [by email](#) or call 416-231-2263 x31**

**As programs & events may be added and updated, subscribe to the "55+ In Central Etobicoke" newsletter and, please check frequently for updates at [www.hvuc.ca](http://www.hvuc.ca)**

Humber Valley United Church, 76 Anglesey Blvd., Toronto ON M9A 3C1 | [www.hvuc.ca](http://www.hvuc.ca)