



55+ in Central Etobicoke

Spring

Thrive 55+ Program Guide April to June 2024

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

Here's something for everyone in our Spring 2024 program offerings. From line dancing to movie matinées, virtual walks and fitness programs, day trips and monthly luncheons... join us! 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. Subscribe to the weekly newsletter there as well.

At 55+ in Central Etobicoke our programs are:



CONNECTED - We build on community connections and foster new relationships in Central Etobicoke to strengthen our sense of belonging.



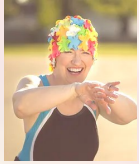
CARING - Our priority is caring for each other, being inclusive and affirming to all. We find new ways to make our programs open, accessible and inviting.



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.

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 10.

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.

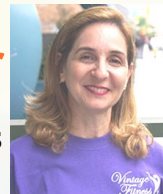


Beverley Conner - In the News and Drop-In Book Club

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 program. See page 3.

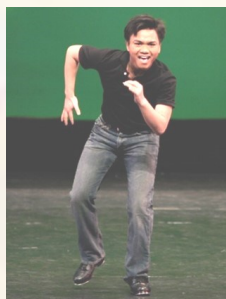


Olena Tregubenko - Fitness

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.



George Turnbull - Line Dance 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 as part of the 55+ program at Humber Valley United Church. See page 4.

Health & Wellness

Stay Fit with Cristina - Mondays 2:00-3:00pm on Zoom

Improve posture and daily functional movements, maintain healthy joints and balance while having fun in this 60-minute Zoom class.

[JOIN THE ZOOM CLASS HERE](#)

Vintage 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 on the first Monday of each month unless a holiday)

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.

This Chair Yoga class meets in person on the first Monday of each month (unless a holiday, in which case it is cancelled) at Humber Valley United Church, 76 Anglesey Blvd. The remaining weekly classes are on Zoom. [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 in person

In person with Steve Yee in Humber Valley United Church's 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; improve posture, stretch and strengthen muscles. [Register here](#)

Continued on page 4

Health and Wellness cont'd

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

Come for an indoor walk and we will gather for coffee or a light snack at the food court afterwards. We meet at the centre court, by the information desk. Register once and come when you can! [Register Here](#)

Beginner/Intermediate Line Dancing with George Turnbull - Thursdays 5:00-6:00pm in person at Humber Valley United Church

It's fun! It's social! Come out and learn some new moves. This is for dancers of all levels. [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 Terwoord: jenny@hvuc.ca 416-231-2263 x31



SUBSCRIBE to the "55+ In Central Etobicoke" newsletter and be sure to check frequently at

www.hvuc.ca

for updates and more programs as they arise.



May 2024

Mon	Tues	Wed	Thurs	Fri	Sat/Sun
* = IN PERSON		1 Fitness 3:00 Pick a Memory! 3:00	2 *Cloverdale Walkers 10:00	3 Hatha Yoga 10:00	4/5
6 *Chair Yoga 10:00 Coffee Time 10:30 Fitness 2:00 *Tai Chi 4:30	7 *Walking Meditation 9:30 Digital Literacy 11:00	8 Fitness 3:00 *Pick a Memory! 3:00	9 *Cloverdale Walkers 10:00	10 Hatha Yoga 10:00	11/12 12-Mother's Day
13 Chair Yoga 10:00 Coffee Time 10:30 Fitness 2:00 *Tai Chi 4:30	14 *Walking Meditation 9:30 Digital Literacy 11:00	15 In The News 1:00 Fitness 3:00 *Pick a Memory! 3:00	16 *Cloverdale Walkers 10:00	17 Hatha Yoga 10:00	18/19
20 Victoria Day	21 *Walking Meditation 9:30 Digital Literacy 11:00 Seated Dance 2:00	22 Ageing Well 2:00 Fitness 3:00 *Pick a Memory! 3:00	23 *Cloverdale Walkers 10:00Book Club 2:00	24 Hatha Yoga 10:00	25/26
27 Chair Yoga 10:00 *Daytimers 11:30 Fitness 2:00 *Tai Chi 4:30 *Men's Group 7:00	28 *Walking Meditation 9:30 Digital Literacy 11:00 Seated Dance 2:00	29 Fitness 3:00 *Pick a Memory! 3:00	30 *Cloverdale Walkers 10:00 *SPECIAL EVENT Sunshine Scrabble 1:00-3:00pm	31 Hatha Yoga 10:00	

June 2024



Mon	Tues	Wed	Thurs	Fri	Sat/Sun
* = IN PERSON					1/2
3 *Chair Yoga 10:00 Coffee Time 10:30 Fitness 2:00 *Tai Chi 4:30	4 *Walking Meditation 9:30 Digital Literacy 11:00	5 Fitness 3:00 *Pick a Memory! 3:00	6 *Cloverdale Walkers 10:00	7 *Hatha Yoga 10:00	8/9 Valley Voices Concert 7:00pm
10 Chair Yoga 10:00 Coffee Time 10:30 Fitness 2:00 *Tai Chi 4:30	11 *Walking Meditation 9:30 Digital Literacy 11:00 Seated Dance 2:00	12 In The News 1:00 Fitness 3:00	13 *Cloverdale Walkers 10:00	14 *SPECIAL EVENT Bus trip to Shaw 9:15am Hatha Yoga 10:00	15/16 16-Father's Day
17 Chair Yoga 10:00 Coffee Time 10:30 Fitness 2:00 *Tai Chi 4:30	18 *Walking Meditation 9:30 Digital Literacy 11:00	19 Ageing Well 2:00 Fitness 3:00	20 *Cloverdale Walkers 10:00	21 Hatha Yoga 10:00	22/23
24 Chair Yoga 10:00 *Daytimers 11:30 Fitness 2:00 *Tai Chi 4:30 *Men's Group 7:00	25 *Walking Meditation 9:30 Digital Literacy 11:00	26 Fitness 3:00	27 *Cloverdale Walkers 10:00 Book Club 2:00	28 Hatha Yoga 10:00	29/30

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. Join in by 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](#)

Pick a Memory! Make a Video! - A Six-Week Course Wednesdays, May 1, 8, 15, 22, 29, June 5. 8 3-5:00pm in person at Humber Valley United Church

Would you like to record your memories to share with family and friends? In just a few sessions, you will learn how to create simple videos using your smartphone and laptop. Bring your storytelling to life, adding photos and music, with this free six-week course offered by *Back Lane Studios' Mapping our Memories Project*. Volunteers will assist you with technology. Registration is limited to 8-10 people. For more detail, [email ellen@backlanestudios.ca](mailto:ellen@backlanestudios.ca). [Register here](#)

Daytimers - The last Monday of each month at 11:30am

Registration includes a delicious lunch and guest speakers!

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

It can be challenging to know what to do or say when someone we know suffers a loss. Join us for "Making a Difference: Understanding Grief", an enlightening talk, by David Lang, on how to support someone who is grieving. David Lang is a Stephen Minister leader and a member of the Humber Valley United Church congregation. [Register here](#)

Monday, May 27, 11:30am (In-person lunch at HVUC)

Come and join us to hear about Lee Melymick's journey to the Tokyo Paralympic Games in 2020 and the Paris Paralympic Games in 2024. Lee is from Etobicoke, grew up going to Royal York Road United, and is a Canadian Paralympian playing for Canada on the men's national wheelchair basketball team. Come and be inspired by this young athlete's road to national stardom after suffering an injury in 2015. Not to be missed. [Register here](#)

Monday, June 24, 11:30am (In-person lunch at HVUC)

Humber Valley United's magnificent stained glass windows are an Etobicoke art treasure. Their brilliant colours and innovative designs bring beautiful light into the church. Discover how the windows have become living art; where much of the antique glass was rescued; the artist who created them; and the vision of the commissioning. Sit, contemplate, touch, and share what inspires you. Bring your friends and neighbours too. [Register here](#)

Special Events

We have some great special events planned for you this Spring!

April

Springtime Virtual Walks from the Comfort of Your Home

Ever wondered what strolling through the streets of Tokyo or Hong Kong would be like? This is your chance to find out! Join us for incredible virtual walks April 18 and April 25 and go on an adventure from the comfort of your home!

April 18 – Tokyo, 10:00am on Zoom [Register Here](#)

April 25 – Hong Kong, 10:00am on Zoom [Register Here](#)

May

Sunshine Scrabble - Thursday, May 30, 1:00pm in person at Humber Valley United Church in the Hearth Room

This is a fun way to spend a spring afternoon, and it's good for brain health! Come out and play a few rounds of Scrabble with old friends or make some new ones! All skill levels are welcome!

[Register Here](#)

June

Shaw Festival Full-Day Outing

Back by popular demand, a trip to the Shaw Festival in Niagara-on-the-Lake with Mary Morton Tours on Friday, June 14 to see "My Fair Lady".

The show begins at 2:00pm at the theatre. Our tickets are in the orchestra section.

We leave from Humber Valley United Church (76 Anglesey Blvd, Etobicoke) at 9:30am. The bus will return to the church about 7:15pm depending on the traffic.

Lunch is included in the price and will be at Betty's Restaurant in Chippawa <https://www.bettysrestaurant.com/>. You can choose your own entree from chicken parmesan, roast beef, fish and chips, or a vegetarian option.

Ticket Price: \$198 per person (all inclusive including HST) includes deluxe private coach, lunch, the show, snacks and beverages on the return trip home.

How to Reserve and Pay for Your "My Fair Lady" Tickets: Call Mary Morton directly at 416-488-2674 BEFORE APRIL 27 or [CONTACT JENNY](mailto:jenny@hvuc.ca) for more information jenny@hvuc.ca.

Social and Lifelong Learning cont'd

Ageing Well Workshop - Once a month on Monday, April 3, Monday, May 22 & Monday, June 19, 1:00-2:00pm on Zoom

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.

Play Dates with Grandparents - Once a month on Saturdays

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

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](#)



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 in person

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 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.

April 25 - “Mind Spread Out On the Ground” by Alicia Elliot

May 23 - “The Invention of Wings” by Sue Monk Kidd

June 27 - “Seventeen” by Joe Gibson

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

Faith and Spirituality

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

All are welcome to join for 30 minutes of comfort, unity, inspiration, and connection. No preparation or experience necessary! Please contact Lynn Manning or Joanne Stenerson to participate. Details at www.hvuc.ca

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

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. 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](http://hvuc.ca) or call the office at 416-231-2263.

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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 over \$20 will receive a tax receipt.

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