

# 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>

### **Tap Dancing – Mondays 5 pm at Humber Valley United Church**

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.

### **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](mailto:jenny@hvuc.ca) or call 416-231-2263 ext. 31**

**Mondays 10:30 on ZOOM**

Meeting Registration - Zoom

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

## **IN THE NEWS**

**Second Wednesday of each month 1 pm on ZOOM**

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

[https://us02web.zoom.us/meeting/register/tZUtcemtqzwoE9CTxne034Xhlv\\_EZcPKoMwV#/registration](https://us02web.zoom.us/meeting/register/tZUtcemtqzwoE9CTxne034Xhlv_EZcPKoMwV#/registration)

**Second Monday of each month at 2pm on ZOOM**

<https://us02web.zoom.us/join/9678812345?pwd=OWVkdjZMcUlnYkRlMmFScEJwZWdWdz09>

# 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 <b>Online</b> Coffee Time 10:30	6	7	8  Tai Chi 10:00 Mah Jong 1:00	9  Zumba 1:00	
12 <b>Online</b> Chair Yoga 10:00 <b>Online</b> Coffee Time 10:30 Square Dance 1:00 <b>Online</b> Book Club 2:00 Tap Dancing 5:00	13  Drum Fit 5:00	14 <b>Online</b> 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 <b>Online</b> Chair Yoga 10:00 <b>Online</b> Coffee Time 10:30 Tap Dancing 5:00	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 Tap Dancing 5:00 Men's Group 7:00	27  Drum Fit 5:00	28  Hand Bell Choir 2:00 Find Your Voice 3:00	29  Tai Chi 10:00 Mah Jong 1:00 Line Dancing 5:00	30  Zumba 1:00	

## February

Mon	Tues	Wed	Thurs	Fri	
2 <b>Online</b> 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	
9 <b>Online</b> Chair Yoga 10:00 <b>Online</b> Coffee Time 10:30 Square Dance 1:00 <b>Online</b> Book Club 2:00 Tap Dancing 5:00	10  Drum Fit 5:00	11 <b>Online</b> In The News 1:00 Hand Bell Choir 2:00 Find Your Voice 3:00	12  Tai Chi 10:00 Mah Jong 1:00 Line Dancing 5:00	13  Zumba 1:00	
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## March

Mon	Tues	Wed	Thurs	Fri	
2 <b>Online</b> Chair Yoga 10:00 <b>Online</b> Coffee Time 10:30 Tap Dancing 5:00	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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