

55+ Fall 2026 Program Guide

A program of Humber Valley United Church

(Updated September 8, 2026)



Humber Valley United Church | 76 Anglesey Blvd. | In the heart of Etobicoke | hvuc.ca

55+ in Central Etobicoke has something for everyone!

Old favourites, and some exciting new programs
to keep you active this Fall.

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 Well.

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 Deborah Turnbull with questions at dtgbc01@gmail.com or call 416-231-2263 ext. 31

WEEKLY IN PERSON PROGRAMS – just come, no need to register

Hand Bell Choir – Beginning Monday, Oct. 5 - 4-5pm 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.

Tuesday Meditative Walks in James Gardens – Beginning Tuesday, Sept. 8–9:30am

Join us any Tuesday – we walk rain or shine, snow or fog. Meet by the duck pond near the James Gardens parking lot by 9:25. No need to register for this one-hour interlude in your week.

Qigong – Beginning Tuesday, Sept. 8 - 10-11am at Humber Valley United Church

This class blends slow, flowing movements with focused breathing to improve physical, mental and spiritual well being. Suitable for all fitness levels.

Drum Fit – Beginning Wednesday, Sept. 23 - 1-1:45pm 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! Drum Fit is suitable for all levels of ability.

Tai Chi – Beginning Thursday, Sept. 10 - 10-11:30am 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 – Beginning Thursday, Oct. 15 - 5-5:45pm 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 - Beginning Friday, Sept. 18 - 1-1:45pm at Humber Valley United Church

Great for balance, coordination and range of motion, this class is especially designed for older adults. All levels welcome.

WEEKLY VIRTUAL PROGRAMS

Chair yoga

Beginning Monday, Sept. 7 at 10am 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. Click [here](#) to join or see hvuc.ca.

Coffee Time

Beginning Monday, Sept. 7 at 11am on ZOOM

Join this friendly conversation. Connect about timely topics, either in our own lives or on the news. Click [here](#) to join or see hvuc.ca.

Hatha Yoga

Beginning Friday, Sept. 11 at 10am 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. Click [here](#) to join or see hvuc.ca.

In the News

Second Wednesday of each month beginning Sept. 9 at 1pm on ZOOM

This is an informative and entertaining current events discussion led by dynamic volunteer facilitator Beverley Conner. Click [here](#) to join or see hvuc.ca.

Drop in Book Club

Second Monday of each month beginning Sept. 14 at 2pm on ZOOM

New titles each month and great discussions! Click [here](#) to join or see hvuc.ca.

MONTHLY IN-PERSON PROGRAMS

Brain Games

Beginning Monday, **October 5 at 1pm** at Humber Valley United Church.

Give your memory, focus, and problem-solving skills a workout!

Gardening Workshops

September 14, October 22 and November 12 at 12pm at Humber Valley United Church.

Men's Discussion Group

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

Informative and topical presentations followed by lively Q & A In the Hearth Room.

DAYTIMERS LUNCHEONS

Come to HVUC for a delicious lunch and hear guest speakers on the last Monday of each month at **11:30am**! All are welcome! Registration required – Click [here](#) to register or see hvuc.ca.

Monday, September 28

HOW TO BUILD A PERSONAL BINDER

A practical presentation on how to store and access important personal information in times of crisis or need. Note: the elevator is being repaired so will not be available for use.

Monday, October 26

THE WONDER OF BEES

A fascinating exploration of bee keeping.

Monday, November 30

MUSICAL CONCERT featuring Elderberry Jamboree

A lively and entertaining presentation of sing-a-long favourites.

Monday, December 14

CHRISTMAS CELEBRATION

SEPTEMBER 2026				
Mon	Tues	Wed	Thurs	Fri
	1	2	3 Tai Chi 10am	4
7	8 Meditative Walk 9:30am Qigong 10am	9 Online In the News 1pm	10 Tai Chi 10am	11 Hatha Yoga 10am
14 Online Chair Yoga 10am Online Coffee Time 11am Gardening Workshop 12pm Online Book Club 2pm	15 Meditative Walk 9:30am Qigong 10am	16 55+ Day at the Shaw Festival	17 Tai Chi 10am	18 Hatha Yoga 10am Zumba 1pm
21 Online Chair Yoga 10am Online Coffee Time 11am	22 Meditative Walk 9:30am Qigong 10am	23 Drum Fit 1pm	24 Tai Chi 10am	25 Hatha Yoga 10am Zumba 1pm
28 Daytimers Luncheon 11:30am Men's Group 7pm	29 Meditative Walk 9:30am Qigong 10am	30 Drum Fit 1pm		

OCTOBER 2026

Mon	Tues	Wed	Thurs	Fri
			1	2 Hatha Yoga 10am Zumba 1pm
5 Online Chair Yoga 10am Online Coffee Time 11am Brain Games 1pm Hand Bells 4pm	6 Meditative Walk 9:30am Qigong 10am	7 Drum Fit 1pm	8 Tai Chi 10am	9 Hatha Yoga 10am Zumba 1pm
12 THANKSGIVING	13 Meditative Walk 9:30am Qigong 10am	14 Online In the News 1pm Drum Fit 1pm	15 Tai Chi 10am Line Dancing 5pm	16 Hatha Yoga 10am Zumba 1pm
19 Online Chair Yoga 10am Online Coffee Time 11am Hand Bells 4pm Online Book Club 2pm	20 Meditative Walk 9:30am Qigong 10am	21 Drum Fit 1pm	22 Tai Chi 10am Gardening Workshop 12pm Line Dancing 5pm	23 Hatha Yoga 10am Zumba 1pm
26 Daytimers Luncheon 11:30am Hand Bells 4pm Men's Group 7pm	27 Meditative Walk 9:30am Qigong 10am Mah Jong 1pm	28 Drum Fit 1pm	29 Tai Chi 10am Line Dancing 5pm	30 Hatha Yoga 10am Zumba 1pm

NOVEMBER 2026

Mon	Tues	Wed	Thurs	Fri
2 Online Chair Yoga 10am Online Coffee Time 11am Brain Games 1pm Hand Bells 4pm	3 Meditative Walk 9:30am Qigong 10am Mah Jong 1pm	4 Drum Fit 1pm	5 Tai Chi 10am Line Dancing 5pm	6 Hatha Yoga 10am Zumba 1pm
9 Online Chair Yoga 10am Online Coffee Time 11am Online Book Club 2pm Hand Bells 4pm	10 Meditative Walk 9:30am Qigong 10am Mah Jong 1pm	11 Online In the News 1pm Drum Fit 1pm	12 Tai Chi 10am Gardening Workshop 12pm Line Dancing 5pm	13 Hatha Yoga 10am Zumba 1pm
16 Online Chair Yoga 10am Online Coffee Time 11am Hand Bells 4pm	17 Meditative Walk 9:30am Qigong 10am Mah Jong 1pm	18 Drum Fit 1pm	19 Tai Chi 10am Line Dancing 5pm	20 Hatha Yoga 10am Zumba 1pm
23 Online Chair Yoga 10am Online Coffee Time 11am Hand Bells 4pm	24 Meditative Walk 9:30am Qigong 10am Mah Jong 1pm	25 Drum Fit 1pm	26 Tai Chi 10am Line Dancing 5pm	27 Hatha Yoga 10am Zumba 1pm
30 Daytimers Luncheon 11:30am Hand Bells 4pm Men's Group 7pm				

DECEMBER 2026				
Mon	Tues	Wed	Thurs	Fri
	1 Meditative Walk 9:30am Qigong 10am	2 Drum Fit 1pm	3 Tai Chi 10am Line Dancing 5pm	4 Hatha Yoga 10am Zumba 1pm
7 Online Chair Yoga 10am Online Coffee Time 11am Brain Games 1pm	8 Meditative Walk 9:30am Qigong 10am	9 Online In the News 1pm Drum Fit 1pm	10 Tai Chi 10am Line Dancing 5pm	11 Hatha Yoga 10am Zumba 1pm
14 Daytimers Luncheon 11:30am Online Book Club 2pm Men's Group 7pm	15 Meditative Walk 9:30am Qigong 10am	16 Drum Fit 1pm	17 Tai Chi 10am Line Dancing 5pm	18 Hatha Yoga 10am Zumba 1pm
21	22	23	24	25
28	29	30	31	