



Birchmount Bluffs
Neighbourhood Centre



SUMMER REGISTRATION:
Thursday June 20, 2019 @ 9:00am

Fall Registration:
Thursday August 22 @ 9:00am



@bbncentre birchmountbluffs.neighbourhoodcentre.7



Human Resources
Development Canada

Développement des
ressources humaines Canada



Membership valid from September 1st, 2019 to August 31, 2020

MESSAGE FROM THE EXECUTIVE DIRECTOR

"Everything good, everything magical happens between the months of June and August." —Jenny Han, "The Summer I Turned Pretty"

Ha !!! Summer ... we wait all year round for you ..."

This morning I am writing the summer note for the brochure but it is not exactly a very warm day. In fact is kind of rainy and cool. However, the summer season is definitely upon us. The signs are there! Many more people are walking and biking on the streets, the city is wearing a green cape, and allergy medications are the most common commercials on TV.

At Birchmount Bluffs Neighbourhood Centre, we are in the process of planning activities for the season. We are preparing for our traditional summer camps for youth. Staff are scheduling well deserved vacations and time off.

I want to address the question that some parents have asked this spring. "Why is BBNC not offering the, always popular, Arts Camp (an affordable day camp for children 6 to 12) or the "Pollywogs to Tadpoles" (for the little ones)?

Although, this is a complicated situation to explain the simple answer is: BBNC, has no physical space for it. Parks, Forestry and Recreation offer three different camps from this location. The Boys and Girls club offer a Summer Camp at the school next door.

Thus, re-instating the camp is not in the near future.

There is, however, a plan to extend the drop-in for children and parents/caregivers. We have a new opportunity to rebuild our summer programming in response to new and more complex needs of the community. It may not be "this" summer but for sure "next".

Part of the planning is to explore camps for next summer. That is something I can commit to: to ensure BBNC has a full overall plan for the summer.

There are new announcements we are excited about and we want to share with you.

The effects of the changes BBNC has gone through are not quite done yet. I am proud of the staff and instructors, and I keep saying it, that makes the changes seamless. We, I, understand the level of sacrifice some of the instructors and staff have and are making to adjust to our new realities.

The initial effect is that BBNC is much more in tune with itself and the vision, mission and values are not being compromised.

There is other very good news on the horizon:

The registration system that was launched on April 1st and by all accounts, is a tremendous success! The Summer registration begins on June 20th and will be the second season where all programming is fully on line.

The board of directors has begun a process of reviewing all of our policies, a process that may take more than one year. Also under their leadership we are in the process of developing a "Risk Management Plan"

That is why it is important to be involved in your neighbourhood centre. The board is recruiting members for our September annual general meeting.

Visit our website for details.

Happy summer





Registration for the BBNC Summer session starts on **Thursday, June 20th.**

IMPORTANT CHANGES TO BBNC'S REGISTRATION SYSTEM!

NEW ONLINE REGISTRATION SYSTEM IS UP AND RUNNING!!

The BEST way to register for programs is **ONLINE** ! Visit the www.bbnc.ca and click on register. You will be taken to the Community Portal where you will create your online profile (if you haven't already). From there you are able to review all upcoming fitness, wellness, workshops and training programs being offered. If you require support with registration, please come to reception and we will assist your registration process.

MEMBERSHIP

Membership is required to participate in programs at Birchmount Bluffs Neighbourhood Centre. This includes the Good Food Box. For those that **ONLY** want to participate in the Good Food Box program, an Individual membership will suffice, regardless of age. Memberships are now valid for 12 months from the date of purchase. Family memberships include all individuals who live at the same address.

Memberships are non-refundable.

Annual Membership classes and fees:

- ◆ Individual (18 to 59 years of age) \$ **15.00**
- ◆ Family (parents and children any combination— or 3+ individuals living at the same address) \$ **40.00**
- ◆ Older Adults (60 years of age and up) \$ **15.00**
- ◆ Youth (13 to 21) no charge
- ◆ EarlyON no charge
- ◆ SHARE365 participant (recipient) \$ **8.00**
- ◆ SHARE365 family \$ **20.00**

BENEFITS OF MEMBERSHIP

All membership types include:

- Participation in all programs
 - 2 Class passes at time of membership renewal to try something new before registering - available at reception
 - Receipt of regular updates via e-bulletins and INFO alerts
 - Elect and be elected to the Board of Directors
- All BBNC memberships are valid **ONLY** for BBNC programs at this 93 Birchmount Road location.

PAYMENT

Payment must be received at the time of registration. Program registrations completed online will require Visa, MasterCard and AMEX as forms of payment.

Payments may be made at reception by cash, cheque, debit or credit. Cheques returned from the bank for any reason are subject to a \$30 processing fee.

REFUND POLICY

From time to time, BBNC will have to cancel an entire program, (all classes in a session), due to low enrolment. Participants will receive a full refund for any classes remaining in the program, or they may transfer to any other class.

Participants who need to withdraw from a program, due to medical reasons, will receive a credit to their online profile for any classes that have not been taken **from the time we receive written notice.**

Participants wishing to withdraw from any program must do so in writing prior to the 3rd week of the class. They will receive a credit for any remaining classes, and will be subject to a \$20 processing fee for each class withdrawn from. There will be no credits issued for class withdrawal requests received after this time.

Refunds made for online payments will be completed through the original payment method. All refunds for payments made through reception will be completed by cheque.

TRANSFERS

There is a \$10 administration fee to transfer from one class to another. This applies to all paid programming after the 1st week of each session.

CLASS ABSENCES

It is not possible for participants to make up a missed class by attending an equivalent class on another day. There are **no** refunds for missed classes.

INSTRUCTOR ABSENCES

BBNC will do their best to find substitute instructors who are qualified to teach the specific class. If this is not possible, the available instructor will provide a general workout for the class.

Members who register for 3 or more Summer classes will receive a 5 Pass Punch Card for use during the Summer Session (ends August 30, 2019)

CANCELLATIONS

From time to time, due to unforeseen circumstances such as inclement weather or instructor illness, a single class within a session, may be cancelled. A voucher will be issued for the cancelled class at the end of the session.

PROGRAM SUBSIDY

Committed to social inclusion, BBNC strives to be accessible to all, especially to those who are struggling with financial limitations. Ask for more information about SHARE365 at the front desk.

See our policy of social inclusion below.

INCLUSION POLICY

In keeping with our mission and inclusion vision, we endeavor to provide a wide range of programs and services to meet the unique needs of individuals and groups in our community. Our mainstream programs are integrated and we welcome participation by all persons, including persons with disabilities, at a level suitable to their ability and choice. Program descriptions provided are guidelines to help participants choose programs to meet their needs.* Please ask our staff or the instructors for clarification should you have any questions, comments or concerns.

Please note that while our overall programming seeks to provide programs and services inclusive to all, we reserve the right to create individual programs for unique groups within our community.

AODA CUSTOMER SERVICE POLICY

BBNC is fully committed to providing accessible customer service to all community members with disabilities. Our **Accessible Customer Service Policy** is posted in the reception area and on the BBNC website in the Policies section.

BBNC RECEPTION HOURS

Monday / Wednesday	8:45am - 8:00pm
Tuesday / Thursday	8:45am - 5:00pm/ 6:00pm - 8:00pm
Friday	8:45am - 3:00pm
Saturday	8:00am - 1:00pm

HOLIDAY CLOSURES

Monday July 1	Canada Day
Saturday August 3	Long Weekend
Monday August 5	Civic Holiday
Saturday August 31	Long Weekend
Monday September 2	Labour Day

WHO'S WHO

Do you know who to ask if you have questions surrounding BBNC or our programs? Please refer to the staff list below to help you decide who to direct your questions to. Remember, your questions and comments are always welcomed.

Contact the Board at board@bbnc.ca

BOARD OF DIRECTORS

Mamta Deshwar	Chairperson
Angie Joyce	Corporate Secretary
Nancy LaPlante	Vice Chair
Xueqi Lin	
Treasurer	

Martha Shephard
Agnes Thomas
Sarah Beale
Joanne Davidson
Penny Reid
Dr. Shafi Bhuiyan



STAFF TEAM

Kate Brutto	Social Media/Communications
Linda Curley	Manager, Community Engagement
Linda Driscoll	Manager, Early Learning and Parenting - on leave
Camille Evans	SHARE365 Program Worker
Naheed Fatima	Registered Early Childhood Educator, Nursery School
Sadia Freeman	EarlyON Facilitator
Lisa Jardine	Youth Development Coordinator
Amanda Leclerc	Recreation/ Leisure Support
Lelisa Mesadi	Fund Development Support
Asiya Motala	EarlyON Coordinator/ RECE, Nursery School
Deborah Nurse	Financial Manager
Anita Persaud	Receptionist
Nisha Pragg-Singh	EarlyON Facilitator
Enrique Robert	Executive Director
Shaunette Tomlinson	Administrative/ Finance Assistant

Please contact BBNC Staff and Volunteers at 416 396-4310 or by email at contact@bbnc.ca
Thank you

EARLYON CHILD AND FAMILY CENTRE

EARLYON CHILD AND FAMILY CENTRE

Programs for parents, child care providers and their children, 6 years and under.

The **EarlyON** signature brand enables the government to promote Child and Family Centres as places that encourage children to learn, play, laugh, be curious, make friends and engage with others. Places where children are seen as capable and competent - where they can build their sense of belonging and capacity for expression. Places where children, parents and caregivers can explore and engage with the world around them and enhance their well-being.

EarlyON Child and Family Centres will offer safe and welcoming environments open to all families across Ontario. Children and families will be welcomed by qualified early years professionals and participate in high-quality programs, in places where parents and caregivers can find support, advice, personal connections and access a network of resources.



DROP-IN PROGRAMS

PARENTS AND CAREGIVERS MUST ATTEND ALL PROGRAMS WITH THEIR CHILD

FIRST STEPS

This is a wonderful opportunity for parents and child care providers to join in shared activities with children 0-6 years. A great chance to meet people and share your experiences.

Mon & Wed: 9:00am - 3:00pm (year round)

TOY LENDING LIBRARY

The toy lending library contains age appropriate toys for children aged infants-6 years. A catalogue is offered of educational toys, cooperative games, early literacy activities and so much more to enjoy. Items can be borrowed for a 2-week period.

RESOURCE BOOK LENDING LIBRARY

The library consists of books about child care, child development, behaviour management, stress management, divorce/separation and other parenting topics.

MOMMY & WEE ME

Come out and connect with other new Mom's and Babies, share your experiences as a mother & access resources and information. We also offer the support of a Public Health Nurse for feeding and nursing challenges, nutrition, immunization, postpartum depression and much more. The group enjoys rhymes and songs, parenting chats, community stroller walks and a playgroup for Babies 0-12 months of age. We also welcome parent driven activities!

Day: Thursdays (year round)

Time: 1:30-3:30 pm

CHILD CARE PROVIDERS

Home-based child care providers are invited to bring the children in their care to enjoy a morning of fun activities.

Meet others who provide child care in the community and share ideas.

Day: Fridays (year round)

Time: 9:00am-12noon

CHILD DEVELOPMENT & PARENTING EDUCATION

BBNC provides monthly educational programming sessions. The EarlyON staff will provide child minding during these times, if required. There will also be discussion groups, led by informed, trained facilitators.

These sessions and discussion groups provide parents/child care providers with up to date information, resources and support that can enrich your experiences and be useful in our everyday lives. Please let us know your ideas for future sessions.

Watch for upcoming topic selections each month.

EARLYON CHILD AND FAMILY CENTRE

EARLYON PRE-REGISTERED PROGRAMS

To participate in the following programs, please sign up for each individual program prior to the start date.
PARENTS AND CAREGIVERS MUST ATTEND ALL PROGRAMS WITH THEIR CHILD

COOKING WITH CHILDREN (2 1/2 - 5 YRS.)

Cooking activities present a wonderful opportunity for children to explore their senses through touching, seeing, smelling and tasting. Children will learn to observe the value of personal hygiene (hand washing), safety practices, and to appreciate their own achievements by eating the completed creations.

Day: Session A: Wednesday July 3 - Aug 7

Session B: Wednesday Aug 14 - Sept 18

Time: 9:30am-10:15am / 10:30am-11:15am

1:00pm-1:45pm / 2:00pm-2:45pm

Limited spaces available



RHYME TIME (0 - 30 MONTHS)

What a fun way for children to explore playing with words while building their language skills. Children will also develop memory skills, and learn to coordinate their body movements while recalling and reciting the rhymes.

Day: Session A: Thursday July 4 - Aug 8

Session B: Thursday Aug 15 - Sept 19

Time: 9:00am-10:00am

Limited spaces available



STORY TIME (18 MONTHS - 6 YEARS)

Once upon a time at BBNC, there was a group of children who learned how to listen actively while increasing their attention and concentration abilities. This group can recall and describe details and events in stories. They continue to enjoy meeting here once a week!

Day: Session A: Thursday July 4 - Aug 8

Session B: Thursday Aug 15 - Sept 19

Time: 10:15am-11:15am

Limited spaces available

NEW** C.L.I.P. (2 1/2 - 5 yrs.) (CREATIVE LEARNING IN PROGRESS)

Entering Kindergarten can be a stressful experience for both parents and children. In partnership with program staff, parents will assist their children to engage in activities that will prepare preschool children for the next milestone of attending Kindergarten. **Parents will remain in the room**, to support their children in learning to build on social skills by sharing, taking turns, cooperating and understanding their role while interacting in a small group.

Day: Session A: Friday July 5 - Aug 9

Session B: Friday Aug 16 - Sept 20

Time: 1:00pm-3:00pm

Limited spaces available

EarlyON preregistered Programs are divided into two separate sessions (A & B). On registration day, participants are permitted to register for **one session only**. If participants registering for Session A are also interested in Session B, registration can be done at the front desk **after the first session start date**.

PRE-SCHOOL

COMMUNITY NURSERY SCHOOL

September 2019 - June 2020

BBNC operates a licensed 1/2 day Nursery School program for children **2 1/2 - 5 years of age**. This program is licensed by the Ministry of Education

Both am and pm programs are offered

Registration for September 2019 begins on

June 3, 2019 @ 6:00pm - 8:00pm



For additional information on fee and program schedules, please pick up a Parent Handbook at the front reception desk or visit our website - www.bbnc.ca

JUST FOR KIDS

Boys & Girls Club of West Scarborough

SUMMER CAMP

Boys & Girls Club of West Scarborough — Birchmount Bluffs

Weekly Camp | July 2—August 16 Monday—Friday | 8:00am—6:00 pm
101 Birchmount Rd, Scarborough, ON M1N 3J7



www.bgcws.ca



Summer Camp is one of the most exciting times of the year and we have a fun filled summer to offer at the Boys and Girls Clubs of West Scarborough for children ages 6 to 12.

Children at Summer Camp are organized into age groups with staff at the head of each team. Weekly trips, swimming, Blue Jays rookie ball, nature walks, tennis lessons and a daily snack are

included in our full day, 8:00am to 6:00pm camp.

Camps Weeks:

Week 1: July 2—5 (\$120)
Week 2: July 8—12 (\$150)
Week 3: July 15—19 (\$150)
Week 4: July 22—26 (\$150)
Week 5: July 29—August 2 (\$150)
Week 6: August 6—9 (\$120)
Week 7: August 12—16 (\$150)

Camps Trips:

Week 1: Centre Island
Week 2: High Park
Week 3: Toronto Zoo
Week 4: Woodbine Beach
Week 5: Wet N' Wild
Week 6: Pioneer Village
Week 7: Treetop Trekking

For schedules, camp information, and registrations, please visit our website or call us at (416) 755-9215 ext. 267

Please note: No child is ever denied access due to payment.

Subsidies available upon request.

"Great futures start here."

KARATE

Develop karate skills with instruction by qualified instructors.

Learn self-defense techniques, develop self-discipline and build self-confidence.

Ages 6 and up.

Family Membership Required!

Day: Tuesdays & Thursdays - Twice a week

Starting July 2 - September 26

Time: 6:00pm-7:00pm (beginner),

7:00pm-8:00pm/8:00pm-9:00pm

(advanced)

Fee: \$110 for 3 months

Birchmount Bluffs Neighbourhood Centre acknowledges the financial support from the City of Toronto, United Way of Toronto & York Region, Service Canada and the countless community members, whose generous donations contribute to maintaining the programs. BBNC also acknowledges the programming partnership, with West Scarborough Neighbourhood Community Centre and the Boys and Girls Club. We appreciate our wonderful volunteers who provide hundreds of hours in programming support.

GAME DAY BBQ

Fun, games and Food! Prizes and music

Day: Friday June 21st

Time: 3:00pm-6:00pm



ROOTED – Youth Community Gardening Program

Plan, plant and maintain. Youth can earn volunteer hours in the sun, gain life skills

Mondays and Thursdays

11am – 2pm

Day: Monday thru Thursday July 2 - Aug 23

Time: 11:00am - 2:00pm

Limited spaces available

YOUTH BIKE CLUB

In partnership with Scarborough Cycle

Participants learn bike mechanic skills, how to ride safely in the city, take part in group rides within the neighbourhood and repair their bikes as needed while earning volunteer hours.

Day: Wednesday June 12 - August 28

Time: 4:00pm - 5:00pm

Limited spaces available



GROWING LEADERSHIP SUMMER PROGRAM

The 8 week program focuses on teaching youth ages 12 - 17 leadership skills, community gardening, exploring green spaces and facilitating neighbourhood games.

The program will take place at Charles Gordon Senior Public School.

Day: Mondays thru Thursday July 2 - Aug 23

Time: 11:00am - 3:00pm

Limited spaces available



LEADERSHIP THROUGH FITNESS (L.I.F.T.)

Build your leadership skills through connecting with others and fitness activities. The group will do activities such as boot camp, circuit fitness, cardio, boxing, etc.

every Thursday 4:00pm - 6:00pm

Day: Thursdays July 4 - August 29

Time: 4:00pm-6:00pm

Limited spaces available

Mark your Calendars for BBNC's 34th

ANNUAL GENERAL MEETING



GET INVOLVED!

&

Community BBQ

Thursday September 12, 2019

5:30pm - 8:00pm

Learn more about
your community!



Become involved!



Connect with
your neighbours!

FITNESS & WELLNESS DESCRIPTIONS

GOOD FOOD BOX

Everyone is welcome to order a box of top quality fruits and vegetables twice a month.

Delivery is every other Wednesday.

(This program is offered in partnership with Field to Table)

Good Food Box \$19

Contains a variety of vegetables and fruit

Small Box \$14

A smaller version of the Good Food Box

Organic Large Box \$35

The freshest organic produce of the season

Organic Small Box \$25

A smaller version of the Organic Box

Wellness Box \$14

A variety of pre-cut fruits and vegetables

Fruit Basket \$14

Contains a variety of fresh fruit

(Please Note: contents of boxes will vary depending on the season. Order at the front desk.)

BBNC Membership required!

WANT TO REGISTER FOR SUMMER CLASSES BUT YOU WILL BE AWAY FOR PART OF THE SESSION?

PURCHASE A FITNESS

10 PASS

TO BE USED FOR **ANY (Land or Water) CLASS**

PURCHASE AN *INDIVIDUAL*

10 PASS FOR \$110

PURCHASE AN *OLDER ADULT*

10 PASS FOR \$70

MAKE YOUR LIFE A LITTLE EASIER
WITH THIS CONVENIENT PASS!!!

NOTE: All 10 classes need to be used before March 31, 2020

FITNESS & WELLNESS DESCRIPTIONS

NEW** 15⁴

15 Full body movement (varied intensity cardio), 15 core (abs) strength, 15 Full body muscle works strength, 15 stretch

20/20/20

Both a cardio and muscle workout, this all-in-one class is designed to include 20 minutes of basic step cardio, 20 minutes of conditioning for both the upper and lower body and 20 minutes of abs and stretching. No experience required.

ACTIVE STRETCH FOR MIND & BODY

A dynamic and fluid combination of strengthening and stretching. Focus on developing lean, strong and flexible muscles. This equipment free program will leave you feeling good, positive and strong from the inside out! Participants must be able to stand for periods of time and will have plenty of chair stretches throughout our class.

BODY SCULPT

Weight resistance training is used to tone and shape all major muscles in your body. Weight is gradually increased for maximum benefit. All weight levels can be used, including moderate to heavy weights. No cardio component.

BODY BURN

A full body, energetic workout designed to challenge the cardiovascular system, build muscle tone and a stronger core. This one hour class will include a mix of cardio, core work, strength and flexibility training.

CARDIO CHALLENGE/CARDIO

Are you looking for a cardio workout that challenges your entire body? Each class will involve 30 minutes of non-stop full body cardio and finish off with some weight training that will challenge all your muscles.

EVENING YOGA

Relieve the stress of a hectic day with gentle yoga exercises, followed by a relaxation period. The instructor will go at a pace to accommodate those new to yoga.

FULL BODY FITNESS

A mix of Cardio, Flexibility, Balance, Agility, Endurance and Strength training, to keep you on the ball. No two classes are alike.

NEW** FUSION

Get the best of both yoga and Pilates in this class that fuses both disciplines. Pilates compliments yoga by offering dynamic, targeted resistance exercises to strengthen abs, back and other core muscle groups while incorporating controlled stretching and breath awareness. Please bring your own mat.



FITNESS & WELLNESS DESCRIPTION

HEALTHY BONES– Intermediate

This class is specifically designed for participants with osteoporosis and for those who want to prevent osteoporosis and increase bone mass. The class consists of: impact training, weight bearing exercise, resistance, strength, balance, stability and some cardiovascular exercises.

MOVEMENT AND MEDITATION -gentle

This class combines gentle movement with relaxation techniques. Consists of gentle movements that increase flexibility and range of movement, and ends with stretching and relaxation exercises.

MUSCLE POWER/ TABATA

Muscle conditioning class, with exercises designed to strengthen both lower and upper body and improve muscle tone using a high intensity interval training (HIIT) approach that burns calories and fat fast.

OLDER ADULT FITNESS-gentle/intermediate

This functional fitness class includes a variety of workouts including, resistance tubing, weights and weight-bearing exercises, stretching and cardiovascular fitness that are designed to mimic real life movements. The end goal is to improve and maintain a higher quality of living, while preventing injuries, correcting muscle imbalances, and creating a stronger more able body. "We are training for life!"

OSTEOFIT

This is a gentle weight bearing fitness class designed to increase bone density. This comprehensive exercise program includes all the following: weight bearing exercise; strength training; posture training; balance training and stretching. Modifications made as required.

QIGONG- gentle

Qigong (pronounced Chi-Kung) is a gentle exercise, similar to Tai Chi, but without the martial arts influence. Qigong works as a slow movement, breath, posture and healing exercise. It strengthens the body gently, teaches breathing and promotes a sense of relaxation.

RESTORATIVE YOGA

This class is suitable for all, but targeting it for absolute beginners and those with limited mobility. Restorative yoga deeply relaxes the body and rejuvenation through reclined yoga poses with support, meditation, and guided visualization. Improves capacity for healing and balancing, enhances flexibility, physical and mental symptoms that are stress related, anxiety, chronic pain and helps with sleep.

STRETCH & STRENGTH

Use your own body and resistance tools such as weights, bands and chairs to strengthen and tone your entire body. Develop and improve core strength, balance, agility and flexibility. This is a great class for anyone getting back into fitness or as a compliment to a more intense workout schedule.

TAI CHI

The art of Tai chi reaches deep inside the body to benefit the entire physiology including the tendons, joints, spine, connective tissue and internal organs. It restores the calmness and peace of mind that is lost from our daily lives.

TONE UP

In this high energy class, we focus on training the entire body to create stronger, leaner, calorie burning machines! In just one hour, we Tone Up from head to toe using an ever changing mix of free weights, resistance tools and body weight mat work with constant emphasis on core work. Short bursts of cardio, along with a spirited playlist ensure a well rounded workout that is both fun and challenging. A great way to Up your motivation and your fitness goals.

VINYASA YOGA

This Yoga style is based on "breath-synchronized movement," and is a series of poses that will move you through the power of inhaling and exhaling. Yoga has both mental and physical benefits.

Beginners welcome.

*Please bring your own yoga mat.

YOGA 101

This class is designed to introduce you to yoga and all it's benefits. If you are brand new to yoga or would like a refresher, then this is the class for you.

YOGA - ANXIETY & DEPRESSION

This workshop is specially designed to introduce you to Yoga practice for use as a therapeutic tool to balance mood, increase energy levels and reduce feelings and symptoms of depression, anxiety and stress. You will: understand the benefits of breath control and learn breathing practices to soothe the anxious beast; learn simple stress reduction techniques that you can execute anywhere, anytime to balance your mood; develop strategies to reduce negative self talk and build positive focus; experience the benefits of a physical yoga practice to reduce feelings and symptoms of depression and anxiety.

ZUMBA

Zumba is a fusion of aerobics and Latin moves that will burn calories and tone the body. It combines high energy and motivating music with easy to follow dance routines that will allow participants to achieve long term health benefits. Participants will learn to dance to Salsa, Merengue, Cha Cha, Cumbia, Reggaeton and Belly Dance to name a few. Zumba is a "feel good" workout for both body and mind. No dance experience necessary.

FITNESS & WELLNESS - DAYTIME CLASSES

Day	Class	Time	Room	Instructor	Weeks	Adult Fee	OA Fee
Monday	NEW!!! Full Body	8:00am - 9:00am	Bluffs	Kim	7 (July 8 - August 26) No classes July 1/August 5	\$56	\$35
	Movement & Meditation	9:30am - 10:30am	Kids Korner	Ester	7 (July 8 - August 26) No classes July 1/August 5	\$28	\$28
	NEW TIME OA Fitness	10:00am - 11:00am	Bluffs	Kim	7 (July 8 - August 26) No classes July 1/August 5	\$56	\$35
	QiGong	11:15am - 12:15pm	Bluffs	Stuart	7 (July 8 - August 26) No classes July 1/August 5	\$56	\$35
Tuesday	Active Stretch	9:00am - 10:00am	Kids Corner	Shyanne	9 (July 2 - Aug 27)	\$72	\$45
	NEW TIME Vinyasa Yoga	9:00am - 10:00am	Bluffs	Carolyn	9 (July 2 - Aug 27)	\$72	\$45
	Body Sculpting	9:30am - 10:30am	Birchcliff	Ester	9 (July 2 - Aug 27)	\$72	\$45
	NEW TIME Stretch & Strength	10:15am - 11:15am	Bluffs	Kathleen	9 (July 2 - Aug 27)	\$72	\$45
	OsteoFit	10:45am - 11:45am	Birchcliff	Mary Lynn	9 (July 2 - Aug 27)	\$72	\$45
	NEW!!! Active Stretch	1:00pm - 2:00pm	Kids Korner	Shyanne	9 (July 2 - Aug 27)	\$72	\$45
Wednesday	NEW!!! Full Body	8:00am - 9:00am	Bluffs	Kim	9 (July 3 - Aug 28)	\$72	\$45
	Tone Up	9:15am - 10:15am	Bluffs	Kathleen	9 (July 3 - Aug 28)	\$72	\$45
	Yoga 101	9:15am - 10:15am	Kids Korner	Edward	9 (July 3 - Aug 28)	\$72	\$45
	OA Fitness	10:30am - 11:30am	Bluffs	Ester	9 (July 3 - Aug 28)	\$72	\$45
Thursday	Body Burn	9:00am - 10:00am	Bluffs	Jill	9 (July 4 - Aug 29)	\$72	\$45
	NEW TIME 20/20/20	9:30am - 10:30am	Birchcliff	Ester	9 (July 4 - Aug 29)	\$72	\$45
	Stretch & Strength	10:15am - 11:15am	Bluffs	Kathleen	9 (July 4 - Aug 29)	\$72	\$45
	NEW TIME Movement & Meditation	10:40am - 11:40am	Birchcliff	Ester	9 (July 4 - Aug 29)	\$36	\$36
	NEW TIME Restorative Yoga	1:15pm - 2:15pm	Bluffs	Mary Lynn	9 (July 4 - Aug 29)	\$72	\$45
Friday	NEW!!! Full Body	8:00am - 9:00am	Bluffs	Kim	9 (July 5 - Aug 30)	\$72	\$45
	Body Sculpting	9:30am - 10:30am	Birchcliff	Ester	9 (July 5 - Aug 30)	\$72	\$45
	Tai Chi	10:10am - 11:10am	Bluffs	Diane	9 (July 5 - Aug 30)	\$72	\$45
	Healthy Bones	10:40am - 11:40am	Birchcliff	Ester	9 (July 5 - Aug 30)	\$72	\$45
Saturday	Fusion	8:30am - 9:30am	Bluffs	Angel	7 (July 6- Aug 24) No classes Aug 3/ Aug 31	\$56	\$35
	Vinyasa Yoga	9:45am - 10:45am	Bluffs	Angel	7 (July 6- Aug 24) No classes Aug 3/ Aug 31	\$56	\$35
	NEW TIME 15 ⁴	10:15am - 11:15am	Birchcliff	Ester	7 (July 6- Aug 24) No classes Aug 3/ Aug 31	\$56	\$35

FITNESS & WELLNESS - EVENING CLASSES

Evening	Class	Time	Room	Instructor	Weeks	Adult Fee	OA Fee
Monday	Tone Up	6:15pm - 7:15pm	Birchcliff	Kathleen	7 (July 8 - August 26) No classes July 1/August 5	\$56	\$35
NEW!!!	Cardio Challenge	6:15pm - 7:15pm	Bluffs	Kim	7 (July 8 - August 26) No classes July 1/August 5	\$56	\$35
	Zumba	7:30pm - 8:30pm	Birchcliff	Marissa	7 (July 8 - August 26) No classes July 1/August 5	\$56	\$35
	Yoga	7:30pm - 8:30pm	Bluffs	Carolyn	7 (July 8 - August 26) No classes July 1/August 5	\$56	\$35
Tuesday	Beginner Karate	6:00pm - 7:00pm	Bluffs	Phong	3 Months July 2 - Sept 26	\$110	\$110
	Yoga - Anxiety & Depression	6:00pm-7:00pm	Kids Korner	Toni	9 (July 2 - Aug 27)	\$72	\$45
	Muscle Power/ Tabata	6:30pm - 7:30pm	Birchcliff	Kim	9 (July 2 - Aug 27)	\$72	\$45
	Advanced Karate	7:00pm - 8:00pm	Bluffs	Phong	3 Months July 2- Sept 26	\$110	\$110
	Advanced Karate	8:00pm - 9:00pm	Bluffs	Phong	3 Months July 2 - Sept 26	\$110	\$110
Wednesday	Stretch & Strength	6:15pm - 7:15pm	Bluffs	Jill	9 (July 4 - Aug 29)	\$72	\$45
	Evening Yoga	7:30pm - 8:30pm	Bluffs	Edward	9 (July 4 - Aug 29)	\$72	\$45
Thursday	Beginner Karate	6:00pm—7:00pm	Bluffs	Phong	3 Months July 3 - Sept 27	\$110	\$110
	Zumba	6:30pm - 7:30pm	Birchcliff	Marissa	9 (July 5 - Aug 30)	\$72	\$45
	Advanced Karate	7:00pm—8:00pm	Bluffs	Phong	3 Months July 3 - Sept 27	\$110	\$110
	Body Sculpt	7:35pm - 8:35pm	Birchcliff	Marissa	9 (July 5 - Aug 30)	\$72	\$45
	Advanced Karate	8:00pm—9:00pm	Bluffs	Phong	3 Months July 3 - Sept 27	\$110	\$110

BBNC strives to ensure that all classes have sufficient participant engagement but it is sometimes necessary to cancel classes due to low registration. Please note that all Land Classes (those not in the pool) require a **MINIMUM OF 6** registered participants in order for the class to continue for the duration of the session.

Any classes with 5 or fewer participants will be **cancelled by the 2nd week** of the session.

Registered participants will be contacted by phone and appropriate accommodations will be made.

DAY/EVENING AQUAFITNESS CLASSES

Day	Class	Time	Room	Instructor	Weeks	Adult Fee	OA Fee
Tuesday	Aquafit	12:00 noon – 1:00pm	Pool	Kathleen	9 (July 2 - Aug 27)	\$90	\$54
	Hot Tub Stretch	12:00 noon - 1:00pm	Hot Tub	Mary Lynn	9 (July 2 - Aug 27)	\$36	\$36
	Aquafit	8:00pm—9:00pm	Pool	Kim	9 (July 2 - Aug 27)	\$90	\$54
Wednesday	AquaHIIT	6:30pm - 7:30pm	Pool	Kathleen	9 (July 3 - Aug 28)	\$90	\$54
Thursday	Aquafit	12:00 noon – 1:00pm	Pool	Kim	9 (July 4 - Aug 29)	\$90	\$54
	Hot Tub Stretch	12:00 noon – 1:00pm	Hot Tub	Mary Lynn	9 (July 4 - Aug 29)	\$36	\$36
	Aquafit	8:00pm—9:00pm	Pool	Kim	9 (July 4 - Aug 29)	\$90	\$54

AQUA FITNESS DESCRIPTIONS

BBNC strives to ensure that all classes have sufficient participant registration but it is sometimes necessary to cancel classes due to low registration. Please note that all Water Classes require a **MINIMUM OF 10** registered participants in order for the class to continue for the duration of the session. Any classes with 5 or fewer participants will be **cancelled by the 2nd week** of the session.

Registered participants will be contacted by phone and appropriate accommodations will be made.

AQUAFIT

In both shallow and chest-deep water, you will work to improve your cardiovascular fitness and muscle tone through low impact movements. The water allows participants to work at their own pace. You do not have to know how to swim to participate in this workout.

NEW** AQUA HIIT

Now you can take your interval training to the pool! High Intensity Interval Training - brief bursts of dynamic, high intensity moves followed by a recovery period - are a highly effective and advanced form of fitness training. The natural resistance of the water increases the effectiveness of your H.I.I.T. Workout while the buoyancy and cooling benefits of the water allow you to work harder with less stress and impact to your body.

Take the plunge for a fun and challenging water workout!

HOT TUB STRETCH

This class will improve muscle/joint flexibility, range of motion, strength and balance. It is a gentle yoga-based exercise class.



OLDER ADULTS

BBNC Welcomes seniors of all ages and backgrounds to participate in our programs and services. Older adult programs are for members aged 60 and over, but a few are open to adults of all ages. Younger adults may be admitted to such programs through special arrangements with program staff.

CURIOUS COOKS CLUB

A fun cooking club where adults of all ages can socially connect, share recipes for healthy living. At each session, members share in cooking simple, low cost, delicious meals and then enjoy dining together. Participants also increase learning on healthy nutrition through workshops facilitated by community health facilitators.

This is a peer-led cooking series facilitated by Peer Cooking Leaders and supported by program staff.

Day: Thursday July 6 - August 27

Time : 1:00pm – 3:00pm

Fee: Free (Membership required)



Cooking Club participants enjoying a BBQ!

SASSI (SENIORS ACTIVATING SENIORS SOCIAL INTERACTION)

SASSI is a senior's led active living project, led by an Advisory Committee of seniors, community members and partners, BBNC staff. The project supports the social participation and inclusion of seniors.

To participate in the Advisory Committee and have your thoughts and ideas of seniors programs addressed, please contact **Camille Evans at 647 347-1710**.



ACTIVE & ABLE

Promoting active living, inclusion and self-empowerment for people with disAbilities and illnesses

ACTIVE AND ABLE PROGRAMS

Active & Able Programs offer programs and services designed for adults and youth with disabilities and health barriers.

- **Accessible Wellness Programs**
- **Aquatic Programs**
- **Workshops & Skills Training**
- **Inclusive Youth Programs**
- **Peer Support & Social Programs**
- **Community Outreach**
- **Information and Referral**

Participants with disabilities are welcome to attend BBNC programs accompanied by their own support person or service animal if they require support to participate in a program. Attendant care is provided for some programs and events. Call for details. Program subsidies are available to persons with low incomes. Please apply at the reception desk.

SONG 'N DANCE THURSDAYS

Come out and get your body swaying to a hip mix of dance music and be entertained by fellow guests and special guest performers. Youth and adults aged 16 years and older of different abilities are welcome. 4th Thursday of every month.

Day: Thursday June 27th

Thursday July 25th

Time: 12:30pm - 2:30pm

Fee: \$2 per visit (escorts free)



WORKSHOPS AND OPPORTUNITIES

SENIORS ACTIVATING SENIORS SOCIAL INTERACTION (SASSI)

BBNC received funding from the **New Horizons for Seniors** through **Employment and Social Development Canada** to facilitate a new opportunity to develop Seniors programming opportunities through **SASSI**.

SASSI is a Seniors-led active living project that offers a suite of inclusive social and leisure programs which address the identified needs of south Scarborough area seniors with major social engagement barriers. It's main objective is to address this gap by creating seniors-led and supported activities that can continue on a volunteer basis beyond NHFS project funding with minimal funding and staffing supports.

With this in mind, BBNC will be hosting a number of workshops and training sessions for seniors interested in supporting the **NEW Seniors Advisory Committee**. These will include:



EMPOWERMENT WITH NO BARRIERS

You deserve it!!!

This workshop is an introduction on how a wellness approach to one's life can be limitless whether you are a person who feels like they are facing:

Mental health road blocks; Cultural barriers; Trauma; Accessibility and disability restrictions; Addictions; Parental challenges; Or an individual who needs a foot in the right direction

This workshop will give some hope, guidance and inspiration to the participants by sending the message that wellness is for everyone and that living life with challenges does not mean life can't be fulfilling with greatness and peace. It just means you having a custom made wellness approach geared to your needs.

The workshop will be a presentation broken down into 4 parts:

- ◆ What is wellness and why you deserve it
- ◆ Situations that may present a barrier to seeking wellness
- ◆ Motivational speaking by Jewel Johnson
- ◆ How to integrate wellness into to your life

Day: Wednesday July 24

Time : 12noon - 2:00pm

Fee: Free (Membership required)

BBNC BOOK CLUB (ADULTS)

BBNC book club will inspire you to want to understand how reading and wellness are linked together. This book club will be a safe and comfortable space where you are able to share your thoughts and reflect on what we are reading. Joining a book club is more than just books; it's a place where individuals can share a common interest. Whether it's the first time getting into reading or you have been reading books for years, it's a place where there is at least one thing everyone can connect with. Coffee and snacks will be provided and there will be a monthly book chosen by each member of the group.

Day: Tuesday July 2nd, 30th, Aug 27

Time : 6:30pm - 8:00pm

Fee: Free (Membership required)

Limited registration so please if interested do sign up as soon as possible.

Looking forward to seeing you there!

Books are the plane,
and the train, and the road.
They are the destination,
and the journey.

They are home.

—
Anna Quindlen

GH

If you are interested in this opportunity please contact Amanda Leclerc, Recreation/ Leisure Support
416 396-7583 or amanda@bbnc.ca

WORKSHOPS AND OPPORTUNITIES

BBNC invites you to an information session on:

Accessing Ontario Works



July 3rd, 2019

1- 3 pm at Birchmount Bluffs Neighbourhood Centre

Getting by while on Ontario Works, Knowing your rights and responsibilities, Knowing all of the changes and understanding how it might impact you.

Facilitator: Melissa Jalim

93 Birchmount Rd. Scarborough, On M1N 3J7

Tel: 416 396-4310 Fax: 416-396 4314



STRESS MANAGEMENT WORKSHOP SERIES

Week 1

What is Mindfulness?

We will discuss the definition, purpose and practice of mindfulness.

Day: Tuesday July 2nd

Time : 1:00pm - 3:00pm

Week 2

The Power of Positive Thinking

We will discuss what is positive thinking, it's effects and results.

Day: Tuesday July 9th

Time : 1:00pm - 3:00pm



Participants enjoying some laughter in a Stress Management Workshop

BENGALI SENIORS

BENGALI SENIORS RECREATION PROGRAM

(*offered by West Scarborough Neighbourhood Community Centre)

Physical Activities, Games, Trips, Workshops, Healthy Snacks, Special Events, TTC and Much More!!

Days: Tuesdays July 2 – August 27

Time: 12:30pm - 3:00pm

Location: BBNC

Fee: \$15 annual registration fee

For more information, please call **Ayesha Shirien**, Coordinator at 647 621-6546 or at shirienayesha@gmail.com



Week 3

How to Love Yourself

How to Recognize Emotional Distress or Mental Suffering; Accepting your Feelings; Clean out your closet

Day: Tuesday July 16th

Time : 1:00pm - 3:00pm

Week 4

Overcome Your Fears

What are you scared of?

Finding the source

Positive thinking

Plan of Action

Day: Tuesday July 23rd

Time : 1:00pm - 3:00pm

Games Day

July 30th, 2019

Participants will decide what Games they want to enjoy (scrabble, chess, etc.)

Join this fun filled afternoon - laugh, sing, bring the joy!

Day: Tuesday July 23rd

Time : 1:00pm - 3:00pm

Fee: Free (Membership required)

SHARE365 WORKSHOPS AND TRAINING OPPORTUNITIES

While programs are listed in the SHARE365 page, all programs are open to the entire BBNC Membership!!!

Join us for these incredible opportunities!



July 26, 2019 {1 -6 pm}

Food Market

Vendors Welcome!

Buy Locally & Support your community

Birchmount Bluffs Neighbourhood Centre

93 Birchmount Rd. Scarborough Ontario M1N 3J7

Entertainment for the entire family, Live DJ, BBQ

For More Information Call: 647-396-4310 { www.bbnc.ca }



SMALL BUSINESS SUPPORT PROJECT

Host - Tejvinder Parmar, from Catholic Crosscultural Services will meet with Newcomers who want to learn about opening your own business.

- Learn about owning a business in Canada
- Become familiar with Canadian business language
- Develop your road-map to self-employment
- Get connected to community services for small businesses
- Participate in workshops, information sessions and networking activities

Day: To Be Confirmed

Time : To Be Confirmed

Fee: Free



CCS

Catholic Crosscultural Services

HEARING HEALTH CARE TALK

Our Audiologist, Kaustuv Ray M.Sc. ASLP Reg. CASPLO will support a Talk, providing members with information on the following areas of Hearing Healthcare:

- The Effects of Untreated Hearing Loss
- Living with a Hearing Loss
- Latest Technology Solutions
- Funding support available
- When should you have your Hearing Checked

Day: Tuesday August 20

Time : To Be Confirmed

Fee: Free

**Connect
Hearing**

YOUR HEARING PROFESSIONALS



Please confirm attendance with Camille - camille@bbnc.ca or call 647-347-1710

SHARE365 SURVEY SUMMARY

We want to send out a **BIG THANKS** to donors of the **SHARE365** program over the past season and to all of the **SHARE365** participants who shared their opinions and experiences for our recent survey. It was a great success! We've learned a lot and have a better understanding of the BBNC community.

Here are some of the highlights from the survey:

Keep up the great work!

Participants told us how valuable **SHARE365** services are to them. **SHARE365** helps them with their health and nutrition, and gives them flexibility in their budget to help cover other necessities. The services, such as access to nutritious food and hygiene products, are made possible by generous support from donors.

Overall, **93%** said their overall health – physical, emotional and social wellness – was somewhat or greatly improved by participating in BBNC programs.

“The food box helps with food before the next cheque arrives, because the end of the month is hard.”

“Fruits and vegetable is good but social interaction is better. Good Food Box is nutritious but social interaction sustains me.”

“The food and social connections helps stretch the budget and keep us on track – health-wise.”

More help is needed!

1/3 of participants did say that they could be better supported if we improved the Good Food Box program, in particular, by offering the boxes more frequently.

More than **3/4s** reported having too little money to pay for needed transportation.

2/3s of participants said they went without clothing and/or footwear because they could not afford these necessities. Nearly as many said they were not able to follow their doctor's advice because of the cost of services not covered and that financial pressures cause problems with family or friends.

Of particular concern, nearly **2/3s** said there have times in the past year when they **felt isolated** or **cut off from society** because of a **lack of money**.

“[A necessity we've done without because we couldn't afford it.] Seasonal clothing, especially winter clothing.”

“Doctor said [I] have depression & anxiety but have no drug plan. Therefore, have to live with it - can't afford prescription.”

“People get stuck, don't think there is a way out, feel isolated.”

Clearly the need is great!

SHARE365 services, which are made possible by donor support, are valuable to and much appreciated by our participants. Going forward, we will look to increase services where we can, but more support will be required if we are to fully respond to their needs.

“Sharing stories [about experiences at SHARE365] with family back home; [they were] inspired that people will help out those who are less fortunate.”

“Can count on BBNC to get food to help me get stronger. Have given me lots of help over the years. Want to give back as soon as I get on my feet.”

SHARE365 is a special program offered by BBNC for individuals and families in our community whose income falls below Statistics Canada's Low Income Cut-Off (LICO) levels. Throughout the year, families are supported through access to program subsidies, training, personal and household hygiene supplies, and healthy food through the Good Food Box program.

Financial contributions and donations of In-kind products are accepted year round.

Please contact Linda Curley, Manager Community Engagement at 416 396-7579 or by email at lindac@bbnc.ca to make your contribution. Or visit the website at www.bbnc.ca and click on the donate now button!

VOLUNTEER OPPORTUNITIES

BINGO VOLUNTEER

BBNC has been awarded 2 monthly Bingo sessions at Dolphin Gaming (Warden Avenue & Eglinton Avenue)

We are recruiting volunteers who are interested in supporting BBNC for 3 hours per month, plus attend an online or in-person training session regarding roles and responsibilities during our sessions. Generally a Friday afternoon 4:00pm - 7:00pm
Volunteers will be provided a uniform (BBNC golf shirt) as well as bus ticket/token where necessary.

VOLUNTEER DRIVERS

Are you interested in supporting your community?

Do you have a car, license and insurance?

Are you able to lift 15 - 20lbs?

Volunteer Drivers are needed to provide delivery of Fresh Fruits and Vegetables to individuals within our SHARE365 program. Deliveries are made to a few select participants on the following dates:

Wednesday, July 10th and 17th – after 12Noon (or on Thursday morning)

Wednesday, August 14th and 21st – after 12 Noon (or on Thursday morning)

Wednesday, September 11th and 18th - after 12 Noon (or on Thursday morning)

LEAD DONOR OUTREACH VOLUNTEER

Requires a commitment of 1-2 days per month (days/times TBD—can be remote)

FUNDRAISING COMMITTEE MEMBER

Time commitment - 12 months, 10-15 hours/month (days per Committee decision)

BOARD OF DIRECTORS MEMBERS

Skills, knowledge, and experience in any one of the following areas are a priority for our organization at this time:

- **Business Law / Nonprofit Law**
- **Human Resources**
- **Fundraising**
- **Computer/IT/Web/Information Management**
- **Early Childhood Education**
- **Community Development**
- **Volunteer Management**

One term is two years. Board members may serve on the board for a maximum of three terms (six years).

.....and so many more positions available. Contact us now to submit an application to the BBNC Volunteer Program.

Application forms can be picked up at reception or visit the website at www.bbnc.ca and download a form there.



**DOLPHIN
GAMING**

BBNC acknowledges Dolphin Gaming and the patrons for your support of BBNC



SCENT FREE POLICY

Birchmount Bluffs Neighbourhood Centre is committed to creating a safe and healthy environment for all members, participants and community members. In consideration for others who may suffer from asthma, allergies, or other medical conditions causing sensitivities, we request that you refrain from wearing products containing scents/fragrances such as: perfumes, hairsprays, deodorants, laundry soaps/softeners, and lotions when coming to the centre. Your Cooperation is appreciated.

