



# 2024 Spring PROGRAM GUIDE

**THANK YOU FOR MAKING BBNC YOUR FAVOURITE  
CHARITY**

CHARITABLE REGISTRATION NUMBER 107842452RR0001



# FUN FACTS ABOUT...

## BIRCHMOUNT BLUFFS

## NEIGHBOURHOOD CENTRE

1

### UNDERSTAND

Birchmount Bluffs Neighbourhood Centre was registered as a charity in 1985! That means that in 2025, BBNC will be celebrating 40 years of serving Scarborough Southwest!



2

### COMMUNITY

BBNC's 4000+ membership are newborn to 100+ years old. 98% of members live within the BBNC catchment area of Lake Ontario, Eglinton Avenue, Victoria Park and McCowan Road. Spread the word to your family, friends and neighbours!



3

### ACCOUNTABILITY

As a charitable organization, BBNC is accountable to you, the community! How can we support, assist and address community concerns? We look for opportunities to address gaps and break down barriers for residents. Let us know how we can serve you better!



4

### FUNDING

As a charity, BBNC receives funding from multiple sources.

Funding Source/	% of Budget
City of Toronto	20%
Foundations	1%
United Way Greater Toronto	8%
Provincial Government	1%
Federal Government	51%
Fee For Service	11%
Fundraising	8%



5

### EXPENSES

Service Area	% Total Budget
EarlyON Child & Family Centre	7%
Nursery School	3%
Youth Development Initiatives	6%
Youth Employment Skills Strategy	50%
Seniors Active Living	
(Seniors & Active & Able)	5%
Community Development	5%
Fitness & Wellness	10%
Fundraising	8%
Administration	6%





# WHAT IS BBNC?

**Birchmount Bluffs Neighbourhood Centre is a CHARITY.**

**BBNC strives to address INEQUALITY, provide ACCESS to all while PROMOTING WELLNESS at every stage in life.**

Have questions surrounding BBNC or our programs? Please refer to the Staff and Board of Directors list below to help you decide who to direct your questions. Remember, your questions and concerns are always welcomed.

## BBNC STAFF TEAM

Bruce Ankunda	Reception/Administrative Support
Kate Brutto	Career and Employment Facilitator
Tate Chevolleau	Youth Program Facilitator
Shaunette Clennon	Administrator
Linda Curley	Executive Director
Camille Evans	Career and Employment Facilitator
Naheed Fatima	RECE/ Nursery School Teacher
Priya Hawkins	Seniors & Active Living Program Coordinator
Lisa Jardine	Coordinator, Youth Development/Employment
Allan Kibet	Social Media/Communication Support
Narmatha Kugenthiraja	Reception/Administrative Support
Asiya Motala	Nursery School Supervisor/RECE
Adriana Myland	Coordinator, People & Culture
Deborah Nurse	Financial Manager
Nisha Pragg-Singh	EarlyON Facilitator
Lamis Samatar	Youth Program Facilitator (On-Leave)
Shanee Shnitzer	YESS Employer Recruiter
Erika Smith	EarlyON Coordinator/RECE

## BOARD OF DIRECTORS

Sherry Maharaj	Chairperson/Treasurer
Kyle Leng	Vice Chair
Ameeta Dudani	Secretary
Halim Miah	Director

## BBNC SPRING OFFICE HOURS

Monday Daytime	9:00am - 1:00pm
Monday Evening	4:00pm - 8:00pm
Tuesday Daytime	9:00am - 1:00pm
Tuesday Evening	4:00pm - 8:00pm
Wednesday	9:00am - 5:00pm
Thursday Daytime	9:00am - 1:00pm
Thursday Evening	4:00pm - 8:00pm
Friday	9:00am - 3:00pm
Saturday	8:30am - 12:30pm

**BBNC RECEPTION CLOSSES  
FROM 1PM TO 2PM FOR A  
WELLNESS BREAK EVERY  
WEDNESDAY & FRIDAY**

## SPRING HOLIDAY CLOSURES

**BBNC will be closed on the  
following days**

**Easter Monday - Apr 1st**

**Victoria Day - May 20th**

# HOW DOES BBNC DO THIS?

The programs at Birchmount Bluffs Neighbourhood Centre are made possible by Donations, Sponsorships and the continued support from the community of the BBNC Social Enterprise.

BBNC STAFF	BBNC SERVICE AREA	FUNDED BY
Bruce A	All Service Areas	Toronto Employment & Social Services: Investing In Neighbourhoods
Kate B	Youth Employment Services	Service Canada: Employment and Social Development Canada
Tate C	Youth Development Initiative	United Way Greater Toronto/ City of Toronto Community Service Partnership: Major Rec
Shaunette C	All Service Areas	Not Fully Funded - a percentage of all funding is directed, 30% is unfunded
Linda C	All Service Areas	Not Fully Funded - a percentage of all funding is directed, 40% is unfunded
Camille E	Youth Employment Services	Service Canada: Employment and Social Development Canada
Naheed F	Nursery School/ EarlyON Child & Family Centre	Not Fully Funded: Fee For Service/ Toronto Children's Services
Sadia F	Seniors Active Living	Service Canada: New Horizons for Seniors
Priya H	Seniors Active Living	City of Toronto: Community Service Partnership
Lisa J	Youth Development / Youth Employment	Service Canada: Employment and Social Development Canada/ United Way Greater Toronto
Allan K	All Service Areas	Toronto Employment & Social Services: Investing In Neighbourhoods
Narmatha K	All Service Areas	BBNC Social Enterprise
Adriana M	All Service Areas	Canadian Red Cross: Community Service Recovery Fund
Asiya M	Preschool - Nursery School	Not Fully Funded: Fee For Service
Deborah N	All Service Areas	Not Fully Funded - a percentage of all funding is directed, 35% is unfunded
Nisha P	Preschool - EarlyON	City of Toronto: Toronto Children's Services
Lamis S	Youth Development Initiative	United Way Greater Toronto
Shanee S	Youth Employment Services	Service Canada: Employment and Social Development Canada
Erika S	Preschool - EarlyON	City of Toronto: Toronto Children's Services



# BBNC BEGINS THE PAPERLESS JOURNEY APRIL 1st 2024

WE ENCOURAGE EVERYONE TO JOIN US IN  
REDUCING OUR USE OF PAPER BY 50% THIS FISCAL.  
COPIES IN PAPER WILL ONLY BE PRINTED IN CASES OF  
ABSOLUTE NEED

# March EVENTS




**BIRCHMOUNT BLUFFS NEIGHBOURHOOD CENTRE**  
93 BIRCHMOUNT RD., SCARBOROUGH, ON, M1N 3J7

## BRING A FRIEND Week!

**TAKE YOUR FRIEND TO TRY A CLASS  
WITH YOU!**

Current Members can **BRING A FRIEND** to join  
their class **FREE OF COST** for **THIS WEEK ONLY**

**MARCH 18- MARCH 22**

- Your friend does NOT have to be a member of BBNC
- Your friend must sign a waiver at reception before taking any class
- All paid programs included provided that they enough space in class
- **Proper work-out attire is mandatory.**

**FOR MORE INFORMATION  
VISIT: [WWW.BBNC.CA](http://WWW.BBNC.CA)  
416-396-4310**



Presented by Kasandra James  
from Volunteer Toronto

## Anti-Racist Volunteerism and Non-Profits in Canada

- 📍 93 Birchmount Road (Birchcliff Room)
- 📅 Tuesday, March 26th, 2024
- 🕒 4:30 pm - 6:00 pm

### *In this session we will discuss:*

How volunteer engagement can exclude, harm, or marginalize community members

New ways to fostering communities of belonging in volunteer programs

The dynamics of volunteerism with a focus on anti-racism and decolonization



✉ [adriana@bbnc.ca](mailto:adriana@bbnc.ca)

☎ 647-393-1524

Register by Monday, March 19th.



## VOLUNTEER OPPORTUNITIES

- Board of Directors
- Special events
- Support existing programs
- Serve the community
- Perks include: Volunteer Membership and a Free 10 Class Pass

**Contact Adriana:**

[adriana@bbnc.ca](mailto:adriana@bbnc.ca)

647-393-1524

**Your skills and passion are valuable to  
our community.**





# SPRING CLEAN YOUR CLOSETS TO HELP OUR NEIGHBOURS IN NEED

Donate your clean, recently laundered, gently worn or new clothing, shoes and accessories for men, women and children to the New Circles GLOW program.

GLOW stands for Gently Loved Outfits to Wear. It supports our **SHARE365** families needing clothing, boots, shoes, belts, purses and more!

See [newcircles.ca/glow/](http://newcircles.ca/glow/) and [/glow-faqs/](#) for items accepted and how to package and drop off your donations. The drop-off site is near Victoria Park & Eglinton (161 Bartley Dr). Tel: 416-422-2591



**BBNC - SHARE365 contact Katharine at 647-227-3841 or [share365@bbnc.ca](mailto:share365@bbnc.ca)**

# GIVING ACCESS!

**Have important assignments to complete but no internet access or computer?**



**BBNC is now offering the community FREE access to a laptop with internet access for use onsite.**

**For more information contact BBNC Reception @ 416-396-4310**



Ads from the Community aid in the ability to operate programs at BBNC.

Our thanks to SORTED SPRUCE Organizing Solutions for the donation to SHARE365.

Want to see your AD here? Contact our Reception Desk for more details at [contact@bbnc.ca](mailto:contact@bbnc.ca) or 416-369-4310

## HOME ORGANIZING

In-Home Services & Virtual Coaching for

- Families
- Professionals
- Life Transitions



*sorted spruce*  
ORGANIZING SOLUTIONS



[SAMANTHA@SORTEDSPRUCE.CA](mailto:SAMANTHA@SORTEDSPRUCE.CA)



[WWW.SORTEDSPRUCE.CA](http://WWW.SORTEDSPRUCE.CA)



[@SORTEDSPRUCE](https://www.instagram.com/sortedspruce)

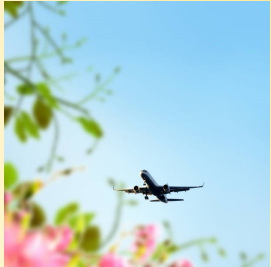
**BBNC programs and services rely on your donations as a charitable organization.  
MAKE US YOUR CHARITY OF CHOICE  
DONATE TODAY**





# GREAT GIFT IDEAS!

**WANT TO PARTICIPATE IN SPRING CLASSES BUT WILL BE AWAY FOR PART OF THE SEASON?**



**PURCHASE A FITNESS  
TEN CLASS VIRTUAL PASS  
TO BE USED FOR ANY (Land or Water)  
CLASS**

**ONLY AVAILABLE FOR ADULTS 60YRS  
AND OVER  
10 CLASSES FOR \$100**

**Purchase Online (under Memberships) or  
in-person at BBNC Reception**

**Join us when you can!!!**

## **PLEASE NOTE:**

**All 10 classes MUST be used  
before March 31, 2025**

**This is a non-refundable  
purchase**

## **GOOD FOOD BOX**

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

**Delivery dates for Spring 2024**

**APR 10TH & 17TH**

**MAY 15TH & 22ND**

**JUN 12TH & 19TH**

The cut off time for placing your order is the 1st business day of the month.

This program is offered in partnership with

## **FOODSHARE TORONTO**

**Large Produce Box \$27**

Contains a mix of vegetables and fruit

**Small Produce Box \$20**

A smaller version of the Good Food Box

**Organic Large Box \$47**

The freshest organic produce of the season

**Organic Small Box \$37**

A smaller version of the Organic Box

**Fruit Basket \$21**

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 to purchase!**



# EARLYON CHILD AND FAMILY CENTRE



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.

**EarlyON Programs are FREE for parents, caregivers & their children, 6 years and under.**

**To participate in EarlyON programs in this location, BBNC requires a separate EarlyON membership before you can register for any EarlyON program.**



# EARLYON PROGRAM DESCRIPTIONS

## **ART START AGES 2 - 6YRS.**

This program provides the opportunity for preschool children to explore various art mediums while participating in activities that focus on promoting and fostering expression, engagement, and creativity. Children will have the opportunity to learn how to control and coordinate the small muscles of their hands which fosters the preliminary fine-motor skills required for drawing pictures and printing text.

## **BABY & ME AGES 0 - 1YR.**

This program is a wonderful opportunity for parents and caregivers to connect with other new parent's and babies to share experiences, while offering access to resources and information. We also offer support for feeding and nursing challenges, nutrition, immunization, postpartum depression and much more. The group enjoys rhymes and songs, parenting chats, and the opportunity for parents to learn how to foster their infant's skills in a variety of developmental areas.

## **CIRCLE TIME FRIENDS AGES 0 - 6YRS.**

Circle Time Friends is a drop-in program that is sure to have everyone singing, smiling and having fun! This program offers opportunities for children to build their social skills while also increasing language and literacy. Circle time further fosters learning opportunities for children to develop memory and representation skills while coordinating their body movements in recalling and reciting songs, rhymes and simple stories.

## **FAMILY FUN AGES 0 - 6YRS.**

Days can be busy, but there is always time for some FAMILY FUN! Join us for a variety of activities that are focused on spending time together, creating special moments, and sharing experiences. In this program families can choose to participate in various activities like playing a board game, a quick craft, building LEGO, reading a story, and other creative, fun activities. Supporting children and families is our number one goal. So creating time to share and enjoy some special time is essential. We hope you can join us for some good old Family Fun!

## **FIRST STEPS DROP-IN AGES 0 - 6YRS .**

First steps offers the unique opportunity for parents and child care providers to engage in a variety of activities surrounding art, science, language, physical activity and more with children 0-6 years of age. This program fosters the opportunity for both adults and children to develop a sense of belonging and well-being by offering the chance to meet other parents/caregivers and childcare providers and share experiences.

## **JUMP & JIGGLE AGES 0 - 6YRS .**

Jump and Jiggle provides the opportunity for children to participate in a variety of movement activities. Children will participate in a variety of dancing, movement, and gross motor activities that will support the development of important skills. This program provides opportunities for children to express themselves, foster well-being, and a sense of belonging. Jump and Jiggle will help children to strengthen their gross motor skills through dancing, jumping, crawling, hopping, and stretching. They will also increase their levels of activity and endurance through variations in types of activities and skills.

## **LITTLE FRIENDS AGES 0 – 6 YRS.**

Once upon a time at BBNC there was a group of Babies and Toddlers who loved to sing and play! BBNC's Baby and Toddler Drop-in program offers the opportunity for parents to connect with other parent's and share experiences. The group enjoys rhymes and songs, with the opportunity for parents to learn how to foster children's skills in a variety of developmental areas. This is also an opportunity for Caregivers to chat and connect with Program Facilitators to share resources and information. We offer monthly workshops with the support of Toronto Public Health and other Community Partners.



## EARLYON PROGRAM DESCRIPTIONS CONT'D

### **PRESCHOOL SKILLS AGES 3 - 6 YRS.**

Do you have a little one who is getting ready for kindergarten? Our preschool skills program provides children ages 3 and older with opportunities to practice essential skills needed for success in the kindergarten classroom. Caregivers will also gain helpful tips and tricks to use at home to help further develop these skills. Unlike our CLIP program children will only be introduced to a single concept each week. The program will incorporate fun ways to practice and take home activity suggestions and ideas will be provided.

### **ONCE UPON A CRAFT AGES 3 - 6YRS.**

Once upon a time there were a group of children that loved to read stories and do crafts. Join us for ONCE UPON A CRAFT where preschool children will enjoy a different story each week with a fun activity that relates to the storybook! Through this program, children will have the opportunity to predict events, ask questions and communicate what has occurred in stories. Corresponding activities will support these learning goals. Through this fun and creative program children will develop a better sense of understanding, belonging and engagement.

### **QUEER FAMILY TIME AGES 0 - 6YRS.**

Join BBNC EarlyON and The Glitterbug program for our 2SLGBTQ+ Family drop-in. This is a early learning program for queer families and their children ages 0 to 6 years. This program provides the opportunity for children and families to participate in a variety of art, music, and social play activities that support development and early learning. This is also a time for parents to connect with other parent's to share experiences, as well as facilitators about parent education, child development, and community resources. This program takes place in a safe space where everyone's rights are respected and valued regardless of gender, identity, or sexual orientation. **The 519's Glitterbug 2SLGBTQ+ EarlyON Mobile Program** is a unique mobile program that works with EarlyON Centres across Toronto to promote inclusion and affirmation of gender and sexual diversity among children and families. Glitterbug combines the understanding of 2SLGBTQ+ inclusion with a play-based learning approach for children and families to develop a broader understanding of inclusion at EarlyON Centres across the city and in the early learning years sector.

### **TINY CHEF AGES 3 - 6YRS.**

The Tiny Chef program is an introduction to the kitchen for little ones. This program offers the opportunity for children to learn about kitchen safety, healthy eating and nutrition (Canada's Food Guide), introduce some simple recipes while having lots of fun! Through this program, children will gain a variety of cognitive, social and fine motor skills while fostering their well-being, and sense of belonging and engagement.



# EARLYON PRE-REGISTERED PROGRAMS

All families must register for an EarlyON Membership to attend programs (Free). Parents and Caregivers must attend all programs with their child.

**\*\*Please register for a maximum of two EarlyON programs. \*\*\*Enrollment will be cancelled after 2 missed classes.**

**This is to ensure all families have the opportunity to participate. We appreciate your cooperation.**

**REGISTRATION BEGINS Thursday March 7th, @ 9AM**

Day	Class	Time	Room	# of Weeks	Fee
Monday	<b>First Steps (Drop In)</b>	9:00am - 3:00pm	Birchcliff	6 (Mar 18 - Apr 29)	FREE
	<b>Once Upon A Craft</b>	9:30am - 10:15am	Kitchen	6 (Mar 18 - Apr 29)	
	<b>Preschool Skills</b>	10:30am - 11:15am	Kitchen	6 (Mar 18 - Apr 29)	
	<b>Circle Time Friends (Drop In)</b>	10:00am - 10:30am	Birchcliff	6 (Mar 18 - Apr 29)	
	<b>Rhyme Time</b>	1:00pm - 1:30pm	Kitchen	5 (Mar 18, 25 Apr 15, 22, 29) No Program Apr 1st	
Tuesday	<b>Baby &amp; Me ( Drop In)</b>	9:00am - 10:30am	Lion's Den	7 (Mar 19 - Apr 30)	FREE
	<b>Tiny Chef</b>	9:30am - 10:30am	Kitchen	7 (Mar 19 - Apr 30)	
	<b>Little Friends (Drop In)</b>	10:30pm - 3:00pm	Lion's Den	7 (Mar 19 - Apr 30)	
Wednesday	<b>First Steps (Drop In)</b>	9:00am - 3:00pm	Birchcliff	7 (Mar 20 - May 01)	FREE
	<b>Art Start</b>	9:30am - 10:15am	Kitchen	7 (Mar 20 - May 01)	
	<b>Preschool Skills</b>	10:30am - 11:15am	Kitchen	7 (Mar 20 - May 01)	
	<b>Circle Time Friends (Drop In)</b>	10:00am - 10:30am	Birchcliff	7 (Mar 20 - May 01)	
	<b>Jump &amp; Jiggle</b>	1:00pm - 1:30pm	Kitchen	7 (Mar 20 - May 01)	
Thursday	<b>Queer Family Time ( Drop In)</b>	9:00am - 12:00pm	Lion's Den	6 (Mar 21 - Apr 25)	FREE
Friday	<b>Family Fun (Drop In)</b>	9:00am - 1:00pm	Kids Korner	6 (Mar 22 - May 03) No Program Mar 29th	FREE
Saturday	<b>Family Fun (Drop In)</b>	8:30am - 12:30pm	Kids Korner	6 (Mar 23 - May 04) No Program Mar 30th	FREE

**GROWING IN MOTION - PLAY SKILLS WORKSHOP AGES 0 - 3 YRS.**

**MARCH 28TH 9:30AM - 11:00AM LION'S DEN 2ND FLOOR**

Join us for a FREE interactive play workshop presented by our friends at Pediatric Physiotherapy.

This hands-on session will provide you with valuable information about Gross Motor Play. Our experienced pediatric occupational therapist will provide suggestions and information based on discussions.

# BABY BOOTCAMP 2024

MONDAYS 1 pm

April 8th - June 10th

9 WEEKS OF  
EXERCISE AT

**\$ 45**

Baby Bootcamp is a fitness program designed for moms. It's a relaxed class where you can exercise while taking care of your baby. All fitness levels are welcome! 🧘‍♀️👶

93 Birchmount Road, Scarborough ON M1N 3J7 [contact@bbnc.ca](mailto:contact@bbnc.ca) [www.bbnc.ca](http://www.bbnc.ca)



# KIDS REGISTERED DROP OFF PROGRAMS

Spring Registration begins on Thursday March 7th @ 9AM Online and In-person

## KIDS IN THE KITCHEN AGES 6 - 12YRS

MONDAYS (APRIL 08 - MAY 13)

Do you have a Junior Chef in your kitchen?

Join us weekly for our **BEGINNER** cooking program where kids get comfortable in the kitchen through hands-on experience. They will learn about kitchen safety, how to use a variety of kitchen tools, how to follow recipes, measure ingredients, and be introduced to a variety of foods. The best part ... **YUMMY AND** so much fun!

Day	Class	Time	Room	# of Weeks	Fee
Monday	KIDS IN THE KITCHEN	4:00pm - 5:00pm	Kitchen	6 (Apr 08 - May 13)	\$30



# BBNC COMMUNITY NURSERY SCHOOL

## LICENSED COMMUNITY NURSERY SCHOOL

**Registration Still Open! Limited spaces available!**  
**September 2023 - June 2024**



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 and are fee for service. For additional information on fees and program schedules, please pick up an information package at the front reception desk.

# FREE YOUTH PROGRAMS

Spring Registration begins on Tuesday April 2<sup>nd</sup> @ 9AM Online and In-person

Day	Class	Time	Room	Lead	# of Weeks	Age Range
Monday	Drop In Basketball	4pm - 6pm	Gymnasium	Tate/Youth Staff	11 (Apr 08 - Jun 24) No Program May 20th	13+
	Home-Work Club	4pm - 6pm	Lion's Den	Tate/Youth Staff		13+
Tuesday	Youth Forum	3:30 - 7pm	Lion's Den	Lisa/Guest	12 (Apr 09 - Jun 25)	13+
Wednesday	Youth Wellness Group	4pm - 7pm	Lion's Den	Tate/Marjan	12 (Apr 10 - Jun 26)	13+
	Youth Forum		Birchcliff	Tate		13+
Thursday	Chef It Up	4pm - 6pm	Kitchen	Marjan/Kalan	12 (Apr 11 - Jun 27)	13+
	Girls Group	4pm - 7pm	Lion's Den	Tate/Zoe		13+
Friday	Guys Group	4pm - 7pm	Lion's Den	Tate/Kalan	12 (Apr 12 - Jun 28)	13+
	Youth Forum	3pm - 6pm	Birchcliff			13+
Saturday	Affinity Group	1:00pm - 3:00pm	Lion's Den	Tate/Youth Staff	12 (Apr 13 - Jun 29)	13+

## HAVE YOU HEARD!

### YOUTH DROP IN @ LUNCH

ALL YOUTH 13 - 17 YRS ARE WELCOME TO OUR YOUTH LOUNGE ON THE 2ND FLOOR DURING THEIR LUNCH PERIOD

MONDAYS - TUESDAYS- WEDNESDAYS - THURSDAYS- FRIDAYS

11:30AM - 1PM



## FREE YOUTH PROGRAM DESCRIPTIONS

### CHEF IT UP

#### AGES : 13+

A dynamic cooking program tailored for youth aged 15+. Guided by staff, discover the joy of cooking through hands-on , global cuisine exploration, and friendly cooking challenges. Fostering culinary skills, teamwork, and cultural appreciation. This program sets the stage for a lifelong love of creative cooking.

### DROP IN BASKETBALL

#### AGES : 13+

Dribble, shoot, and score with a dynamic drop-in basketball program catering to youth aged 15+. Held in a friendly and inclusive environment, participants engage in skill building drills, casual games, and friendly competitions. Fostering teamwork and athleticism. Refining fundamentals, and offering an accessible and energizing avenue.

### GIRLS GROUP

#### AGES : 13+

The girls group will offer an opportunity for girls between **13 - 18** to connect, network, and create opportunities for skills and entrepreneurial development through workshops and community events.

### GUY'S GROUP

#### AGES : 13+

The guys group covers varying aspects of adolescent development. Offering snacks, physical activities, a place to lounge, play video games and offer educational support from our youth staff, the guys group aims to build connections and address social barriers faced by local youth.

### YOUTH WELLNESS GROUP

#### AGES : 13+

Developing skills to regulate emotions, develop emotional intelligence, and how to prioritize personal wellness. Weekly wellness focused activities lead by youth staff, promoting good health and mindfulness.



# LEAD TO SUCCEED

## 5 Week Paid Pre Employment Training



-  **Resume and cover letter writing**
-  **Interview practice and & prep tips**
-  **10 week placement in a field of interest**
-  **Professional skill development**
-  **Employer recruitment support**
-  **Referrals to Job openings**
-  **One-on-one mentorship and coaching**

**10 Seats  
Only**

We are offering young  
adults aged 15-29  
**PAID** employment and  
job opportunities at  
**NO COST**

Register now at [bbnc.ca/lead-to-succeed](https://bbnc.ca/lead-to-succeed)



**Lisa Jardine: 647-393-1685**

This project is funded by the Government of Canada  
Ce projet est financé par le Gouvernement du Canada

**Canada**

93 Birchmount Road, Scarborough ON M1N 3J7 [contact@bbnc.ca](mailto:contact@bbnc.ca) [www.bbnc.ca](http://www.bbnc.ca)



## Cruising With A Friend

I first met Josephine (Josie) on our International Cooking Class on Fridays at BBNC. We had a lot in common and quickly became friends. When I mentioned to her that I was planning to go on a cruise, she said that she had never been on one and would also love to go. We booked a Western Caribbean Cruise with Royal Caribbean which was from Dec. 1- Dec. 8 last. Since we had to board the ship from Miami, we left Toronto a day earlier. Our itinerary included visiting Cozumel, Roatan, Costa Maya and Bahamas before coming back to Miami. It was a wonderful trip and we had a great time discovering this huge ship and all its amenities. Josie is very easy going and a great companion to travel with. So, we'll be planning many more trips together. – Balwinder K.



## **"Embracing the Rich Tapestry of Tamil Heritage: A Vibrant Celebration at BBNC, January 26th"**

In a burst of colors and cultural splendor, the community at the Birchmount Bluffs Neighbourhood Center (BBNC) gathered to celebrate Tamil Heritage Month with an array of festivities, featuring delectable cuisine, captivating arts, performances, and a mesmerizing fashion show. The distinguished guest speaker was Parthi Kandavel, Councilor for Scarborough Southwest who presented Linda Curley and Priya Hawkins for the Certificates of Recognition. We also had two officers representing from 41 Division Toronto Police Officers who were very happy to be engaging with the community. This year's focus of Tamil Heritage Month was awareness, celebration, and participation.

The celebration began with the Canadian National Anthem sang both in English and Tamil along with the Land acknowledgement. As the doors opened to the BBNC venue, the air was filled with the tantalizing aroma of traditional Tamil dishes. The celebration began with a grand feast, showcasing a diverse spread of mouth-watering delicacies, from aromatic chai tea to savory murukku demonstrated by Vasanthi during the Seniors International cooking class accompanied by Pongal rice made by Shanthini and it was served with Chana prepared by the Seniors. We also served idly, sambar and chutney in take away containers.

The Birchcliff Room was transformed with vibrant decorations creating an inviting atmosphere with a dynamic canvas, echoing the heritage and history of the Tamil people. The heart of the celebration lay in the cultural extravaganza that unfolded throughout the day. Attendees had the opportunity to immerse themselves in the beauty of Tamil arts through live performances from Divisha, followed by a poem recited by Avanthika on Pongal. A highlight of the event was the fashion show that brought the traditional and contemporary aspects of Tamil attire to the forefront. The fashion show consists of all ages from young children to older adults that represented diversity and inclusion. The highlight was the BBNC Seniors who graced the runway adorned in stunning silk sarees, and dashing men in elegant styles showcasing the rich textile heritage of Tamil. The fusion of traditional and modern styles captivated the audience, reflecting the dynamic nature of Tamil culture.

The excitement reached its peak when Councilor Parthi Kandavel took the stage as the guest speaker. An influential figure in the Tamil community, Mr. Kandavel, shared inspiring stories, and insights into the rich history and cultural significance of Tamil Heritage Month. His words resonated with the audience, emphasizing the importance of preserving and celebrating Tamil identity in a globalized world.

The event wasn't just about appreciating the arts and culture; it was also about fostering a sense of community and unity. Attendees, young and old, actively participated in interactive workshops as displayed in engaging in traditional Tamil art and craft activities. We had various booths from kolam(rangoli) designs, saree draping, alphabets, arts and culture, auction items and raffles and prizes. BBNC was buzzing with creativity and laughter.

The festivities concluded with an auction, raising money and lively cultural exchange, where participants shared their own stories and experiences related to Tamil heritage. It was a time for building connections, fostering understanding, and strengthening the bonds within the community and BBNC.

As the echoes of joy and celebration lingered in the air, the Tamil Heritage Month festivities at BBNC left an indelible mark on the hearts of all who attended. The event not only celebrated the rich tapestry of Tamil culture but also served as a reminder that, in embracing our heritage, we contribute to the mosaic of diversity that makes our communities strong and vibrant.

We would like to acknowledge the staff and volunteers involved in making this event a great success, without your help, this wouldn't have been a great success for celebrating Tamil Heritage Month for the first time at Birchmount Bluffs Neighbourhood Centre. Thank you so much!

**By: Ma Liezl Ramos and Priya Hawkins**





# BBNC OA RECREATIONAL GROUPS MAKING MAGICAL MEMORIES!!



**A Vibrant Celebration at BBNC, January 26th"**



# OA RECREATIONAL PROGRAM DESCRIPTION

## CONVERSATIONAL SPANISH - BEGINNERS 1

In this course, learn basic conversational Spanish for everyday situations. The course offers the basic using a combination of grammar; vocabulary, reading and conversation. Learn and practice the language through various activities in a fun and relaxing environment. This course doesn't allow registration after the 2<sup>nd</sup> class. You will be subjected to buy a workbook.

## CONVERSATIONAL SPANISH - BEGINNERS 2

**You must have completed Spanish Beginners 1 to register for this course.** This is an advanced class. This course doesn't allow registration after the 2<sup>nd</sup> class.

## DANCE YOGA

Dance yoga consists of gentle movements, breathing technique and stretches accompanied by soothing music to create a dance routine to accomplish body, mind and spirit awareness to reduce stress and unclutter your mind. You will leave the room with a sense of peace and calmness. Please bring your yoga mat and wear comfortable clothing. You will need to remove your shoes.

## INTERNATIONAL DANCE

Enjoy a fun afternoon learning to dance various dances of the world. Learn how to dance like a Bollywood star, be a mysterious Belly dancer, dance to the beat of your heart with the African dance, fluid style of the Caribbean dance, immerse in the power of Latin dance, finishing off with Hawaiian dance. There will be 2 classes for each type of dance throughout the season.

## LINE DANCING

Dance away the afternoon. It's a line dance group for older adults looking for an opportunity to socialize while engaging in physical activity. Beginner class on Tuesdays and Intermediate on Fridays.

## MONDAY MORNING WALK

Meet new people and feel connected with others, improve your mental and physical wellbeing, explore your neighbourhood and different parks while enjoying fresh air! This group is intended for those seeking gentle exercise rather than high-intensity/endurance! Pan-Am centre for indoor walking in the event of bad weather.

## PHOTOGRAPHY

During the Monday Morning Walk take the opportunity to capture beautiful photos of various parks in the GTA.

## SENIORS BAKING CLASS

It is a fun social gathering in the kitchen while trying new recipes and gaining baking wisdom. Lots of tips and tricks to make baking fun and easy. Come learn new things about baking and share them with friends and family.

## SENIORS COOKING 2GETHER

International Cuisine Cooking Class - Learn to cook/bake different types of food dishes from all over the world. Immerse in the culture through conversation and music. Cooking together encourages socialization, togetherness and to appreciate other cultures and most of all have fun.

## SENIORS GLEE

Love to Sing and Move? We have the perfect group for you! The BBNC will be organizing a singing group for Older Adults in the community who have a passion for music! If this sounds like you we'd love to have you join us. Benefits include social engagement, performances at retirement homes, overall brain health improvement, increased self confidence and much more!

## TECHNOLOGY & SOCIAL MEDIA

A series of workshops on Technology and Social Media - YouTube, Facebook, Pinterest, Instagram, LinkedIn, Spotify, Emailing, etc. Topics cover purpose of the platform, how to use it in a practical and appropriate way, knowing the platform language, sharing of information, engagement options and privacy settings, risk of sharing information, and more. Beginners on Mondays only. Intermediate on Thursdays only. Participants cannot register for both. Classes are casual setting. No pressure environment.

A general outline will be provide; not restricted to curriculum. No registration after the 2<sup>nd</sup> class.

## THE OA SOCIAL

A program that provides free group recreational activities for older adults social activities that include card games like bridge, euchre, board games, art – painting, rock painting, card making, sewing, cross stitch, jewellery making and creative writing. A place where people get together and have fun.

## TUESDAY AFTERNOON WALK

Our Seniors walk to improve physical, mental and emotional well being while they explore neighbourhoods and enjoy the outdoors. This could improve your mood, heart health, better sleep, control diabetes, strengthen bones and muscles. All fitness levels are welcome, social, photography, gentle fitness or for power walk, join us for a fun time. Walks to Rosetta McClain Gardens included.

# OLDER ADULT RECREATIONAL PROGRAMS

Spring Registration begins on Tuesday April 2<sup>nd</sup> @ 9AM Online and In-person

Day	Class	Time	Room	Program Lead	# of Weeks	Fees
Monday	Monday Morning Walking & Photography Club	10:00am - 11:30am	Outside	Priya	10 (Apr 10 - Jun 24) No program May 20th	FREE
	Tech and Social Media Beginners	12:00pm - 1:30pm	Kids Korner	Masrafi		\$20
Tuesday	Line Dancing	1:00pm - 3:00pm	Birchcliff	Peer Lead	12 (Apr 09 - Jun 25)	\$2 Drop-In Fee
	Tuesday Afternoon Walk	2:00pm - 3:00pm	Outside	Priya		FREE
Wednesday	Wellness & Meditation	10:00am - 11:00am	Lion's Den	Monica	12 (Apr 10 - Jun 26)	FREE
	International Dance	1:00pm - 2:00pm	Lion's Den	TBA		\$24
	The OA Social	2:30pm - 4:00pm	Lion's Den	Sadie		FREE
Thursday	Dance Yoga (STARTS MAY)	10:00 - 11:00am	Lion's Den	Priya	12 (Apr 11 - Jun 27)	\$16
	Seniors' Baking Class	10:00am - 12:00pm	Kitchen	Sadie		\$36
	Seniors' Glee	1:00pm - 2:00pm	Lion's Den	Lena		\$24
	Technology & Social Media Intermediate	1:00pm - 2:30pm	Kids Korner	Masrafi		\$24
	Sewing Class	1:00 - 3:00pm	Bluffs	Laara		FREE
Friday	Seniors Cooking 2gether	10:00am - 1:00pm	Kitchen	Priya	12 (Apr 12 - Jun 28)	\$60
	Conversational Spanish Beginners 2	1:00pm - 2:00pm	Lion's Den	Jeannette		\$24
	Line Dancing (High Beginner)	1:00pm - 3:00pm	Bluffs	Machiko		FREE
	Conversational Spanish Beginners 1	2:15pm - 3:15pm	Lion's Den	Jeannette		\$24

# NEW CHANGES!!!

## BBNC IS A CHARITY

**As a charity, funders do not fund “CORE” expenses.**

Core funding is usually defined as financial support that covers basic “core” organizational and administrative costs of an NGO, including salaries of non-project staff, rent, equipment, utilities, and communications.

Core funding is sometimes called indirect funding, cost recovery, administrative cost, overhead, or unrestricted funding.

CORE expenses relate to the administrative aspects of the organization  
Some grants will cover a small percentage of administration which means  
BBNC has to find other avenues to fund operation

## THIS RESULTS IN CHANGES TO OPERATION

**Membership Fees are now \$20 per year**

**RECEPTION DESK OPENING TIMES HAVE ALSO CHANGED**

### HOW TO REGISTER FOR PROGRAMS

You have the option of registering in-person at reception or anywhere online.

The BEST way to register for programs is **ONLINE!**

Visit the [www.bbnc.ca](http://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 classes, workshops and training programs being offered. If you require support with registration, please come to reception and we will assist your registration process.



## BBNC MEMBERSHIP

A membership is mandatory to participate in programs at Birchmount Bluffs Neighbourhood Centre. Paid memberships are valid for 12 months from the date of purchase. Membership fees increase April 1st 2024.

## **MEMBERSHIP FEES ARE NON-REFUNDABLE**

Annual Membership types and fees:

- ◆ Individual (18 to 59 years of age) **\$20**
- ◆ Family (only required for Families with children attending BBNC Nursery school) **\$19**
- ◆ Older Adults (60 years of age and up) **\$20**
- ◆ Youth (13 to 29) **Free**
- ◆ EarlyON (Families with children 0-6 years of age) **Free**
- ◆ SHARE365 participant (recipient) **\$10**
- ◆ SHARE365 family **\$16**
- ◆ Active & Able (18 to 99 years of age) **\$20**

## **MEMBERSHIPS ARE NOT RENEWABLE USING EXISTING BBNC CREDIT**

### **BENEFITS OF MEMBERSHIP**

All membership types include:

- Access to all programs, trainings and workshops
- Elect and be elected to the Board of Directors
- Engagement at quarterly Membership meetings. Give your input on organizational direction
- Receipt of regular updates via e-bulletins and INFO alerts
- Support a Charity

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 \$35 processing fee.

### **REFUND & WITHDRAWAL POLICY**

From time to time, BBNC will have to cancel an entire program, (**all classes in a session**), due to low enrollment. 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. They will receive a credit for any remaining classes, and may be subject to processing fees up to \$30.**

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 \$15 administration fee to transfer from one class to another. This **ONLY** applies in cases when the required minimum number of participants will decrease after the transfer. Each class needs a minimum of 10 participants to run through a season.

## CLASS DROP-IN

If a member wishes to try a class, they may do so for a \$15 fee.

Presentation of your Class Drop-In Receipt will act as your proof for discount upon registration for a class within the session the class was tried.

## 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 by participants.

## INSTRUCTOR ABSENCES

BBNC will do the very 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.

## 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. Credit will be applied to all participants for the cancelled class at the end of the session. Credit will not be issued when a makeup class is scheduled.

## 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.

## BEFORE YOU ENROLL

### **DISCLAIMER**

*Birchmount Bluffs Neighbourhood Centre assumes no liability for those participating in our programs. Before engaging in any physical activity, it is the participants' responsibility to consult a doctor or other health professional. Prior to registering for any fitness or wellness class, all participants must annually complete a Par-Q form confirming clearance to participate in physical activities.*

### **VERY IMPORTANT INFORMATION ABOUT BBNC FITNESS AND WELLNESS PROGRAMMING**

BBNC strives to ensure that all classes have sufficient participation, however, it is sometimes necessary to cancel classes due to low registration.

**The minimum number of participants required is 10.**

Registered participants will be contacted by phone or email and appropriate accommodations will be made. If you haven't already done so please ensure your contact information is current.

**If a class needs to be cancelled due to weather or instructor illness, BBNC will inform participants by email and or a phone call.**

**If you have not yet provided your email address for your account, please come to reception so that we can update your profile.**

**Members enrolled in Toonie classes will be withdrawn and credited after missing 4 consecutive classes.**

**Participants are welcome to re-enroll if spots are available and a waitlist does not exist.**



# Active & Able - Programs

Spring Registration begins on Tuesday April 2<sup>nd</sup> @ 9AM Online and In-person

Active & Able programs are for persons with disabilities and/or health barriers. The programs and services promote active living, independence and full inclusion. It offers access to several integrated and adapted wellness, recreational, capacity building and social programs.

Day	Class	Time	Room	Instructor	Weeks	Fees
Wednesday	The Rhythm	11:15am - 12:15pm	Lion's Den	Monica	<b>12</b> (Apr 10 - Jun 26)	<b>\$60</b>
Thursday	Hot Tub Stretch	11:20am - 11:50am	Hot Tub	Mary-Lynn	<b>12</b> (Apr 11 - Jun 27)	<b>\$60</b>
Friday	The Rhythm	11:15am - 11:50am	Lion's Den	Monica	<b>12</b> (Apr 12 - Jun 28)	<b>\$60</b>

## THE RHYTHM... IS GOING TO GET YOU

Explore rhythm by singing, playing percussion instruments and movement. You'll be encouraged to participate and express your personal musicality with fun, familiar tunes. We'll play some musical games together!

## HOT TUB STRETCH

This class will improve muscle/joint flexibility, range of motion, strength and balance. Gentle yoga-based exercise class. Exercises are done sitting or using the support bar in the whirlpool.

**BBNC Song and Dance Thursdays happens once per month. Our Spring session dances will be on the following dates from 12:30 - 2:30PM**

**APR 18TH - MAY 16TH - JUN 20TH**

**EACH DANCER can purchase a \$2 wristband @ reception for entry**

## NEW THIS SEASON BBNC PRESENTS GAMES DAY

**APR 25TH - MAY 30TH - JUN 27TH**

**On the last Thursday of the month from 12:30pm - 2:30PM  
Teams BLUE & YELLOW will compete in a best of 3 competition  
Winning TEAMS will be awarded on June 27th**

**EACH PLAYER can purchase a \$2 wristband @ reception for entry**

## FITNESS & WELLNESS TOONIE CLASS SCHEDULE

Day	Class	Time	Room	Instructor	# of Weeks	Adult Fee	OA Fee
Monday	Vertical Chair Fitness	10:15am - 11:15am	Bluffs	Ester	11 (Apr 08 - Jun 24)	\$22	\$22
	Gentle Yoga	1pm - 2pm	Bluffs	Edward	No Class May 20th	\$22	\$22
Tuesday	Boxercise	9am - 10am	Bluffs	Carolyn	12 (Apr 09 - Jun 25)	\$24	\$24
	Aquafit	8pm - 9pm	Pool	Monica	8 (Apr 09 - May 28)	\$16	\$16
Wednesday	Mindful Yoga	1:30pm - 2:30pm	Bluffs	Liz	12 (Apr 10 - Jun 29)	\$24	\$24
Thursday	All Round Fitness	1:00pm - 2:00pm	Birchcliff	Monica	12 (Apr 11 - Jun 27)	\$24	\$24
	Aquafit	8pm - 9pm	Pool	Alex	8 (Apr 11 - May 30)	\$16	\$16
Saturday	Chair Yoga for Healthy Backs	9:30am - 10:30am	Zoom	Monica	12 (Apr 13 - Jun 29)	\$24	\$24

### ALL ROUND FITNESS

All around fitness is designed for adults who have different abilities. This class incorporates elements of yoga, Mindfulness, cardio and muscle conditioning!

### AQUAFIT

Aquafit is a multi-level pool workout that offers both cardiovascular and muscle conditioning using the water's resistance to tone the entire body.

**MUST BE COMFORTABLE IN WATER**

### BOXERCISE

Float like a butterfly. Sting like a bee! This cardio-based high-intensity program will improve your cardio and raise your metabolism. Jab, Cross-Punch, Hook, Upper-Cut, Speed Bag; and, Kick your way into Fitness. Prepare to Sweat!

### CHAIR YOGA FOR HEALTHY BACKS - VIRTUAL

This is a flow yoga class combined with Pilates exercises. We will stretch and strengthen our core and back muscles in order to gain flexibility and mobility. This class will help participants relieve back pain, develop best habits for a healthy spine, and feel great!

contact@bbnc.ca

### GENTLE YOGA FOR CALMNESS & ENERGY

An open enjoyable way to enjoy Yoga. Newcomers and experienced people are WELCOME. You'll feel better breathing; stress relief, energy and body flexibility are improved. A deep guided relaxation ends each class.

### MINDFUL YOGA FOR BALANCE & STABILITY

This all-levels class will enable you to build strength while approaching life with patience, calmness, and awareness. Apart from physical stability, yoga poses help us find mental and emotional steadiness by remaining steady, focused, and centered in a pose. In our body, yoga poses help us to align ourselves, to strengthen and lengthen our muscles, and to explore our center of gravity. Yoga poses are a great way to stay mentally and emotionally strong, especially in difficult situations on and off your yoga mat. Some yoga experience is beneficial.

**\*\*Some ability to move up and down from the ground is required.**

### VERTICAL CHAIR FITNESS

A light to medium workout for those who **do not** wish to get down on a mat. A variety of exercises on a chair and standing up will cover all the muscle groups. Pilates balls will be provided.

# RETURNING THIS SPRING 2024

Register for 3 classes and get  
a 4th class **FREE**

Your 4th class can be gifted  
to anyone you choose, that  
person **MUST** be a BBNC  
member to participate

**This offer ONLY applies to  
classes found on pages 34-37**

## FITNESS & WELLNESS MORNING CLASS SCHEDULE

### REGISTRATION OPENS TUESDAY APRIL 2ND @ 9AM

Day	Class	Time	Room	Instructor	Weeks	Adult Fee	OA Fee
Monday	Stronger At50++	9am - 10am	Bluffs	Carolyn	11 (Apr 08 - Jun 24) No Class May 20th	\$99	\$66
	QiGong	11am - 12pm	Lion's Den	Stuart		\$55	\$55
	Functional Fitness	11:30am - 12:30pm	Bluffs	Shyanne		\$99	\$66
Tuesday	Tone UP	9am - 10am	Birchcliff	Kathleen	12 (Apr 09 - Jun 25)	\$108	\$72
	Stretch & Strength	10:15am - 11:15am	Bluffs	Kathleen			
	Body Sculpting	10:30am - 11:30am	Birchcliff	Ester			
	Chair Yoga for Healthy Backs	11:45am - 12:45pm	Birchcliff	Monica			
	Piloga	11:45am - 12:45pm	Bluffs	Carolyn			
Wednesday	Functional Fitness	11:00am - 12:00pm	Bluffs	Shyanne	12 (Apr 10 - Jun 26)	\$108	\$72
	Active Stretch	12:10pm - 1:10pm	Bluffs	Shyanne			
Thursday	Tone UP	9am - 10am	Birchcliff	Kathleen	12 (Apr 11 - Jun 27)	\$108	\$72
	ESTERcise	10am - 11am	Bluffs	Ester			
	Stretch & Strength	10:15am - 11:15am	Birchcliff	Kathleen			
	Chair Yoga	11:15am - 12:15pm	Bluffs	Edward/ Susan			
Friday	Tai Chi	10am - 11am	Bluffs	Stephen	12 (Apr 12 - Jun 28)	\$60	\$60
	Body Sculpting	10am - 11am	Birchcliff	Ester		\$108	\$72
	Healthy Bones	11:15am - 12:15pm	Birchcliff	Ester			
	Yogalates	10am - 11am	Lion's Den	Monica			



## FITNESS & WELLNESS FEE FOR SERVICE CLASS DESCRIPTIONS

### ACTIVE STRETCH

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 SCULPTING

A full head to toe workout using weights to target small and large muscle groups. Consisting of a warm up, stretch, floor work, weights (small to medium) and finishing with another stretch.

### CHAIR YOGA

Continue to move and improve your range of motion and mobility with the chair yoga class. Utilizing breath, meditation and mindfulness techniques alongside physical movement will support your ongoing healthy lifestyle. This class is mostly done seated, although some options for standing with the chair to support you can be offered.

### CHAIR YOGA FOR HEALTHY BACKS

"You are only as young and healthy as your spine is strong and supple," is an ancient yogi saying. We will stretch and strengthen our core and back muscles. The goal is to help participants relieve back pain, develop best habits for a healthy spine, and feel great!

### ESTERCEISE

Tone up with Ester and friends using Pilates Balls, some chair exercises followed by a long 25 minutes stretch.

### FUNCTIONAL FITNESS

This senior cardio and strength class is 60 minutes. We will start each class with a 5-10 minute warm-up, and then we will circuit through a cardio and strength training routine to challenge those muscles. This fitness class will be taught at a moderate fitness level but lower and higher intensity options are available.

### HEALTHY BONES

Beginner to Intermediate. Exercising every muscle group at a slower pace using weights and working to stabilize the core muscles.

### PILOGA

Yoga & Pilates moves/poses are combined to create a balance between building strength, stability and mindful movement and flow. Challenge your core while moving arms and legs; and, train your body to be present. Focus, Breathe, Smile, Repeat!

### QIGONG

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.

### STRETCH & STRENGTH

Using functional tools and props, this fun and unique class combines a mix of mobility work, light resistance training, mat work, barre and more, with an emphasis on core conditioning and improving balance and flexibility to build overall body strength and confidence. This is a good class if you're just getting back into fitness or as a complement to your Aquafit classes. A fun workout in a positive environment!

### STRONGER At50++

We'll isolate all areas of the body to achieve a well rounded Full Body workout. VARIETY is key! Weights, chairs, walls, floors, OH MY, are incorporated; along with other props to keep you challenged! Feel the beat of the music and enjoy.

### 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 class, we focus on training our entire body to be stronger and leaner, through resistance training. We build strength progressively by slowly and safely increasing the amount of weight we use over time, along with body weight and core work to increase our overall strength, endurance and resilience as we age. You will learn proper form and how to effectively work each muscle group to maximize your workout. A fun & challenging workout with great music and people!

### YOGALATES

Work on your core strength, flexibility, mobility and balance in this class. Using a Balance Pad, you'll choose between moving on a mat OR chair. This class incorporates key aspects of yoga and pilates.

## FITNESS & WELLNESS EVENING CLASS SCHEDULE

**REGISTRATION OPENS TUESDAY APRIL 2ND @ 9AM**

Day	Class	Time	Room	Instructor	# of Weeks	Adult Fee	OA Fee
Monday	Sweat & Sculpt	6:15pm - 7:15pm	Birchcliff	Marissa	11 (Apr 8 - Jun 24) No Class May 20th	\$99	\$66
Wednesday	Evening Yoga	7pm - 8pm	Bluffs	Edward	12 (Apr 10 - Jun 26)	\$108	\$72
Thursday	Zumba	6pm - 7pm	Birchcliff	Marissa	10 (Apr 11 - Jun 28) No Classes Apr 18th & May 23rd	\$90	\$60

## FITNESS & WELLNESS EVENING CLASS DESCRIPTIONS

### EVENING YOGA

Newcomers to Yoga and experience people have enjoyed this session for over twenty years! Adults, Youth and Seniors will all feel the benefits - improvements to balance, breathing, stress-relief, mindfulness and more. We end the evening with deep Guided Relaxation.

### SWEAT & SCULPT

Full Body workout using dumbbells to tone muscles and build strength combined with low-impact cardio circuits. Appropriate for all levels of fitness. Modifications will be provided as needed. Weights provided. Proper fitness footwear and attire required. No barefoot or sandals allowed for safety reasons.

### ZUMBA

A high energy dance and fitness fusion workout to Latin, Pop and World Music. We will sweat and burn calories to the rhythms of Salsa, Merengue, Cumbia, Dance Hall and more! No dance experience necessary, just passion to move your body! Proper fitness footwear and attire required. No barefoot or sandals allowed for safety reasons.

# AQUAFITNESS CLASS SCHEDULE

Spring Registration begins on Tuesday April 2<sup>nd</sup> @ 9AM

Day	Class	Time	Room	Instructor	Weeks	Adult Fee	OA Fee
Monday	AquaFit	9:00am - 10:00am OR 10:00am - 11:00am	Pool	Kathleen	7 (Apr 08 - May 27) No Class May 20th	\$77	\$56
Tuesday	OA AquaFit	9:00am - 10:00am OR 10:00am - 11:00am OR 11:00am - 12:00pm	Pool	Marcia	8 (Apr 09 - May 28)	\$88	\$64
	Hot Tub Stretch	10:45am - 11:15am	Whirlpool	Mary-Lynn		\$40	\$40
	Hot Tub Stretch	11:20am - 11:50am					
Wednesday	AquaFit	9:00am - 10:00am OR 10:00am - 11:00am	Pool	Kathleen	8 (Apr 10 - May 29)	\$88	\$64
Thursday	OA AquaFit	9:00am - 10:00am OR 10:00am - 11:00am OR 11:00am - 12:00pm	Pool	Monica	 8 (Apr 11 - May 30)	\$88	\$64
	Hot Tub Stretch	10:45am - 11:15am	Pool	Mary-Lynn		\$40	\$40
Friday	AquaFit	9:00am - 10:00am OR 10:00am - 11:00am	Pool	Kathleen	8 (Apr 12 - May 31)	\$88	\$64

**AQUAFIT/ OLDER ADULT AQUAFIT** is a multi-level pool workout that offers both cardiovascular & muscle conditioning using the water's resistance to tone the entire body. **PLEASE NOTE** While it is not required that participants know how to swim you **MUST BE COMFORTABLE IN WATER.**

**HOT TUB STRETCH** will improve muscle/joint flexibility, range of motion, strength and balance. This is a gentle Yoga-based class. Exercises are done sitting or using the support bar in the whirlpool.

**A**

**DREAM**

**Written down with  
a date becomes a**

**GOAL**

**A goal broken down  
Into steps becomes a**

**PLAN**

**A plan backed by**

**ACTION**

**Makes your dreams**

**REALITY**







Employment and  
Social Development Canada

Canada



Government  
of Canada    Gouvernement  
du Canada

Canada



Child and Family Centre



**DOLPHIN**  
GAMING

ontario charitable gaming association  
**ocga**



Ontario  
SENIORS' SECRETARIAT



SCARBOROUGH  
WOMEN'S  
CENTRE



**Expanding the Reach**  
*Empowering women with disabilities*



scarborough  
**CYCLES**



**United Way**  
Greater Toronto

WORKING WITH COMMUNITIES IN  
**PEEL, TORONTO  
& YORK REGION**

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