

Reconnect Health and Wellness Centre for Seniors - A LIVELY SPOT FOR COMMUNITY CONNECTIONS -

Join us for Twisted Art!



DETAILS

Enjoy a relaxing and creative afternoon crafting with pipe cleaners! No experience needed— just bring your imagination. Call 416-652-7780 to register.

Every Tuesday from 2:00pm to 3:30pm

at 2562 Eglinton Ave. W

September 2025

Inside this issue:

Pg. 1
Twisted Art

Pg. 2 - 6 Pro-
gram Calendar

Pg. 7 Important
H&W Announce-
ments

Please reach
out if you have
questions or
need support:
416-652-7780

**STRONGER
TOGETHER**

RECONNECT'S HEALTH & WELLNESS CENTRE FOR SENIORS

VIRTUAL PROGRAMS

WELCOME

BIENVENIDOS

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Mondays

Time	Group	Virtual Link	Phone	In-Person Location
9:00 am - 12:00 pm	340 Royal York Rd. In-Person Program			340 Royal York Rd.
9:00 am - 12:00 pm	Louise Towers In-person Programs		Call 416-652-7780 to register	130 Vaughan Rd.
9:15 am - 10:15 am	Let's Get Fit	https://zoom.us/j/3295244390		2562 Eglinton Ave W
10:30 am – 11:30 am	Stretch and Strengthen	https://zoom.us/j/3295244390		2562 Eglinton Ave. W
10:15am - 11:15 am	Morning Kick-Off Exercise			1709 Bloor St. W
11:00am - 12:00pm	The Crafty Hour			2562 Eglinton Ave. W
11:30 am – 12:30 pm	Gentle Exercise	https://zoom.us/j/7374577124	647-558-0588, Code: 737 457 124	1709 Bloor St. W
12:00 pm – 1:00 pm	Tai Chi	https://zoom.us/j/3295244390		2562 Eglinton Ave. W
1:30 pm – 2:30 pm	Sing Fest and Social	https://zoom.us/j/9823143413		2562 Eglinton Ave. W
1:30pm - 4:30pm	98/100 Cavell Ave. In-Person Program			98/100 Cavell Ave.
1:30 pm - 4:30 pm	193 Wilson In-person Program		Call 416-652-7780 to register	193 Wilson Ave.
1:30 pm - 4:30 pm	Roselawn Manor In-Person Program			855 Roselawn Ave.
2:30 pm - 3:30 pm	Games Cafe	https://zoom.us/j/3295244390		
2:30 pm – 4:00 pm	Timeless Dance Party			2562 Eglinton Ave. W.

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Tuesdays				
Time	Group	Virtual Link	Phone	In-Person Location
9:00am – 10:00am	'Walk With Us' Walking Club Program - High Park - In-Person		Call 416-652-7780 to register	Meeting point is at Reconnect office 1709 Bloor St. W.
9:00 am - 12:00 pm	Doug Saunders In-Person Programs		Call 416-652-7780 to register	1775 Eglinton Ave. W
9:00 am - 12:00 pm	NWT-OHT HUB In-Person Program		Call 416-652-7780 to register	2115 Finch Ave. W.
9:15 am - 10:00 am	Chair Yoga	https://zoom.us/j/3295244390		1709 Bloor St. W
10:00 am – 11:00 am	Gentle Exercise			1709 Bloor St. W
10:30 am – 11:30 am	Stretch and Strengthen	https://zoom.us/j/3295244390		2562 Eglinton Ave. W
11:00 am - 12:00 pm	Tai Chi	https://zoom.us/j/9823143413		1709 Bloor St. W
11:00 am - 12:00 pm	Virtual Reality Voyages			2562 Eglinton Ave, w
1:30 pm – 3:00 pm	Knitting Club			1709 Bloor St. W
1:00 pm - 2:00 pm	Virtual BINGO	https://zoom.us/j/3295244390	647-558-0588, Code: 329 524 4390	
1:00 pm - 2:00 pm	Zumba Gold In-Person ONLY			2562 Eglinton Ave. W.
2:00 pm - 3:00 pm	Eagle Manor Online Social	https://zoom.us/j/7374577124		
2:00 pm - 3:30 pm	Twisted Art NEW!			2562 Eglinton Ave. W.
2:00 pm - 4:30 pm	Movie Matinee	https://zoom.us/j/9823143413		

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Wednesdays

Time	Group	Virtual Link	Phone	In-Person Location
9:15 am - 10:15 am	Let's Get Fit	https://zoom.us/j/3295244390		2562 Eglinton Ave. W
10:15 am - 11:15 am	Gentle Exercise			1709 Bloor St. W
10:30 am - 11:30 am	Stretch and Strengthen	https://zoom.us/j/3295244390		2562 Eglinton Ave. W
11:00 am - 12:30 pm	Digital Expressions			2562 Eglinton Ave. W
11:00 am - 1:00 pm	Arcade (Table Games + Active Games)			2562 Eglinton Ave. W
1:00pm - 2:30pm	Macrame			2562 Eglinton Ave. W
1:30 pm - 4:30pm	Eagle Manor In-Person Program <i>On hold until further notice.</i>			1901 Weston Rd.
1:30 pm - 3:00 pm	Brain Games	https://zoom.us/j/3295244390		
1:30 pm - 4:30 pm	100 High Park: In-Person Program			100 High Park Ave.
1:30 pm - 4:30 pm	Silverthorne In-Person Program		Call 416-652-7780 to register	600 Rogers Rd.

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Thursdays

Time	Group	Virtual Link	Phone	In-Person Location
9:00 am - 12:00 pm	Outlook Manor In-Person Program		Call 416-652-7780 to register	55 Outlook Ave.
9:15 am - 10:15 am	Balance & Mobility			1709 Bloor St. West
9:15 am - 10:15 am	Morning Kick Off Exercise			2562 Eglinton Ave. W
10:00am – 11:00am	Technology Assistance Café			2562 Eglinton Ave. W.
10:30 am - 11:30 am	Stretch and Strengthen	https://zoom.us/j/3295244390		2562 Eglinton Ave. W
11:00am - 12:30pm	Busy Hands Craft			2562 Eglinton Ave. W
11:15 am - 12:30 pm	Sewing and Alteration Class			2562 Eglinton Ave. W
1:00 pm - 3:30 pm	Art Class			2562 Eglinton Ave. W
1:30 pm - 4:30 pm	41 Mabelle Ave: In-Person Program			41 Mabelle Ave.
2:30 pm - 3:30 pm	Bon Voyage	https://zoom.us/j/7374577124		

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Fridays				
Time	Group	Virtual Link	Phone	In-Person Location
9:15 am - 10:15 am	Morning Kick Off Exercise	https://zoom.us/j/3295244390		2562 Eglinton Ave. W
10:00 am - 11:00 am	Morning Kick Off Exercise			1709 Bloor St. W
10:30 am - 11:30 am	Cardio Strength			2562 Eglinton Ave. W
11:00 am - 2:30 pm	Table Games			2562 Eglinton Ave. W
11:15 am - 12:15 pm	Gentle Exercise	https://zoom.us/j/7374577124	647-558-0588, Code: 737 457 7124	1709 Bloor St. W
11:30 am - 12:30 pm	Chair Yoga	https://zoom.us/j/3295244390		2562 Eglinton Ave. W
12:30 pm - 3:30 pm	Friday Lunch & Social		Call 416-652-7780 to register	2562 Eglinton Ave. W
1:00 pm - 2:00 pm	Virtual BINGO	https://zoom.us/j/3295244390	647-558-0588, Code: 329 524 4390	2562 Eglinton Ave. W
1:00 pm - 3:00 pm	Art Class		Call 416-652-7780 to register	1709 Bloor St. W
2:00 pm - 3:00 pm	BINGO			2562 Eglinton Ave. W

ANNOUNCEMENTS

Health & Wellness Department Announcements:

Eagle Manor Re-Opening

Coming soon! Watch for more information

Niagara Parks Butterfly Conservatory Outing

Join us for a trip to the Butterfly Conservatory on Thursday, September 25th, 2025. Step inside one of the largest glass-enclosed butterfly conservatories in North America and discover a tropical garden oasis. The Niagara Parks Butterfly Conservatory features over 2,000 vibrantly coloured butterflies fluttering freely throughout winding pathways adorned with lush vegetation and trickling waterfalls. Please note that there is a walk of approximately 500 meters from the parking area to the facility. Space is limited, only 50 seats, it first comes first serve. Registration required. Please call 416-652-7780 to register.

Hello Autumn

Autumn isn't just about doom and gloom. It's also about abundance, gratitude, and reaping the rewards of our hard work. Spiritually, this season is about harvesting the wisdom and experiences we've gathered throughout the year and reflecting on how they've shaped us. It's a time of change; it's a season of dying and rising. In autumn, we see beautiful fall colors as leaves decline, change and fall to the ground. Autumn leaves symbolize the flow of energy, change, transition, and renewal in forest and people.

Health & Wellness Centre closure

All Community locations and the Eglinton Hill Centre will be closed on Monday, September 1st for Labour Day.

