

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

# Join us for Twisted Art!



August 2025

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## 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**

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

**STRONGER  
TOGETHER**

# RECONNECT'S HEALTH & WELLNESS CENTRE FOR SENIORS

## VIRTUAL PROGRAMS

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### Mondays

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

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

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Wednesdays				
Time	Group	Virtual Link	Phone	In-Person Location
9:15 am - 10:15 am	<b>Let's Get Fit</b>	<a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a>		2562 Eglinton Ave. W
10:15 am - 11:15 am	<b>Gentle Exercise</b>			1709 Bloor St. W
10:30 am - 11:30 am	<b>Stretch and Strengthen</b>	<a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a>		2562 Eglinton Ave. W
11:00 am - 12:30 pm	<b>Digital Expressions</b>			2562 Eglinton Ave. W
11:00 am - 1:00 pm	<b>Arcade (Table Games + Active Games)</b>			2562 Eglinton Ave. W
1:00 pm - 2:30 pm	<b>Busy Hands Craft</b>			2562 Eglinton Ave. W
1:30 pm - 4:30pm	<b>Eagle Manor In-Person Program</b> <i>On hold until further notice.</i>			1901 Weston Rd.
1:30 pm - 3:00 pm	<b>Brain Games</b>	<a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a>		
1:30 pm - 4:30 pm	<b>100 High Park: In-Person Program</b>			100 High Park Ave.
1:30 pm - 4:30 pm	<b>Silverthorne In-Person Program</b>		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	<b>Outlook Manor In-Person Program</b>		Call 416-652-7780 to register	55 Outlook Ave.
9:15 am - 10:15 am	<b>Balance &amp; Mobility</b>			1709 Bloor St. West
9:15 am - 10:15 am	<b>Morning Kick Off Exercise</b>			2562 Eglinton Ave. W
10:00am – 11:00am	<b>Technology Assistance Café</b>			2562 Eglinton Ave. W.
10:30 am - 11:30 am	<b>Stretch and Strengthen</b>	<a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a>		2562 Eglinton Ave. W
11:00am – 12:30pm	<b>Macramé</b>			2562 Eglinton Ave. W.
11:15 am - 12:30 pm	<b>Sewing and Alteration Class</b>			2562 Eglinton Ave. W
1:00 pm - 3:30 pm	<b>Art Class</b>			2562 Eglinton Ave. W
1:30 pm - 4:30 pm	<b>41 Mabelle Ave: In-Person Program</b>			41 Mabelle Ave.
2:30 pm - 3:30 pm	<b>Bon Voyage</b>	<a href="https://zoom.us/j/7374577124">https://zoom.us/j/7374577124</a>		

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Fridays				
Time	Group	Virtual Link	Phone	In-Person Location
9:15 am - 10:15 am	Morning Kick Off Exercise	<a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a>		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	<a href="https://zoom.us/j/7374577124">https://zoom.us/j/7374577124</a>	647-558-0588, Code: 737 457 7124	1709 Bloor St. W
11:30 am - 12:30 pm	Chair Yoga	<a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a>		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	<a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a>	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:

#### Stay Strong, Stay Active!

As we enjoy the last stretch of summer, it's a great time to remind you how important regular movement is for your health and well-being. Whether it's a short walk, gentle stretching, gardening, or joining one of our exercise classes, every bit of movement helps maintain strength, balance, and a positive mood.

**Why it matters:** Staying active can improve your energy, reduce the risk of falls, and help manage conditions like arthritis, high blood pressure, and diabetes.

#### Simple ways to move more every day:

- Walk with a friend or join a walking group
- Try chair exercises at home
- Take stretch breaks during TV time
- Join us for our exercise classes

No matter your pace, every step counts. Keep going—you're doing great!

#### Health & Wellness Centre closure:

The Eglinton Hill Centre will be closed on Monday, August 4th for the Civic Holiday.

Enjoy the beautiful summer!

