

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

April 2025

# Income Tax Clinic for Reconnect Clients



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Income Tax Clinic

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

## DETAILS

From March 3, 2025 to May 2, 2025

at 1709 Bloor St. W. and 2562 Eglinton Ave. W.

Please call 647-206-2176 for more information

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 - 10:00 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 - 11:00 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 - 11:00 am	<b>Morning Kick-Off Exercise</b>			1709 Bloor St. W
11:00am - 12:00pm	<b>The Crafty Hour</b>			2562 Eglinton Ave. W
11:15 am - 12:00 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
11:30 am - 12:30 pm	<b>Tai Chi</b>	<a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a>		2562 Eglinton Ave. W
1:00 pm - 2:00 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		Call 416-652-7780 to register	193 Wilson Ave.
1:30 pm - 4:30 pm	<b>Roselawn Manor In-Person Program</b> <b>On hold until further notice.</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 - 3:30 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 - In-Person</b>		Call 416-652-7780 to register	900 Dufferin St. – Dufferin Mall, entrance #4
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
10:15 am - 11:00 am	<b>Gentle Exercise</b>			1709 Bloor St. W
10:15 am - 11:00 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/3295244390">https://zoom.us/j/3295244390</a>		1709 Bloor St. W
11:00 am - 12:00 pm	<b>Virtual Reality Voyages</b>			2562 Eglinton Ave, w
1:00 pm - 2:30 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 to 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 - 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 - 10:00 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 - 11:00 am	<b>Gentle Exercise</b>			1709 Bloor St. W
10:15 am - 11:00 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 - 1:00 pm	<b>Arcade (Table Games + Active Games)</b>			2562 Eglinton Ave. W
1:00 pm - 2:30 pm	<b>Busy Hands Craft and Sewing</b>			2562 Eglinton Ave. W
1:00 pm - 4:00 pm	<b>Eagle Manor In-Person Program</b>		Call 416-652-7780 to register	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 - 10:00 am	<b>Morning Kick Off Exercise</b>	<a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a>		2562 Eglinton Ave. W
10:00am – 11:00am	<b>Technology Assistance Café</b>			2562 Eglinton Ave. W.
10:15 am - 11:00 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>Wood Burning and Carving</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 - 10:00 am	Morning Kick Off Exercise	<a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a>		2562 Eglinton Ave. W
10:15 am - 11:00 am	Morning Kick Off Exercise			1709 Bloor St. W
10:15 am - 11:00 am	Cardio Strength			2562 Eglinton Ave. W
11:00 am - 1:30 pm	Table Games			2562 Eglinton Ave. W
11:15 am - 12:00 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
11:15 am - 12:00 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:

#### Health & Wellness Centre Closure

- Good Friday – April 18th
- Easter Monday – April 21st

#### Happy National Volunteer Week: April 27th to May 3rd

Reconnect Community Health Services says thank you to all our wonderful and hardworking volunteers for their amazing contributions during this year. Your passion, dedication, and commitment to helping people in our community is very much appreciated by all, including clients, caregivers, family members and staff. By volunteering, you give the most expensive and priceless gift anyone could give, kindness and your valuable time. Thank you for the enthusiasm and commitment that you generously offer all year long!

#### April Events

Earth Day – Tuesday, April 22nd

**We look forward to seeing you in-person and online this month!**

