

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

Winning Moves: Seniors Sports Club

August 2026



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Club

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

Details

Every Wednesday
from 1:30pm to 3:00pm
at 2562 Eglinton Ave. W.

STRONGER
TOGETHER

RECONNECT'S HEALTH & WELLNESS CENTRE FOR SENIORS

VIRTUAL PROGRAMS

WELCOME

BIENVENIDOS

BENVINDOS

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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	Steady Cardio	https://zoom.us/j/3295244390		2562 Eglinton Ave W
10:30 am – 11:30 am	Strength & Conditioning	https://zoom.us/j/3295244390		2562 Eglinton Ave. W
10:15am - 11:15 am	Morning Kick-Off Exercise			1709 Bloor St. 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 – 3:30 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	Dance and Balance	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
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 - 3:30 pm	Twisted Art			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	Gentle Stretch	https://zoom.us/j/3295244390		2562 Eglinton Ave. W
10:00 am - 11:00 am	Gentle Exercise			1709 Bloor St. W
10:30 am - 11:30 am	Strength & Conditioning	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
11:15 am - 12:15 pm	Social Hour			1709 Bloor St. W.
11:00 am - 12:00 pm	Virtual Reality Voyages			2562 Eglinton Ave. W.
1:00pm - 2:30pm	Macrame			2562 Eglinton Ave. W
1:30pm - 3:00pm	Senior Sports Club			2562 Eglinton Ave. W.
1:30 pm - 4:30pm	Eagle Manor In-Person Program			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	Walk to fit	https://zoom.us/j/3295244390		2562 Eglinton Ave. W
10:00am – 11:00am	Technology Assistance Café			2562 Eglinton Ave. W.
10:30 am - 11:30 am	Mind Body and Balance	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	Gentle Strength	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 Burn			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:

TECH 101 – NEW! Join us every Tuesday in August from 2:15pm to 3:30pm at 2562 Eglinton Ave. W., where older adults can learn about technology, ask questions, and build confidence using their devices in a supportive and friendly environment. Whether you're just getting started or already comfortable with technology, everyone is welcome! Also, Tuesday morning you can also bring your device in for our optional one-on-one support sessions.

Death Café Program – Join us for a One-time Death Café Program – A conversation on life and mortality. Friday, August 21st from 1:30pm to 3:00pm at 2562 Eglinton Ave. W. A welcoming and respectful space where people gather to talk openly about death, dying, grief, and end-of-life topics. A Death Café is not a therapy session or grief support group. It is a guided, informal discussion that encourages open dialogue about mortality, helping to reduce stigma, foster meaningful conversations, and inspire more mindful living. Whether you would like to share your thoughts, experiences, ask questions—or simply listen—you are warmly welcome. There is limited space, if you are interested, please call 416-652-7780 to register.

What is the Civic Holiday? - The Civic Holiday, celebrated on the first Monday in August, is a public holiday observed in many parts of Canada. While it is not a federal statutory holiday, it provides an opportunity for people to enjoy a summer long weekend, spend time with family and friends, and celebrate their local communities. In many provinces and municipalities, the holiday has a unique name and honors local heritage, community achievements, culture, regional history, or notable individuals, making it a special time to appreciate the diverse communities across Canada.

Health & Wellness Centre closure - All Community locations and the Eglinton Hill Centre will be closed on Monday, August 3rd for the Civic Holiday.

