

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

Join us for the Winter Holiday Bazaar

December 2025

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Bazaar

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Details

Tuesday, December 9

from 12:30pm to 3:30pm

at the 1709 Bloor St. W. in the multipurpose room

Call 416-652-7780 for more details

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

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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	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 – 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 - In-Person		Call 416-652-7780 to register	Meeting point is at 900 Dufferin St. – Dufferin Mall, entrance #4
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
1:30 pm - 4:30 pm	101 Humber Blvd. In-Person Program			101 Humber Blvd.
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			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
10:00 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 - 12:30 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.
1:00pm - 2:30pm	Macrame			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.

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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:

Art Show - Once again, our Art Show, held on November 6th, was a wonderful success! The Health & Wellness Team would like to extend our heartfelt thanks to all our clients, guests and staff members for attending and showing your support. We also want to express our sincere appreciation to our staff and volunteers whose hard work and dedication helped make this event such a success. Thank you all for contributing to a truly inspiring and memorable day!

Holiday Wishes – The H&W Team would like to wish everyone a holiday season filled with love, laughter, and cherished moments with family and friends. We are deeply grateful for your continued support throughout 2025. May the year ahead bring joy, peace, and abundant blessings to you and your loved ones.

Holiday Potluck Party - The Health & Wellness Team is delighted to invite you to our Holiday Potluck Party on Wednesday, December 10th, at the Eglinton Hill Centre from 12pm – 3pm -- food will be available at 12:30 pm. You're warmly encouraged to bring your favorite treats to share. We can't wait to gather, celebrate, and enjoy the spirit of the season with you. See you there!

Holiday Matinee Movie – Let's share the magic of the season together with a holiday movie! starting Monday, December 15th to Wednesday, December 24th at 1:00 pm, join us at the Eglinton Hill Centre, where we will be showing a variety of festive films each day. Come enjoy the warmth, cheer, and joy of the holidays with us!

Winter Holiday Bazaar - Join us for our Winter Holiday Bazaar on Tuesday, December 9th at 1709 Bloor St. West (Bloor site location) from 1pm – 3:30pm. Staff and clients are welcome to bring their holiday spirit. There will be a raffle, delicious baked goods and handmade crafts for sale, made by our wonderful knitting club. Don't miss this out!

Eglinton Hill Centre and Community Locations Holiday Hours:

CLOSED Thursday, December 25th for Christmas Day

CLOSED Friday, December 26th for Boxing Day

CLOSED Thursday, January 1st, 2026, for New Year's Day

Happy Holidays!

