

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

## Join our Walk With Us Program

January 2026



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Walk With Us

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

### Details

Every Tuesday from 9:00am - 10:00am

Dufferin Mall

Meeting point is at entrance #4,  
near Walmart and Toys R Us.

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>Steady Cardio</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>Strength &amp; Conditioning</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 – 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    | Meeting point is at 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  |
| 10:00 am – 11:00 am | <b>Gentle Exercise</b>                                 |   |                                  | 1709 Bloor St. W  |
| 10:30 am – 11:30 am | <b>Dance and Balance</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  |
| 1:30 pm - 4:30 pm   | <b>101 Humber Blvd. In-Person Program</b>              |   |                                  | 101 Humber Blvd.  |
| 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</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>Gentle Stretch</b>                      | <a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a> |       | 2562 Eglinton Ave. W |
| 10:00 am - 11:00 am | <b>Gentle Exercise</b>                     |   |       | 1709 Bloor St. W     |
| 10:30 am - 11:30 am | <b>Strength &amp; Conditioning</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 |
| 11:15 am - 12:15 pm | <b>Social Hour</b>                         |   |       | 1709 Bloor St. W.    |
| 1:00pm - 2:30pm     | <b>Macrame</b>                             |   |       | 2562 Eglinton Ave. W |
| 1:30 pm - 4:30pm    | <b>Eagle Manor In-Person Program</b>       |   |       | 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.   |

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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>Walk to fit</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>Mind Body and Balance</b>             | <a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a> |                               | 2562 Eglinton Ave. W  |
| 11:00am - 12:30pm   | <b>Busy Hands Craft</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  | <b>Gentle Strength</b>           | <a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a> |                                     | 2562 Eglinton Ave. W |
| 10:00 am - 11:00 am | <b>Morning Kick Off Exercise</b> |   |                                     | 1709 Bloor St. W     |
| 10:30 am - 11:30 am | <b>Cardio Burn</b>               |   |                                     | 2562 Eglinton Ave. W |
| 11:00 am - 2:30 pm  | <b>Table Games</b>               |   |                                     | 2562 Eglinton Ave. W |
| 11:15 am - 12:15 pm | <b>Gentle Exercise</b>           | <a href="https://zoom.us/j/7374577124">https://zoom.us/j/7374577124</a> | 647-558-0588, Code:<br>737 457 7124 | 1709 Bloor St. W     |
| 11:30 am - 12:30 pm | <b>Chair Yoga</b>                | <a href="https://zoom.us/j/3295244390">https://zoom.us/j/3295244390</a> |                                     | 2562 Eglinton Ave. W |
| 12:30 pm - 3:30 pm  | <b>Friday Lunch &amp; Social</b> |   | Call 416-652-7780 to register       | 2562 Eglinton Ave. 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:<br>329 524 4390 | 2562 Eglinton Ave. W |
| 1:00 pm - 3:00 pm   | <b>Art Class</b>                 |   | Call 416-652-7780 to register       | 1709 Bloor St. W     |
| 2:00 pm - 3:00 pm   | <b>BINGO</b>                     |   |                                     | 2562 Eglinton Ave. W |

## ANNOUNCEMENTS

### Health & Wellness Department Announcements:

**Exercise Programs Modifications** - We're thrilled to announce that our weekly exercise classes have been revamped with an improved format. Our classes are now tailored to your goals and interests, so you can choose the sessions that best suit your needs. These sessions are divided into three categories: light intensity, medium intensity, and high intensity. Please see below the description of each exercise:

**Steady Cardio (Medium-Energy Cardio)** A medium-intensity cardio class combining rhythmic movement with light core and balance work. Best for: Boosting endurance, leg strength, core stability, and confidence in daily movement.

**Strength & Conditioning (Total Body Strength)** A full-body strength class targeting all major muscle groups in the upper and lower body using a variety of exercises. Best for: Building total-body strength, improving muscle tone and endurance, and supporting everyday functional movement.

**Dance & Balance (Medium-Energy Dance)** A fun, music-driven class that combines dance and balance exercises for coordination, stability, and heart health. Best for: Improving coordination, rhythm, lower-body stability, and cardiovascular fitness.

**Gentle Stretch (Light Mobility and Flexibility)** A light-intensity stretching class using slow, guided movements to improve daily mobility. Best for: Improving posture, flexibility and joint mobility, especially beneficial for the shoulders, hips and spine.

**Walk to Fit (Step & Walk in Class)** A walking-based fitness class that keeps you moving the entire time. You will walk at different speeds and in different directions, similar to how you move in everyday life. Best for: Improving walking stamina, balance, and confidence for daily activities like errands and community mobility.

**Mind & Body Balance (Sharp Mind and Balance)** A movement class that combines physical exercises with simple thinking and coordination challenges. It helps train your body and brain to work together. Best for: Improving balance, coordination, and focus to support steadier movement and reduce fall risk.



**Gentle Strength (Easy Strength and Mobility)** A slow-paced class using controlled movements to gently strengthen muscles and improve joint mobility, with no impact or heavy exertion. Best for: Building foundational strength and maintaining joint health, especially in the shoulders and hips.

**Cardio Burn (High-Energy Cardio)** A faster-paced, full-body workout designed to raise your heart rate and challenge your endurance. Movements are dynamic and energizing. Best for: Increasing heart health, stamina, and overall fitness for those looking for a more challenging workout.

Whether you're looking to increase strength, improve your balance, or try something new, there's a class for everyone.

**The Reconnect Health and Wellness Centre for Seniors wishes you and your family a Happy New Year 2026, filled with hope, good health, and happiness!**



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