

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

Join our Walk With Us Club

June 2026



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Walk With Us

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Details

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

Meeting point is at Reconnect office 1709
Bloor St. West (1 block away from High
Park Entrance)

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

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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	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		

RECONNECT'S HEALTH & WELLNESS CENTRE FOR SENIORS VIRTUAL PROGRAMS

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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:

A Month Dedicated to Our Seniors – Seniors are a treasured source of knowledge, experience, and wisdom. Their lifelong contributions continue to inspire and strengthen our communities in countless meaningful ways.

Throughout the month of June, we look forward to celebrating and recognizing the important role seniors play in our lives. We are excited to welcome them across all our locations for a variety of engaging and enjoyable programs designed especially in their honour.

Let us come together to show our appreciation for the incredible impact our seniors have made—and continue to make—every day.

Programs Closure – All community locations and the Eglinton Hill Centre will be closed with no programs on Tuesday, June 9th, except for transportation picks up for the Seniors' Month celebration, and on Thursday, June 25th for a Staff Event.

Happy Father's Day – Sunday, June 21st

First Day of Summer – Sunday, June 21st



HAPPY SENIORS MONTH!