

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

Income Tax Clinic for Reconnect Clients

March 2026

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From March 9th to May 1st
at 1709 Bloor St. W.

Contact Janitha Joseph at 647-205-2176 if
you have questions

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

**STRONGER
TOGETHER**

RECONNECT'S HEALTH & WELLNESS CENTRE FOR SENIORS

VIRTUAL PROGRAMS

WELCOME

BIENVENIDOS

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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
11:00am - 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	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		

RECONNECT'S HEALTH & WELLNESS CENTRE FOR SENIORS VIRTUAL PROGRAMS

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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.
11:30 am - 12:00 pm	Virtual Reality Voyages			2562 Eglinton Ave. 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		

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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			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:

Eagle Manor Online Social Program Cancellation: We regret to inform you that effective immediately the Eagle Manor Online Social Program scheduled for Tuesdays from 2pm to 3pm has been permanently cancelled. We understand this news may be disappointing, and we sincerely apologize for any inconvenience this may cause. Please know that you are always welcome to join virtual bingo from 1pm to 2pm as an alternative.

101 Humber Blvd. Closure: We would like to inform you that programs at our 101 Humber Blvd. location have been permanently closed. We encourage you to continue participating in our in-person programs at any of our other nearby locations. We also offer virtual programs that you can conveniently join from home. Thank you for your understanding and continued support.

New Program – Senior Sports Club: We are excited to announce the launch of our new Senior Sports Program at the Eglinton Hill Centre. Starting April 1st, join us every Wednesday from 1:30pm to 3pm for an exciting sports program designed especially for seniors. This program promotes physical activity, exercise, and overall well-being while introducing participants to new and enjoyable sports.

We look forward to seeing you there!

Income Tax Clinic for Reconnect Clients:

Reconnect will be hosting a free tax clinic in partnership with the Community Volunteer Income Tax Program.

Date: Starting March 9th to May 1st 2026

Locations: 1709 Bloor St. West

Contact: Janitha Joseph at 647-206-2176

Eligibility below:

To be eligible for this clinic you must be a Reconnect client, be 55 years of age or older, and be doing only one tax return. Your income must be under \$35,000 for 1 person, under \$45,000 for 2 people, or under \$47,500 for 3 people. Your tax situation must be simple, meaning you either have no income, or your income comes from EI, CPP, Disability Insurance, Social Assistance, RRSPs or Interest (under \$1000). You are not eligible if you have self-employment income, have business or rental income or expenses, have capital gains or losses, have employment expenses, or have filed for bankruptcy.

March Events:

- St. Patrick's Day - Tuesday, March 17th. We encourage you to wear your favorite green outfit!
- First Day of Spring – Friday, March 20th

