

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

Join us for the Health and Wellness Centre's Annual Art Show

October 2025

Inside this issue:

Pg. 1
Art Show

Pg. 2 - 6 Pro-
gram Calendar

Pg. 7 Important
H&W Announce-
ments



Details

All art has been created by our art class participants.
Complimentary refreshments will be available.

Thursday, November 6th from 1pm to 6pm
at 2562 Eglinton Ave. W.

Call 416-652-7780 for more information

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

BENVINDOS

BENVENUTI

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 – 4:00 pm	Timeless Dance Party			2562 Eglinton Ave. W.

RECONNECT'S HEALTH & WELLNESS CENTRE FOR SENIORS

VIRTUAL PROGRAMS

WELCOME

BIENVENIDOS

BEMVINDOS

BENVENUTI

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	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
1:00 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		

RECONNECT'S HEALTH & WELLNESS CENTRE FOR SENIORS

VIRTUAL PROGRAMS

WELCOME

BIENVENIDOS

BENVINDOS

BENVENUTI

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
10:15 am - 11:15 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
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.
1:30 pm - 4:30 pm	Silverthorne In-Person Program		Call 416-652-7780 to register	600 Rogers Rd.

RECONNECT'S HEALTH & WELLNESS CENTRE FOR SENIORS

VIRTUAL PROGRAMS

WELCOME

BIENVENIDOS

BENVINDOS

BENVENUTI

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		

RECONNECT'S HEALTH & WELLNESS CENTRE FOR SENIORS

VIRTUAL PROGRAMS

WELCOME

BIENVENIDOS

BENVINDOS

BENVENUTI

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:

Eagle Manor Re-Opening - We are excited to announce that the Eagle Manor program has been refreshed and it's back. This social and exercise-based program is a wonderful way to stay active, meet new people, and have fun. Call 416-652-7780 to register.

Exciting News! – We are thrilled to announce that our Spanish classes will now be ongoing rather than limited to a 12-week program. This change allows for continuous learning and greater flexibility, so you can join or continue at your own pace. ¡Vamos a aprender juntos! Every Thursday from 10:30am to 11:30am at 1709 Bloor St. West (Bloor location).

Art Show – Join us for our annual Art Show on Thursday, November 6th from 1pm to 6pm at the Eglinton Hill Centre. All art items are created by our art class participants. Complimentary refreshments will be served. Admission is free. Everyone is welcome!

Halloween Dance – Get ready for a spooktacular afternoon of fun. Join us for an exciting event filled with dancing, delicious food, a costume contest (with prizes!), and much more! On Friday, October 24th at 2pm to 5pm at the Eglinton Hill Centre. Tickets will be \$5.00 each. Register by calling 416-787-2114. Due to this event, **there will be no programs** at Eglinton Hill Centre after 11:30am, social lunch program will be also cancelled, and for the Bloor Site after 12:15pm.

Health & Wellness Centre closure - All Community locations and the Eglinton Hill Centre will be closed on Monday, October 13th for Thanksgiving Holiday.



Happy
Thanksgiving