reconnect
health services

Reconnect Health and Wellness Centre for Seniors

- A LIVELY SPOT FOR COMMUNITY CONNECTIONS -

Winning Moves: Seniors Sports Club

October 2026



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Seniors Sports Club

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

Details

Every Wednesday
from 1:30pm to 3:00pm
at 2562 Eglinton Ave. W.

STRONGER TOGETHER

RECONNECT'S HEALTH & WELLNESS CENTRE FOR SENIORS
VIRTUAL PROGRAMS

WELCOME BIENVENIDOS BEMVINDOS 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	**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 – 10:30am	**'Walk With Us' Walking Club and Social Program**		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		

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WELCOME **BIENVENIDOS** **BEMVINDOS** **BENVENUTI**

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	**Busy Hands Craft**			2562 Eglinton Ave. W
1:00pm - 2:30pm	**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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WELCOME BIENVENIDOS BEMVINDOS 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	**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	**Diamond Painting**			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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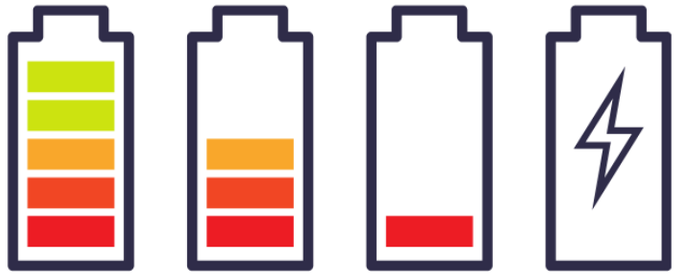
WELCOME **BIENVENIDOS** **BEMVINDOS** **BENVENUTI**

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

Tech 101

Simple Tips. Everyday Tech.



Save Your Battery

Get more time between charges with these easy tips.

5 Easy Ways to Save Battery

1. **Lower Screen Brightness**
   Use a comfortable brightness level. It saves a lot of power.

2. **Turn Off WiFi & Bluetooth When Not in Use**
   These can drain your battery, even when you're not using them.

3. **Close Unused Apps**
   Apps running in the background use battery.

4. **Use Low Power Mode**
   This reduces background activity and helps your battery last longer.

5. **Keep Your Phone Cool**
   Heat can drain your battery faster. Avoid direct sunlight and remove your case if it gets too hot.

Your Tech Challenge

Try 2 of these tips this week and see the difference!



ANNOUNCEMENTS

Health & Wellness Department Announcements:

Halloween Dance – Get ready for a spooktacular afternoon of fun! Join us our Halloween Dance on Friday, October 30th, from 2pm to 5pm at the Eglinton Hill Centre. Enjoy an afternoon filled with dancing, snacks, and much more! Costumes are encouraged, so come dressed up and ready to celebrate! Tickets will be $5.00 each. Register by calling 437-848-7117. All clients must be registered to attend; there is no entry at the door without prior registration.

Please note: Due to the Halloween Dance, **there will be no programs** at Eglinton Hill Centre after 12:30 a.m. The Social Lunch Program will also be cancelled, and there will be no programs at the Bloor Site after 12:15 p.m. We look forward to celebrating Halloween with you!

Health & Wellness Centre closure - All Community locations and the Eglinton Hill Centre will be closed on Monday, October 12th for Thanksgiving Day.

