

## TRAVEL NEWS

### GYPSY @ THE SHAW FESTIVAL

THURSDAY, MAY 7TH, 2020

COST: MEMBER \$125.00 PER PERSON

NON-MEMBERS \$132.00 PER PERSON

JOIN US FOR A BUS TRIP TO THE SHAW FESTIVAL AT NIAGARA ON THE LAKE TO SEE GYPSY INCLUDING A LUNCH AT THE OLD WINERY RESTAURANT!

PLEASE ARRIVE AT JANE PARK PLAZA BY 9:45AM

AS THE BUS LEAVES AT 10:00AM.

BUS AND LUNCH ONLY OPTION AVAILABLE PLEASE SEE RECEPTION

PLEASE SIGN UP AT RECEPTION

### THE STRATFORD FESTIVAL

#### 1. WEDNESDAY, JUNE 3RD, 2020

JOIN US FOR A BUS TRIP TO THE STRATFORD FESTIVAL TO SEE CHICAGO INCLUDING A LUNCH AT ANNA MAE'S BAKERY AND RESTAURANT!

OR

#### 2. WEDNESDAY, SEPTEMBER 23RD, 2020

JOIN US FOR A BUS TRIP TO THE STRATFORD FESTIVAL TO SEE MONTY PYTHON'S SPAMALOT INCLUDING LUNCH AT THE QUEEN'S INN.

COST FOR EITHER:

MEMBERS \$125.00

NON-MEMBERS \$132.00

PLEASE ARRIVE AT JANE PARK PLAZA BY 9:15AM

AS THE BUS LEAVES AT 9:30AM, FOR EITHER EVENT.

BUS AND LUNCH ONLY OPTION AVAILABLE PLEASE SEE RECEPTION

PLEASE SIGN UP AT RECEPTION

### NORWAY & ICELAND

JUNE 13TH - JUNE 23RD, 2020

COST: TWIN \$4,599.00, SINGLE \$5,999.00

HOSTED BY YEAR ROUND TRAVEL

EXPERIENCE THE BEST OF WHAT THESE NORTHERN EUROPEAN COUNTRIES HAVE TO OFFER!

**Norway & Iceland Trip Information Session  
Thursday, February 20th, 2020 at 1pm.**

### MASSAGE & ACUPUNCTURE

Massage and acupuncture can help with various pain problems such as: poor circulation, fatigue and stress.

Thursday, February 13th & 27th, 2020

\$25.00 for 30 min or \$50.00 for 1 hour

Please see reception to book an appointment

### FOOT CLINIC

Basic foot care (e.g. nail clipping, corn & callus removal)

Sign up at Reception prior to scheduled foot clinic date

Client must bring valid Health Card for each visit

Friday, March 13th, 2020 Cost: \$10.00/person



# February 2020

## Program News

Friday, February 7th, 2020

Black History Lunch

12:00pm - 2:00pm

Cost \$12.00/person, \$14.00 non-member

Friday, February 14th, 2020

Valentine's Day Lunch & Movie

12:00pm - 2:00pm

Cost \$6.00/person, \$8.00 non-member

Friday, February 21st, 2020

Circuit Friday - Lunch & Workout

12:00pm - 2:00pm

Cost \$6.00 /person, \$8.00 non-member

Friday, February 28th, 2020

Mardi Gras Celebration Lunch

12:00pm - 2:00pm

Cost \$12.00 /person, \$14.00 non-member

Wednesday, February 12th, 2020

Taste of Norway

11:00am

Come try some free sweet treats from Norway.

Tuesday, February 25th, 2020

Shrove Tuesday, Pancake Lunch

11:30pm - 1:00pm

Cost \$5.00/person, full lunch, \$2.50 just pancakes

**Wednesday, February 19th, 2020**

**10:00am-2:00pm**

**Join students from Humber College for  
an interactive Health & Wellness Fair**

## Winter Class Schedule

Monday, January 6th, 2020 - Friday, March 27th, 2020

| MONDAY      | Center Closed Monday February 17 <sup>th</sup> , 2020 (No Make Up Classes) |             |          |          |
|-------------|--|-------------|----------|----------|
| Wendy B.    | 1A Watercolour Beginner  | Church Hall | 8:30 AM  | 9:55 AM  |
| Wendy B.    | 1B Watercolour Advanced  | Church Hall | 10:00 AM | 12:00 PM |
| Sandra S.   | 1C Yoga  | Gym         | 9:45 AM  | 10:45 AM |
| Club        | Knitters Club  | GP Room     | 10:00 AM | 12:00 PM |
| Games       | Euchre   | Conf Room   | 10:00 AM | 12:00 PM |
| Diane B.    | 1D Pilates   | Gym         | 11:00 AM | 12:00 PM |
| Katrina N.  | 1E Co-ed Strength & Balance  | Gym         | 12:15 PM | 1:15 PM  |
| Katrina N.  | 1F Stretch & Strengthen Chair  | Church Hall | 1:25 PM  | 2:25 PM  |
| Games       | Ping Pong  | Church Hall | 2:30 PM  | 3:30 PM  |
| TUESDAY     |  |             |          |          |
| Ilona R.    | 2A Decorative Art  | GP Room     | 9:00 AM  | 11:00 AM |
| Gabriela C. | 2B Flex-N-Stretch  | Gym         | 9:05 AM  | 9:55 AM  |
| Karen F.    | 2C Continuing Line Dancing   | Gym         | 10:00 AM | 11:00 AM |
| Sylvia B.   | 2D Co-ed Fitness   | Gym         | 11:05 AM | 12:05 PM |
| Sandra S.   | 2E Yoga  | Gym         | 12:10 PM | 1:10 PM  |
| Games       | Bingo  | GP Room     | 1:15 PM  | 2:30 PM  |
| WEDNESDAY   |  |             |          |          |
| Club        | Woodcarving  | GP Room     | 8:45 AM  | 10:45 AM |
| Club        | Timely Topics  | Conf Room   | 9:30 AM  | 11:00 AM |
| Games       | Mah Jong   | GP Room     | 11:00 AM | 1:00 PM  |
| Halyna I.   | 3A Cardio Boost  | Gym         | 9:45 AM  | 10:45 AM |
| Julie T.    | 3B Osteo Keep Fit  | Gym         | 11:00 AM | 11:55 AM |
| Julie T.    | 3C Gentle Chair Exercise   | Church Hall | 12:00 PM | 12:55 PM |
| Frank C.    | 3D Tai Chi Intro/Continuing  | Gym         | 12:05 PM | 1:00 PM  |
| Club        | 3E Tai Chi Fan   | Gym         | 1:00 PM  | 2:00 PM  |
| Games       | Poker  | GP Room     | 1:30 PM  | 2:30 PM  |
| THURSDAY    |  |             |          |          |
| Gabriela C. | 4A Flex-N-Stretch  | Gym         | 8:30 AM  | 9:30 AM  |
| Alice. D    | 4B Choir   | Church Hall | 9:15 AM  | 10:45 AM |
| Games       | Bridge   | Conf Room   | 10:00 AM | 12:00 PM |
| Diane B.    | 4C Pilates   | Gym         | 9:30 AM  | 10:30 AM |
| Luba I.     | 4D Co-ed Fitness Beginner  | Gym         | 10:45 AM | 11:45 AM |
| Luba I.     | 4E Co-ed Fitness Advanced  | Gym         | 11:55 AM | 12:55 PM |
| Karen F.    | 4F Drum Fitness  | Gym         | 1:45 PM  | 3:00 PM  |
| FRIDAY      |  |             |          |          |
| Games       | Scrabble   | Conf Room   | 9:00 AM  | 11:00 AM |
| Sandra S.   | 5A Yoga  | Gym         | 9:00 AM  | 10:00 AM |
| Connie      | 5B Line Dance Continuing   | Gym         | 10:10 AM | 11:10 AM |

| Sun  | Mon   | Tue   | Wed  | Thu   | Fri   | Sat |
|--|---|---|--|---|---|-----|
|  |   |   |  |   |   | 1.  |
| 2.   | 3. Euchre<br>10:00am-12:00pm<br><br>Knitters Club<br>10:00am-12:00pm<br><br>Ping Pong<br>2:30pm-3:30pm  | 4. Bingo<br>1:15pm-2:30pm   | 5. Woodcarving<br>8:45am-10:45am<br>Mah Jong<br>11:00am-1:00pm<br>All Levels of Poker<br>1:30-3:30pm<br>Timely Topics<br>9:30am-11:00am  | 6. Choir<br>9:15-10:45am<br><br>Bridge<br>10:00am-12:00pm   | 7. <b>Black History Lunch</b><br>12:00-2:00pm<br><br>Scrabble<br>9:00am-11:00am   | 8.  |
| 9.   | 10. Euchre<br>10:00am-12:00pm<br><br>Knitters Club<br>10:00am-12:00pm<br><br>Ping Pong<br>2:30pm-3:30pm | 11. Bingo<br>1:15pm-2:30pm  | 12. Woodcarving<br>8:45am-10:45am<br>Mah Jong<br>11:00am-1:00pm<br>All Levels of Poker<br>1:30-3:30pm<br>Timely Topics<br>9:30am-11:00am | 13. <b>MASSAGE</b><br><br>Choir<br>9:15-10:45am<br><br>Bridge<br>10:00am-12:00pm                    | 14. <b>Valentine's Day Lunch &amp; Movie</b><br>12:00-2:00pm<br><br>Scrabble<br>9:00am-11:00am | 15. |
| 16.  | 17. <b>FAMILY DAY</b><br><br><b>CENTRE IS CLOSED</b>  | 18. Bingo<br>1:15pm-2:30pm  | 19. Humber Nursing Students<br>Health & Wellness Fair<br>10:00- 2:00pm<br><br>(All regular classes will be running)                      | 20. <b>Norway/Iceland Info Session 1:00pm</b><br>Choir<br>9:15-10:45am<br>Bridge<br>10:00am-12:00pm | 21. <b>Work Off Your Lunch Circuit Friday</b><br>12:00-2:00pm<br><br>Scrabble<br>9:00am-11:00am   | 22. |
| 23.  | 24. Euchre<br>10:00am-12:00pm<br><br>Knitters Club<br>10:00am-12:00pm<br>Ping Pong<br>2:30pm-3:30pm     | 25. <b>Shrove Tuesday Pancake Lunch</b><br>11:30-1:00pm<br>Bingo<br>1:15pm-2:30pm | 26. Woodcarving<br>8:45am-10:45am<br>Mah Jong<br>11:00am-1:00pm<br>All Levels of Poker<br>1:30-3:30pm<br>Timely Topics                   | 27. <b>MASSAGE</b><br><br>Choir<br>9:15-10:45am<br>Bridge<br>10:00am-12:00pm                        | 28. <b>Mardi Gras Celebration Lunch</b><br>12:00-2:00pm<br>Scrabble<br>9:00am-11:00am   | 29. |

**Health News**


From Major Medical Sources  
Topics for this month include:

1. Prevent shingles, protect your sight: vaccination can save your vision.
2. Veganism for hypertension
3. A comparison of 75 plant-based meats, their calories, saturated fat, sodium and protein content, with recommendations.

Copies of each article are available on the Health News board located in the GP Room. Additional copies can be made in the office.

**Open Circuit Workout**

Friday, February 21st , 2020  
1:00pm-2:00pm (following lunch)  
Put on your sweats and running shoes and be prepared to get active!

 Open Circuit Workout includes multiple stations such as: Cardio training, strength, mobility, flexibility & balance exercises, all adapted to your own ability, and using a variety of equipment. Do one round or five, it's up to you!

Register in the office.