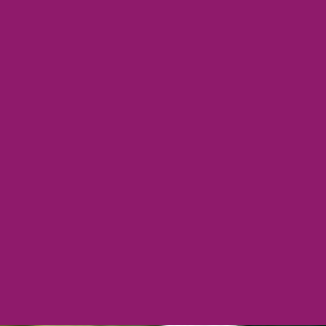
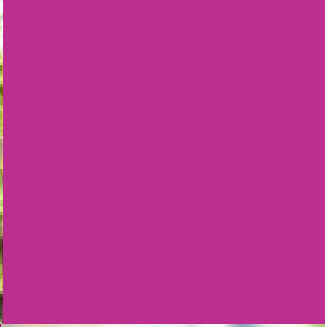




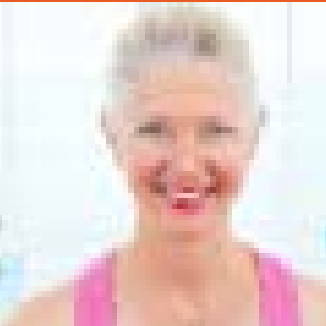
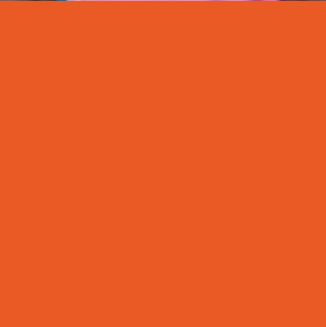
LUMA CARE

# HEALTHIER LIVING CENTRE

FOR OLDER ADULTS 55+



Because healthy is an outfit that looks good on everyone!



Fall 2018 Membership Guide





**EXERCISE CLASSES**

AGES 55+

**WALKING CLUB (All Levels)**

Thursdays @ 9:30 a.m. - 10:30 a.m.

**The Hangar, Downsview Park**  
75 Carl Hall Road, North York ON

Located inside the spacious indoor sports field at the Hangar of Downsview Park is Lumacare's Walking Club. Give yourself a head start and begin your day with instructor-led exercises and walking. This class will help improve your balance, coordination and posture!

**LINE DANCE (Beginner/Intermediate)**

Mondays @ 10:00 a.m. - 11:00 a.m. (Int)  
Mondays @ 11:00 a.m. - 12:00 p.m. (Beg)

**Northwood Community Centre**  
15 Clubhouse Court, North York, ON

Ready to get in line? This class incorporates repeated steps to learn a choreographed line dance. The class will challenge your mind and body through your auditory, visual, mental, and cardiovascular systems. No partner needed!

**STRETCH & STRENGTHEN (All Levels)**

Wednesdays @ 10:00 a.m. - 11:00 a.m.

**Northwood Community Centre**  
15 Clubhouse Court, North York, ON

Keep your muscles flexible, strong and healthy with Lumacare's Stretch and Strengthen class. This class incorporates the fundamental principles of yoga with strength training to promote mobility, circulation, and strength to keep your body healthy.

**TAI CHI (All Levels)**

Wednesdays @ 11:00 a.m. - 12:00 p.m.

**Northwood Community Centre**  
15 Clubhouse Court, North York, ON

Often confused with self-defense, this class offers guided, slow, continuous body movement that helps increase balance, flexibility, and stress relief while transforming your thinking, feeling, and behaviour.

**YOGA (All Levels)**

Tuesdays @ 9:00 a.m. - 10:00 a.m.

**Northwood Community Centre**  
15 Clubhouse Court, North York, ON

Just one yoga class can lift your spirits and brighten your day. This modified yoga program is specially designed to increase flexibility and balance for seniors through stretching and deep breathing. You may bring your own mat or borrow from our Centre at no cost!

**ZUMBA (All Levels)**

Tuesdays @ 10:00 a.m. - 11:00 a.m.

**Northwood Community Centre**  
15 Clubhouse Court, North York, ON

Enjoy a fun, full-body, high-energy aerobic class with easy dance steps to the rhythm of upbeat Latin and International music. Our Zumba class incorporates dance and aerobics through various styles such as hip-hop, soca, samba, salsa, merengue, and mambo!

**FUN & FITNESS (All Levels)**

Fridays @ 10:00 a.m. - 11:00 a.m.

**Northwood Community Centre**  
15 Clubhouse Court, North York, ON

Have lots of fun with the Fun and Fitness exercise class. Fun and Fitness delivers muscle building and toning, stretching, cardio, and breathing techniques that incorporate movements that puts a smile on your face and joy in your heart.

Lumacare's Healthier Living Centre (HLC) is for older adults 55+ who want to be physically active and fit, meet new friends, participate in health workshops, enjoy congregate dining and attend outings and events.

With your \$40 annual HLC Membership, you will gain access to free group fitness programming and receive invitations to all Lumacare special events and outings at a premium discounted rate.

*"Reading is to the mind what exercise is to the body."*

*- Joseph Addison*

**Landscape Painting**

**October 18, 2018, 10:00 a.m. - 12:00 p.m.**

15 Clubhouse Court, North York, ON

Paint your very own landscape with artist Renay Cohen. Materials and a light snack are included.

Members: \$10 Non-Members: \$14

**Aging & Mental Health Workshop**

**October 24, 2018, 10:00 a.m. - 11:00 a.m.**

15 Clubhouse Court, North York, ON

Join Lumacare's Healthier Living Centre for an aging and mental health seminar that will be led by experts at Baycrest.

Members: Free Non-Members: \$3

**Social Group**

**October 29, 2018, 10:00 a.m. - 11:00 a.m.**

15 Clubhouse Court, North York, ON

This holistic approach will bring together older adults to participate in activities that will enlighten and stimulate wellbeing.

Members: \$5 Non-Members: \$8

**Halloween Party**

**October 31, 2018, 12:00 p.m. - 2:00 p.m.**

15 Clubhouse Court, North York, ON

Stop by our Healthier Living Centre and enjoy the festivities with your friends. Includes lunch. Don't forget to dress up!

Members: \$14 Non-Members: \$20

**Casino Woodbine & The Races**

**November 2, 2018, 10:00 a.m. - 3:00 p.m.**

555 Rexdale Blvd, Etobicoke ON

Carpool with us and head on over to Casino Woodbine to play the slots and watch the races! Please remember to bring your own lunch!

Bring whatever money you'd like to play.

**Drumming Circle**

**November 15, 2018, 1:00 p.m. - 2:00 p.m.**

15 Clubhouse Court, North York, ON

Join us at the Northwood Community Centre Banquet Hall and be a part of our unique drumming circle. A musical afternoon!

Members: \$7 Non-Members: \$11

**Social Group**

**November 19, 2018, 10:00 a.m. - 11:00 a.m.**

15 Clubhouse Court, North York, ON

This holistic approach will bring together older adults to participate in activities that will enlighten and stimulate wellbeing.

Members: \$5 Non-Members: \$8

**Mandarin & a Movie**

**November 20, 2018, 12:30 p.m. - 5:30**

15 Clubhouse Court, North York, ON

Our annual lunch at the Mandarin will kick off at 12:30 p.m. followed by a movie starting at 3:30 p.m. Carpooling is available.

Suggested amount of money to bring: \$30

**Aging & Mental Health Workshop**

**December 4, 2018, 10:00 a.m. - 11:00 a.m.**

15 Clubhouse Court, North York, ON

Taking care of your mental health is important. Join us in our aging and mental health workshop delivered by CAMH.

Members: Free Non-Members: \$3

**HLC Holiday Party**

**December 12, 2018, 12:00 p.m. - 2:00 p.m.**

15 Clubhouse Court, North York, ON

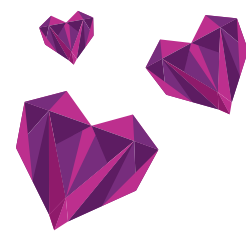
Our annual holiday party is always a hit with live entertainment, great food, and of course great company! Dress up and show your spirit!

Members: \$15 Non-Members: \$20



**SPECIAL EVENTS**

*"I have been attending classes at Northwood Community Centre for over ten years. I started the program to meet people and stay active. The classes have helped me by developing new friendships, staying healthy and positive." - Evid*



*"Exercise should be regarded as a tribute to the heart." - Gene Tunney*





# LUMA CARE

## HEALTHIER LIVING CENTRE

### What is Lumacare's HLC?

Lumacare's Healthier Living Centre (HLC) is for older adults 55+ that are looking to be physically active, meet new friends, participate in health workshops and attend outings and events to keep an active mind and healthy body.

### Cost

The annual cost of a Lumacare HLC membership is \$40. No matter when you sign up, you will only be charged the cost of the remaining months of the calendar year. Special events and outtrips are offered at a discounted rate for HLC members. To participate in our exercise classes, you must hold an active HLC membership.

### How to Register

All registrations must be done in-person with a member of the HLC team. All participants must fill out a registration form and medical consent form. Participants must be deemed eligible to receive Lumacare services including being 55+, managing personal care independently, and not requiring mobility assistance.

**For more information and to register please contact:**

Andres Guerrero, Program Supervisor  
[aguerrero@lumacare.ca](mailto:aguerrero@lumacare.ca)

Sharon Bacchus, Healthier Living Centre Coordinator  
[sbacchus@lumacare.ca](mailto:sbacchus@lumacare.ca)

**Northwood Community Centre**  
15 Clubhouse Court, North York ON  
Monday to Friday 8:30 a.m. - 4:00 p.m.  
416.633.9519 x310



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