



SENIORS CLUBS/PROGRAMS – ETOBICOKE

Seniors Clubs / Programs	Days/Hours of Operation	Fee	Details
Bob Rumball Centre for the Deaf Toronto Deaf Seniors Centre (TDSC) 416-449-9651 2395 Bayview Ave Toronto, ON M2L 1A2 www.bobrumball.org	Tue afternoon and evenings 2 Fridays evenings per month	Membership + Newsletter Subscription \$40.50/yr Membership \$18.50/yr Associate Membership \$24	TDSC members come together for educational, social, cultural, creative and recreational opportunities. Services offered include crafts, Diners Club, trips, educational workshops, bowling, euchre nights, bingo, picnics, quarterly newsletter and a health and fitness program. Communication, escort service and friendly visiting are available to members Age: Members over the age of 50. Associate Members over the age of 35
Fairfield Seniors Centre 416-394-8687 80 Lothian Ave Toronto, ON M8Z4K5 www1.toronto.ca/parks/prd/facilities/complex/822/	Call for program hours		Provides recreational, social, education and support services for older adults in the community Fitness and Wellness for Older Adults –classes: cardio, cardio dance, muscle conditioning, pilates, tai chi, yoga Special events, older adult's clubs and weekly programs take place at centre throughout the year
Humber Seniors Curling Club St. George's Golf and Country Club 416-244-2233 1668 Islington Ave Etobicoke, ON www.humberseniorscurling.ca/	Mon-Fri am and pm October to April	Annual Fee \$485/yr	Curling club for men aged 50 years and over. Three series, Fall, Winter and Spring – each series runs about seven weeks. Curling facilities rented at St George's Golf Country Club weekday mornings and in the afternoon at various other clubs.

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Islington Day Club 416-239-7421/416-239-6144 Islington United Church 25 Burnhamthorpe Rd Etobicoke, ON M9A 1G9 www.mississaugaahaltonehealthline.ca/displayservice.aspx?id=112170	Thu 11am-2pm September to June	\$3/session	An exercise and support program for stroke survivors and neurologically challenged adults in Etobicoke * people with all kinds of disabilities welcome * getting together as a group for games, music * different speakers invited
Islington Seniors' Centre 416-231-3431 4968 Dundas St W Etobicoke, ON M9A1B7	Office Hours Mon-Fri 9am-4m Offer various activities through the day	Membership \$20/yr	Recreation Centre for older adults Community lunch program * congregate dining for frail elderly * social and recreation activities * fitness programs * income tax clinic * educational presentations * computer courses * VIP group (Visually Impaired Persons) * special interest classes Foot Care Clinic Call or drop-in * no referral required Age: 55 years or older or disabled adult (must be able to function independently while at the centre)
Somali Canadian Association of Etobicoke Somali Seniors Program 416-742-4601 Thistletown Multi-Services Center 925 Albion Rd, Unit 202 Etobicoke, ON M9V 1A6 www.somalicanadian.com	Call for details	No fee	A drop-in program for Somali Seniors
Thistletown Seniors' Centre 416-394-8869 925 Albion Rd Etobicoke, ON M9V 1A6	Mon-Fri 9am-4pm	Membership \$20/- per year	Offers a wide range of social, educational and support services to older adults in the community. Special events, seniors' clubs and weekly programs take place at this centre throughout the year. Some of the programs include: computer courses, woodworking, shuffleboard, bridge, dance and crafts

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Rexdale Lawn Bowls Club 416-394-8680 65 Hinton Rd Etobicoke, ON M9W 6Z8	Call for details	Membership \$90/yr	Operates from May to October
West Acres Seniors' Centre Seniors' Club 416-394-8680 65 Hinton Rd Etobicoke, ON M9W 6Z8	Mon-Thu 8:30am-4pm Fri 9am-4pm	Membership \$23.50/yr	Seniors club * social activities, educational and support services for adults 60 years and older * activities offered on a weekly basis bingo, bridge, choir, cribbage, darts, euchre * ballroom line dancing, round and square dancing * computer lessons * shuffleboard and table tennis * special events * fitness and wellness * arts