

Seniors Activity Centres in Downtown Toronto

Seniors Activity Centre	Contact Information	Program Description	Cost
Dixon Hall Services	192 Carlton St., 2nd floor Toronto, ON M5A 2K8 Website: http://www.dixonhall.org/seniors/ Email: intake@dixonhall.org Phone: 416-962-9449 Ext. 222 Fax: 416-962-5541	Adult day program, adult enrichment and wellness program, Alzheimer's day program, assisted transportation, case management program, critical housing case management program, Korean case management program, Meals On Wheels, outings, recreational activities, respite care, social and recreational program for seniors with physical disabilities, telephone reassurance. Runs until 3pm.	Adult and Alzheimer's day program: \$21/day. Will do financial assessments if indicated. Includes meals and local transit to and from program.
Senior Adult Services in the Annex	341 Bloor St. W Toronto, ON M5S 1W7 Website: www.Sasannex.com Email: http://www.sasannex.com/contact-us/ Phone: 416-923-8909	Art classes, bridge, current events, dancercise, English as a Second Language instruction, gentle fitness, Hispanic seniors' club, movies, osteo fitness, pub luncheons, social club for the less active senior, Spanish language instruction, stretch and relax, tai chi, functional fitness (chair exercise class), Friday Seniors' club (adult day program for more frail seniors). Runs from 9am-3:30pm daily.	\$58 per session for a 3.5 month general membership (pay by cash/cheque)
Sunshine Centres for Seniors	Various locations – refer to website for event calendar Website: https://sunshinecentres.com Phone: 416-924-3979	Baking, bingo, Camp Sunshine on Ward's Island, chair yoga, crafts, day trips, drawing, fitness, group lunches, guest speakers, movies, multicultural lunches, painting, sing-alongs, special events, tai chi, walking, wellness workshops. Programs at several downtown sites with different programs at each site.	Cost: Free
Second Mile Club	Various locations – refer to website Website: https://secondmileclub.kensingtonhealth.org/Programs/Recreation-Centres Phone: 416-597-1812	Adult day program, bowling, caregiver support, case management, friendly visiting, group dining, home help, lawn bowling, medical escort, respite care, security check, senior recreation centres, telephone reassurance. For seniors 55+.	Cost: \$40 annual membership fee. Meals and transportation cost extra.