

# Seniors Activity Centers in Downtown Toronto

Seniors Activity Centre	Contact Information	Program Description	Cost
Dixon Hall Services	192 Carlton St, 2nd floor Toronto M5A 2K8 Website: <a href="http://www.dixonhall.org/seniors/">http://www.dixonhall.org/seniors/</a> Email: <a href="mailto:intake@dixonhall.org">intake@dixonhall.org</a> Phone: 416.863.0499 x3222 Fax: 416-863-9981	Adult day program, adult enrichment and wellness program, Seniors Health 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.	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	104 - 707 St. Clair Ave. West, Toronto, ON M6C 4A1 Website: <a href="http://www.Sasannex.com">www.Sasannex.com</a> Email: <a href="mailto:sasannex@rogers.com">sasannex@rogers.com</a> Phone: 416-923-8909 Fax: 416-923-8908	Art classes, bridge, current events, singing, dancercise, English as a second language instruction, gentle fitness, Hispanic seniors' club, movies, osteoporosis 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 9-3:30 daily.	Annual membership \$25  \$65 per 13 week session (Includes Functional Fitness, Art, Zumba, Gentle Yoga, Stretch & Relax, Tai Chi, Dancercise, Gentle Fitness, and Bridge)  Osteoporosis fitness \$65 for 1 class per week \$130 for 2 classes per week x 13 weeks

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Sunshine Centres for Seniors	<p>Various locations – refer to website for event calendar          Website: <a href="https://sunshinecentres.com">https://sunshinecentres.com</a>          Phone: 416-924-3979 (main number, see website for phone numbers of specific locations)</p>	<p>Baking, bingo, board games, chair yoga, crafts, day trips, drawing, gentle fitness, group lunches, guest speakers, movies, multicultural lunches, painting, meditation, singalongs, special events, yoga, tai chi, walking, wellness workshops. Programs at several downtown sites with different programs at each site.</p>	<p>Cost: Some are Free, others by Learn4Life have varying fee's, check website for details.</p>
Second Mile Club	<p>Various locations – refer to website          Website: <a href="https://www.kensingtonhealth.org/community-care/our-services">https://www.kensingtonhealth.org/community-care/our-services</a>           For more info please call:          Local: 416-963-9640          Toll-free: 1-888-668-4616</p>	<p>Caregiver support (free), case management (free), friendly visiting (free), group dining, home help (fee for service), line dancing, oil painting,, computer courses, medical escort (free), respite care (fee for service), security check, senior recreation centres, community day hospice, telephone reassurance (free). For seniors 55+.</p>	<p>Access to all five recreation Centres cost a \$40 Annual Membership Fee for access to all 5 Second Mile Centres in the GTA Monday to Friday. For those who may attend only 1 day per week the annual fee is \$10. Meals are free for day hospice, <b>transportation cost is extra.</b></p>