



CENTRAL EGLINTON COMMUNITY CENTRE

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www.centraleglinton.com

SUMMER NEWSLETTER 2010

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CENTRE HOURS

Monday through Thursday 9:00 a.m. – 9:00 p.m.
 Friday 9:00 a.m. – 4:00 p.m.
 Saturday 10:00 a.m. – 4:00 p.m.
 The Centre closes over the lunch hour
 12:30 – 1:30 p.m. on Saturdays.



Central Eglinton Community Centre
will be closed to the public:

- July 1 Canada Day
- August 2 Civic Holiday
- September 6 Labour Day



EXECUTIVE DIRECTOR'S REPORT

The summer sunshine is with us at last! Warm weather and more daylight get us out and about in the community. Summer in the city means lots to see and do, starting right here at the Centre. We offer a wide variety of great programs for people of all ages. Read on for more information...

Our Income Tax Clinic was a success again this year, thanks to our many dedicated tax preparers and appointment takers. We prepared 1014 tax returns manually or electronically for people of all ages. Over 50 volunteers contributed 1062 hours of their time to help others! I think that speaks volumes about the kind of neighbourhood in which we live!

Our many volunteers support the work of the Centre directly in our programs and special events, as well as serving on committees and the Board of Management. They assist in the children's programs, the older adult programs, and all of our special events. They bake, sell tickets, check coats, solicit donations, prepare income taxes, post flyers, set up and tear down for special events. They continually give of themselves to make the Centre a 'place where new friends meet'. Join me on **Tuesday, June 22nd at 7:00 p.m.**, (following the Annual General Meeting) to celebrate the work of these terrific folks. We will have entertainment and light refreshments will be served. Please RSVP to the front desk at (416) 392-0511 ext. 0. See you there!

Mark your calendar for the **Annual Health & Beauty Day on Thursday, June 10th from 10:00 a.m. until 3:00 p.m.** Come and meet and greet local health and wellness practitioners, get some practical information, see demonstrations and join us for a nutritious lunch or snack at the "In the Pink Cafe". Come and learn about all things "wellness".

Once again this year (our 15th year!), staff and volunteers will walk or run in the **Toronto Challenge on Sunday, June 13th** to raise funds for our Older Adult programs. We start and finish at Metro Hall with the route taking us along the

waterfront. I hope you will join me for this pleasant stroll or, support my effort with a pledge of any amount. Donations of \$10.00 or more will receive a charitable income tax receipt.

I hope you've had an opportunity to check out our new and improved website (www.centralelington.com). Recently launched, it is more user friendly and should provide you with all the same information (and more) that our hard copy publications currently provide. For members who provide us with an email address, we can send the newsletter electronically, cutting costs and saving trees.

I hope you will join us on **Tuesday, June 22nd at 6:30 p.m.** for our **Annual General Meeting**. It's your opportunity to get involved with *your* Centre. We will celebrate another successful year of providing high quality programs and services to the community, after which, we will honour our tireless corps of volunteers. Please plan to join in the celebrations.

The summer passes all too quickly. I hope you will include us in your summer activities. Have a safe and happy summer!

Susan Kee
Executive Director



NOTICE OF CECC's ANNUAL GENERAL MEETING

Tuesday, June 22, 2010, 6:30 p.m.

CECC Members and Volunteers are invited to our **Annual General Meeting** on Tuesday, June 22, 2010, at 6:30 p.m., to be followed by CECC's **Volunteer Appreciation Event** from 7:00 to 9:00 p.m.

Volunteers: Sharing Skills, Changing Lives!
Enjoy entertainment and refreshments as we celebrate the contributions of all our CECC volunteers.

Please RSVP to Reception @ 416 392 0511, ext. 0, before June 21.



SPECIAL EVENTS

CECC FUNDRAISING BOUTIQUE

Think Summer:

*BBQ Apron & Set	\$12.00
Butterfly Feeder (includes food)	\$ 2.00
Hummingbird Feeder	\$ 3.00

Check out these items for gift ideas!

*5-Piece Stationery Gift Set	\$5.00
Alpine Wooden Bird Feeder	\$7.00
*Bath Gift Set (pink or purple)	\$8.00
Chrome Wire Caddy	2 for \$1.00
Cooler Bag	\$2.00
*Infant Gift Set	\$12.00
Laughing Face Planter/Fountain	\$9.00
*Magnetic Message Centre	\$7.00
Organza Gift Bags	2 for \$1.00
Purple Coin Bank	2 for \$1.00
Rain Hat (plaid) – reversible!	\$4.00
*School/Office Kit	\$8.00

For the kids! Guaranteed FUN!

Crayola Colouring Mat	\$5.00
Play & Learn Toy	\$7.00
–Choose walkman, bear or butterfly!	
*Regener8r's – 8 toys in one!	\$9.00
Toy Tool Box Set	\$12.00

**These items are available only in very limited quantities.*

All proceeds support CECC's programs & services.
All sales are final.

AUCTION 2010

CECC's Auction is THE fun fundraising event of the season.

Last year's Auction 2009 in October at Alleycatz Restaurant & Jazz Bar was one of the best ever, so you won't want to miss Auction 2010! Bring your friends for a fun night out! And the funds raised go to a good cause – YOUR neighbourhood community centre.

Last year, there were fantastic deals on everything from beautiful gift baskets to a (toy) Beetle Cabrio, hockey tickets to health services, spa days to serving dishes, dance performances to dining out, children's toys and games to cowboy boots, wool sweaters to wine & cheese!

And so much more!

Stay tuned for more details about the date and place for Auction 2010!

If you have a new item or two to donate for Auction 2010, please contact Nancy at 416-392-0511, ext. 225.

If you're interested in volunteering for Auction 2010, please contact Mary at 416-392-0511, ext. 233.

8th Annual Health & Beauty Day



Sponsored by *Vitality*,
Toronto's Monthly Wellness Journal
Thursday, June 10, 2010
10:00 a.m. to 3:00 p.m.

Free admission!

Free door prizes! (while supplies last)



Check out all the new displays and fascinating demonstrations on every facet of Health & Beauty at CECC's 8th Annual Health & Beauty Day!

So far this year, the exciting array of exhibitors includes:

- **Achieva Health: holistic nutrition**
- **Avon cosmetics & beauty products**
- **Café of Life Chiropractic**
- **Corazon Shiatsu: massage therapy**
- **eMbody Fitness**
- **Juice Plus+**
- **Let it Heal: Bowen Therapy**
- **Lisi 217: sportswear, yoga wear and accessories**
- **Dr. Paul Listro: Chiropractic Care & Massage Therapy**
- **Penny Lane Organics**
- **Total Equilibrium: Reiki, Hypnosis, etc.**
- **Traditional Healing Centre: Traditional Chinese Medicine**
- **Vishwa Nirmala Dharma Meditation**
- **AND MORE TO COME!**

Relax and enjoy a healthy lunch or snack at the "In the Pink" Café.

Have fun playing our Health & Beauty games. Test your knowledge with our Health & Beauty quizzes (you could win a prize!). Fun and Informative and Free!

If you are interested in booking a table for a display or demonstration, please phone Nancy at 416-392-0511, ext. 225, or e-mail programmanager@centraleglinton.com.

For more information, please phone Nancy at 416-392-0511, ext. 225.

To volunteer for this event, please phone Mary at 416-392-0511, ext. 233.

CAMP PAL-O-MINE SUMMER DAY CAMP

July 5– September 3

(9 weeks, no camp on Monday,
August 2)

**Weekly registration periods: Sign up for as
many weeks as you need!**

For children ages 4 – 12



THE PAL-O-MINE CLUB

The after-school program at Central
Eglinton Community Centre: Tuesdays,
Wednesdays, and Thursdays from 3:30 to
6:00 p.m.

Sign up for one, two or three days per week (\$6.00 per day, \$15.00 per week, per child). A structured yet flexible schedule of play, homework help, club activities and snack. Club activities will include cooking, arts & crafts, games, music and more, to be determined by the Pal-O-Mine Club participants. Please phone Nancy at 416 392 0511, ext. 225 for more information.

We are currently picking up students from Eglinton Public School and John Fisher.

The Pal-O-Mine Club runs until Tuesday, June 29.
*Funded by City of Toronto Major Recreation
Partnership Program*

Camp Pal-O-Mine goes on a day trip (or two) every week!

Last summer's trip destinations included: Art Gallery of Ontario, Bavia Arts, Black Creek Pioneer Village, Bowlerama, Casa Loma, The CNE, Centre Island, Fort York, High Park, Hockey Hall of Fame, Kidsports, Kortwright Centre, Little Red Theatre, Ontario Science Centre, Puck's Farm, ROM, Textile Museum and the Toronto Zoo.

Special theme days every Friday!

Summer 2009 theme days included: Chef Day, Olympics Day, Carnival Day, PJ Day, Science Day, Talent Show, Scavenger Hunt, Game Show Day, Costume Day and Farewell Ball.

Camp core hours: 10:00 a.m. to 4:00 p.m.

Cost \$145.00 per week

(Includes all admission fees, TTC/bus fare, and healthy afternoon snack)

Plus CECC Family Membership annual fee of
\$35.00

Extended summer camp hours:

8:00 a.m. to 10:00 a.m. and/or

4:00 p.m. to 6:00 p.m.

Cost for extended hours: \$20.00/week for morning
or afternoon;

\$40.00/week for both morning and afternoon.

Subsides are available.

Phone Nancy at 416-392-0511, ext. 225 for more information or to request a registration form.

Or visit our website at www.centraleglinton.com

Sign up now for great summer fun!

***Registration is on a first-come, first-served basis
(not a lottery).***

Camp Pal-O-Mine Summer Day Camp is funded in part by City of Toronto Children's Services; City of Toronto Major Recreation Partnership Program; and the Toronto Star Fresh Air Fund. CECC is also grateful for the support of the Longest Yard Children's Foundation.

RECEIPTS:

CECC issues charitable tax receipts for donations over \$10.00.

However, when enrolling for programs (children's programs, the after-school program, March break and summer day camps), please retain your registration fee receipt that is issued upon payment. CECC does not issue separate receipts for income tax purposes for registration fees.

"Donate NOW" button on CECC website

Check out the Donate NOW button on the CECC website, www.centraleglinton.com. It's a fast, easy and secure way to donate funds to your favorite local community centre, CECC. The Donate NOW button leads you to the Canada Helps website, where you will receive a tax receipt for your donation to CECC. If you're shy, you can even donate anonymously!

The Centre is grateful for all donations received, either in person, by mail, or through the Canada Helps website.

SERVICES OFFERED AT CENTRAL EGLINTON COMMUNITY CENTRE

What else do we do here at Central Eglinton Community Centre, beside provide high quality, affordable programs for our community to enjoy? CHECK THESE OUT!

CHILDREN'S CLOTHING CLOSET

Clothing for children Newborn to 5 years

Come and browse our selection located in the Toy Library. Take clothes that you need for your child. You may also donate children's clothes that are clean and in good repair and are no longer needed.



**Open Monday – Friday 10:00 a.m. – 12:00 noon
and 1:00 p.m. - 3:30 p.m.**

Mon., Tues., & Thurs. 5:30 p.m. - 8:00 p.m.

**Open Saturday 10:15 a.m. – 12:00 noon
1:30 p.m. – 3:30 p.m.**

CHILDCARE REGISTRY

Babysitters, caregivers, and parents seeking childcare have listed their names in our directory. To view the binder, please ask at reception during office hours. **CECC cannot assume responsibility for screening names in the registry.**

HASSLE FREE, FUN FILLED BIRTHDAY PARTIES

Rent a room for your child's party! We have toys galore!

Cost: \$50.00 CECC members,

\$60.00 non-members

Day/Time: Saturdays, 1:30 – 3:30 p.m.

Call 416-392-0511, ext. 224 for more details!

FREE LEGAL ADVICE CLINIC



Central Eglinton Community Centre offers a Free Legal Advice Clinic, on Wednesdays between 4:00 and 6:00 p.m. **BY APPOINTMENT ONLY.** Lawyers Zeenath Zeath and Mbuso G. Nkosi will offer 20 minutes of free legal consultation. Please call 416-392-0511, ext. 0 to book your appointment.

FREE FINANCIAL PLANNING CLINIC

Free financial planning advice is available by appointment at CECC. An Investment Advisor/Chartered Accountant will provide advice on your tax, estate, insurance and investment concerns, RRSP, RRIF and other issues.



Call 416-392-0511, ext. 0 to arrange a 45-minute appointment.

COMMUNITY BULLETIN BOARD

We have a board just inside the doors of the Community Centre that is loaded with community information. You can find job postings, items for sale, community event notices and much, much more. Check it out next time you are in the Centre.

FOOD BANK BOX



Do you have a little extra that you would like to share with your community? Drop off your donations just inside the Community Centre doors. If you are in need, drop by and help yourself.

COMPUTER LAB DROP-IN AT CECC

No reservations! No membership fee!

Pay what you can! Suggested donation: 50 cents

8 computers with high-speed internet access!

**Drop-in hours: Monday through Thursday
afternoons, 1:00 – 4:00 p.m.**

Cost for printing just 20 cents per page.

Phone 416 392-0511, ext. 0 for more information.

Pop/Juice/Snacks FOR SALE at CECC! Only 75 cents!

Thirsty? Tired of paying for over-priced pop? Just step right up to the CECC fridge and make your selection from a variety of pop, juices, water or snacks. The price can't be beat! Please pay at the front reception desk.

CECC's USED BOOK SALE

In the front lobby of CECC are hundreds of books and magazines, all for sale. Paperbacks are 50 cents, hardcover books are \$1.00, and magazines are just 10 cents. Sure, the library is free, but if you are going on holiday or just curling up for a quiet evening, spending 50 cents on a book that you don't have to worry about is a great deal! Check out the variety of material. You won't go home empty-handed! Many thanks to all who have donated these items to CECC for this fundraising effort.

VOLUNTEER OPPORTUNITIES AT CECC

50+ Program Volunteer Opportunities

Do you have a special skill or talent you would like to share with other CECC 50+ members? The 50+ Program is seeking volunteers to sit on an Advisory Committee, lead a workshop, present a travelogue, or share a skill/talent. Consider sharing what you know with a friendly group!



Event Helpers

We need strong backs and helping hands to help set up and take down for community events throughout the year. This involves physical activity, working as part of a team, and creating a welcoming environment for the community. Volunteers must be able to lift tables and chairs, and climb up and down stairs carrying set up materials. This is a great opportunity for someone who lives in the area and has a flexible schedule.

Toy Library Assistant

Are you friendly and organized? Are you comfortable being in a place where children are playing and laughing? Why not volunteer as a Toy Library Assistant at Central Eglinton Community Centre?

- Greeting parents/caregivers and children
- Signing toys In and Out
- Keeping toys and books organized
- Sorting clothing donations for the Children's Clothing Exchange
- Sorting donations to the Toy Library

To discuss these volunteer opportunities at CECC, please contact: **Mary Neeson, Volunteer Co-ordinator at 416-392-0511, ext. 233 or email volunteering@centraleglinton.com.**

*CECC does not participate in Ontario Works (Work Fare) or any similar programs.

Bring in Your Old Cell Phones to CECC!

This is a fundraising venture for CECC. Pitch-In Canada is an organization that collects old cell phones which are refurbished to re-use in emerging countries, or cell phones that can be recycled. This is a fundraising venture that is good for the environment! Pitch-In Canada will reimburse CECC for every cell phone we collect. The Cell Phone Collection Box is located on the ground-floor lobby.

Thanks for your support!



DONATIONS TO CECC

You may already know that Central Eglinton Community Centre is a registered charity (Charity Registration Number 11884 3093 RR0001) and thus the Centre can give charitable tax receipts for donations of \$10.00 or more.

- Consider giving to CECC. You might mark a special occasion, a holiday, or someone's birthday with a donation to CECC in your friend's name.
- Consider making Central Eglinton Community Centre your United Way Campaign designation. The Centre regularly receives small but significant payments through the United Way from generous folks who made CECC their charity of choice.
- Consider planned giving. Several long-time members of CECC have recently made bequests to the community centre in their wills. We are grateful for this support which is crucial to enhancing our programs. If you are considering planned giving, discuss it with your family, financial advisor and your lawyer.

The Centre thanks the friends of William J. (Bill) Milks, who have made donations to the Centre in his memory. Bill passed away this winter, and will be fondly remembered and sorely missed by all his friends and colleagues at CECC.

TORONTO CHALLENGE:

Sunday, June 13, 2010

HELP CECC RAISE FUNDS FOR THE 50+ PROGRAM

CECC has sent a team to the Toronto Challenge Sunday morning 5K walk (or run) for more than a decade! It's a fun, family event with both exercise and entertainment. **CECC will take care of the registration for you. We'll even pick up your race kit for you before race day!** And because City of Toronto policy bans commercial water bottles from Metro Hall, **you'll even receive a CECC logo water bottle, courtesy of CECC!** All you have to do is collect some pledges – which will help support CECC's 50+ Program – and show up on race day, **Sunday, June 13**, down at Metro Hall. After you've walked (or ran) 5K – the walk takes less than an hour – you'll receive a prize, lots of yummy goodies, plus the knowledge that you have supported **vital CECC programs for seniors.**

If you're interested in walking or running on June 13, please phone Nancy at 416-392-0511, ext. 225 or e-mail programmanager@centraleglinton.com. If you would like to make a donation to support a CECC volunteer participant in the Toronto Challenge event, the CECC front desk staff would be more than happy to accept your donation. Charitable tax receipts will be issued for donations of \$10.00 or more.

PARENT/CAREGIVER RESOURCE CENTRE CHILDREN'S PROGRAMS

Please see the program registration procedure for summer programs below. Unless otherwise noted, all programs begin the week of June 28, 2010. Current CECC membership (expiry date – September 2010 or later) is required for registration in all children's programs (with the exception of **Drop-Ins**). Two unrelated children attending programs with one caregiver will be charged separately.

REGISTRATION PROCEDURE FOR CHILDREN'S PROGRAMS

Summer 2010

Fill out one registration form and one program choice form per child.

Drop off the forms in the ballot box no later than Saturday, May 29, 2010 at 4:00 p.m. at CECC.

Registration forms will be **picked at random** by staff until each class is full. (This is a lottery process.)

Parents will be notified by telephone on or before June 3 - 4, 2010.

Full payment is due on or before Friday, June 18, 2010 in order to confirm your child's spot in the class.

INFANT PROGRAMS

Must be accompanied by parent/caregiver

INFANT MASSAGE

Ages 8 weeks – 8 months

Touch is your baby's first language. Through touch and massage, you can communicate with your baby and help relieve baby's stress through relaxation.

Based on the International Association of Infant Massage, this 4-week program will provide you with hands-on practice using infant massage techniques in a comfortable environment. Please bring a towel, the instructor will provide massage oil.

Jackie Coulter, the owner of Coulter Clinic, is a registered massage therapist and has lived and practiced in North Toronto for over 20 years.

Day: Wednesdays

Time: 10:00 – 11:00 a.m.

Dates: July 7 - 28 (4 classes)

Cost: \$36.00

(Manual/materials to be purchased through the teacher for \$15.00)



MUSIC FOR YOU AND YOUR BABY

Ages 4 – 12 months

This structured music time involves participating in active music, learning songs and fingerplays with the use of musical instruments, rhymes, bubbles, and a parachute!

Day: Wednesdays

Time: 1:30 – 2:15 p.m.

Dates: Session I – June 30 – July 21 (4 classes)

Session II – August 4 - 25 (4 classes)

Cost: \$28.00 per session



STROLLER PARKING/ CHILD MONITORING

Due to fire and safety regulations, all strollers/carriages must be parked in the **designated area only** in the lobby, giving free and unobstructed access to ramps and stairwells. **No child, sleeping or awake, may be left unattended in the Centre.** Staff cannot assume responsibility for monitoring or supervising any child.

PARENT/CAREGIVER RESOURCE CENTRE CHILDREN'S PROGRAMS

TRIP TO BOWMANVILLE ZOO

(Children 1 – 5 yrs. accompanied by parent/caregiver)

Thursday, June 24

9:30 a.m. – 2:30 p.m.



Join us as we go on safari to **Bowmanville Zoological Park**. Located 45 minutes east of Toronto in Bowmanville, visit more than 300 creatures amidst 42 scenic acres of untamed, natural parkland. Visit the animals, take in the Animatheatre show and enjoy a leisurely day at Canada's oldest private zoo. **We will be travelling by school bus, please bring an umbrella foldable stroller only.**

Please arrive at CECC no later than 9:15 a.m. to board the bus.

COST: \$16.00 per adult

\$13.00 per child (ages 1+)

(Price includes bus fee, admission to Bowmanville Zoo, and admission to Animatheatre)

Please note, children need to be at least 1 year + for the bus.

TRIP TO PUCK'S FARM

(Children 1 – 5 yrs. accompanied by parent/caregiver)

Thursday, September 23

9:30 a.m. – 2:30 p.m.



We're on the way, we're on the way, on the way to Puck's Farm! Just north of Toronto in Schomberg (near Newmarket),

Puck's Farm will surely delight the child in each of us.

Puck's Farm is the place to meet barnyard animals, relax on a horse-drawn hayride, enjoy a guided barn tour, pumpkin picking and pony rides. Make sure to bring a litter-less lunch as there won't be any food available for purchase. **We will be travelling by school bus, please bring an umbrella foldable stroller only.**

Please arrive at CECC no later than 9:15 a.m. to board the bus.

COST: \$16.00 per adult

\$13.00 per child (ages 1+)

(Price includes bus fee, admission to Puck's Farm and all activities.) **Please note, children need to be at least 1 year + for the bus.**

SUMMER-IN-THE-PARK *

**Ages newborn – 5 years
accompanied by a parent/caregiver**

(* Registration is by Family)

**June Rowlands Park
Mt. Pleasant Rd. & Davisville Ave.**

This program offers a music circle, crafts, stories, games, snacks and free play in a well-shaded environment. The June Rowlands Park playground area encourages gross motor skills, while the supervised wading pool keeps the children and adults cool in the warm weather.



This is a joint program of Central Eglinton Community Centre and Toronto's Department of Parks and Recreation.

The program runs **Monday to Thursday (four mornings per week – weather permitting).**
(On rainy mornings the program is cancelled.)
Families may register for any two days of the week.

Please indicate on the program choice form your choice of days (any 2 days) and session(s).

Dates: July Session: June 28 – July 22

August Session: August 3 - 26
(no program July 1 or August 2)

Time: 10:00 a.m. – 12:00 noon

Cost: \$75.00 per month, per family

PLEASE NOTE THAT FAMILIES MUST ATTEND ONLY ON DAYS REGISTERED.

SORRY, DUE TO THE POPULARITY OF THIS PROGRAM, MAKE-UP DAYS WILL NOT BE AVAILABLE.

PARENT/CAREGIVER RESOURCE CENTRE

DROP-IN PROGRAMS

Drop-ins are **FREE** for CECC members only.

You must sign in with your valid Centre membership card each time you attend, and record your membership number on the Drop-in sign-in list.

We will be happy to provide you with an extra membership card if necessary.

These informal and unstructured programs provide parents and caregivers with the opportunity to meet other families in the community. Registration and CECC membership are not required for participation in drop-in programs.

In order to maintain a safe and pleasant environment, CECC reserves the right to limit the numbers of families in drop-ins to a *maximum of 20 parents/caregivers, first come, first served.* Parents/caregivers are responsible to assist in cleanup. Let's keep your CECC tidy. Thank You!

Cost: \$2.00 per family per visit or visit **FREE** with a valid CECC membership.

Mondays 1:30 - 4:30 p.m.

Tuesdays 1:30 - 4:30 p.m.

5:30 - 7:30 p.m.

Wednesdays 2:30 - 4:30 p.m.

Thursdays 2:30 - 4:30 p.m.

Fridays 9:30 a.m. - 12:00 noon

Saturdays 10:15 a.m. - 12:00 noon

Drop In will be closed on Thursday, June 10 for Health & Beauty Day, and Tuesday, June 22 (evening) for AGM and Volunteer Appreciation.



TEDDY BEAR PICNIC

Bring your favorite stuffed teddy bear and enjoy activities and a picnic snack!

Date: Friday, May 21

Time: 9:30 a.m. - 12:00 noon

Cost: Free!



WAFFLE BREAKFAST

Friday June 4

Beginning at 9:30 a.m.

Enjoy freshly prepared waffles with syrup, fruit and juice for just \$3.00. All money raised benefits CECC's children's programs.



Hawaiian Beach Party

Friday, August 20

9:30 a.m. - 12:00 noon

Join us for summer fun at our **7th Annual Beach Party!**

There will be special activities, and more!

Don't forget to wear your brightest Hawaiian beachwear!
Refreshments provided.



CECC's Toy Lending Library

Choose from toys, books, videos, games, DVD's and parent resources. Toy Library Membership is now included in your annual CECC family membership.

Parents/Caregivers can:

- Borrow toys, books, videos, games, DVD's and parent resources for two weeks at a time
- Browse through our parenting and caregivers' resources
- Get to know other caregivers and children
- Share experiences
- Check your email or surf the internet, printing 20 cents per page
- Children can use our Kids Desk computer

Toy Library Hours:

- Mon.** 10:00 a.m. - 12:00 noon; 1:00 to 3:30 p.m. & 5:30 to 8:00 p.m.
Tue. 10:00 a.m. - 12:00 noon; 1:00 to 3:30 p.m. & 5:30 to 8:00 p.m.
Wed. 10:00 a.m. - 12:00 noon; 1:00 to 3:30 p.m.
Thu. 10:00 a.m. - 12:00 noon; 1:00 to 3:30 p.m. & 5:30 to 8:00 p.m.
Fri. 10:00 a.m. to 12:00 noon & 1:00 to 3:30 p.m.
Sat. 10:15 a.m. to 12:00 noon & 1:30 - 3:30 p.m.

The Toy Library will be closed on Thursday, June 10 for Health & Beauty Day, and Tuesday, June 22 (evening) for AGM and Volunteer Appreciation.

Please note...Toy Library users are responsible for tidying up the library before leaving at all times.

Please note:

- No child can be left unattended in the Toy Library.
- It is the responsibility of parents and caregivers to supervise their child(ren) at all times.
- Toys will be accepted for returns only during the Toy Library hours.
- Toys returned when the Toy Library is closed remain the responsibility of the member until the Toy Library re-opens.
- Fines of 10 cents per toy per day will be charged for overdue toys.

Questions? Call Leanna at 416 392-0511, ext. 246.

PARENT/CAREGIVER INFORMATION SESSIONS

Please join us for **FREE** information sessions designed with parents, caregivers and children in mind.

Choosing Childcare

*Presented by Leanna Tuba , B.A., B.Ed, R.ECE
Family Resource Centre Co-ordinator, CECC*

Friday, May 28 at 10:30 a.m.

Are you planning to go back to work? Are you looking for quality childcare? Join Leanna for an informative session about choosing quality childcare. She will discuss all aspects of hiring a nanny/caregiver, childcare centres and home childcare. Topics will include how to start looking for and finding quality care.

**FOR MORE INFORMATION, PLEASE
CONTACT LEANNA AT 416-392-0511, ext. 246**

TUESDAY STORY TIME

in the Toy Library

(Ages newborn to 5 years accompanied by parent/caregiver)

Tuesdays, 11:30 a.m. until June 22.

COST: FREE!

PARENT/CAREGIVER RESOURCE LIBRARY

Located in the Toy Library, our Resource Library consists of books, articles, pamphlets and videos providing information about child care, stress management, childbirth, child development, and behaviour management. Books, magazines and resources may be borrowed through our Toy Library program. Please feel free to browse when the Toy Library is open.



COMMUNITY PROGRAMS (Adults 18+)

WORKSHOPS

Fashionista Tees & Accessories Workshop

Instructor: Gabriela Delworth

Dates: Saturdays, June 19 (Part 1) & June 26 (Part 2)

Time: 10:15 a.m. to 12:30 p.m. and

1:30 p.m. to 3:30 p.m.

(Lunch – on your own - from 12:30 p.m. to 1:30 p.m.)

Cost: \$40.00 CECC members, \$50.00 non-members

REGISTRATION DEADLINE: June 12

In the *Fashionista Tees & Accessories Workshop*, you'll enjoy two full-day workshops jam-packed with great activities! You will learn a variety of techniques such as: fabric painting, tie-dye techniques, fabric glittering, fabric crystals and more! We will be working on two designs: a Tee and "a total surprise fabric" to design hip accessories. Gabriela will provide all materials needed to work on your Tees or aprons. You will learn about balance, design and colour combinations. The focus of Part 2 will be using store-bought stencils to decorate Tees but also how to make them using recycled materials. Attendees are requested to bring their own tools to be used at the class such as: scissors, brushes and their own Tees or aprons. There will be a draw at the end of the workshop, and two participants will get the chance to win a give-away prize!

You will find a suggested tools list below and on the CECC website.

Gabriela Delworth is a graphic designer and a published crafts designer/instructor with a long, distinguished career in the visual arts. Her designs and gift wrapping have been featured in HGTV.ca, Canadian Gardening, Stampington & Company, Crafts'N'Things, and on Daytime Toronto/York, HGTV.ca, Breakfast Television, and Global TV.

Visit her website at <http://gabrielandelworth.com>

MATERIALS AND TOOLS LIST

These are the materials and tools you will need for the workshop:

- Scissors {big and small to cut difficult corners}
- Plain Cotton T-Shirts {white, black or light colours}
- Apron {white or light colours}
- Container for water and to mix your colours
- Towels or paper towels
- Brushes {a set}

BEADED JEWELRY WORKSHOPS

Welcome to Beaded Jewelry nights at CECC with Kimberly Lawrence, a local instructor, artist, beader and jewelry addict. **Instructions and materials are provided and included in the registration fee.** You should be able to leave with one or two completed items at the end of each class. Remember to bring your reading glasses, if needed. Classes for beginner and intermediate/advanced are available. Maximum 10 students per class.

Registration and payment are required no later than the day before each class. All classes begin at 7:00 p.m. and end at 8:30 p.m.

Level of difficulty: *easy **somewhat easy
***more complex

Beginner Classes:

Day/Dates	Item/Level of Difficulty	Fee
Tuesday, May 25	**Daisy Chain Bracelet	\$21.00
Tuesday, June 1	**Twist Multi-Strand Necklace	\$34.00
Tuesday, June 8	**Right Angle Weave Bracelet & Earrings	\$41.00
Tuesday, June 15	**Star Choker & Necklace	\$31.00

Intermediate/Advanced Classes:

Day/Dates	Item/Level of Difficulty	Fee
Thursday, May 27	***Blue Daze Spiral Necklace	\$31.00
Thursday, June 3	***Spiral Rope Chain Necklace	\$41.00
Thursday, June 10	** Chandelier Earrings	\$24.00
Thursday, June 17	** Vertical Net Necklace	\$29.00
Thursday, June 24	***Wire Linked Tribal Necklace	\$37.00



GET YOUR CECC T-SHIRTS

These cheerful red T-Shirts with CECC's logo will make a charming and useful addition to anyone's wardrobe. Wear them at fitness classes, over your bathing suit, as night wear – or around the town! Just \$15.00 each. Why not buy 2? Sizes available: medium, large and X-large. Buy yours today from CECC!



COMMUNITY PROGRAMS

(Adults 18+)

Please come into the Centre to register or call 416-392-0511, ext 0. to register by phone. *Please note: Classes require a minimum number of participants in order to run. There are **NO** refunds for withdrawals from Community Programs. If you are unsure of the program's suitability, you are welcome to visit the *first scheduled* class at no charge (subject to space availability). **(THIS FIRST FREE VISIT OFFER DOES NOT APPLY TO WORKSHOPS, BELLY DANCE, LATIN DANCE OR YOGA AND PILATES COURSES.)** If you decide to register for the program after the first class, you would then pay the full program fee. No free visits will be allowed after the first scheduled class. Please phone Nancy at 416-392-0511, ext. 225 or e-mail programmanager@centralelinton.com for more information.*

ACRYLIC PAINTING

Students will learn the fundamentals of painting with acrylics and/or oils. Students will learn how to mix colours, value, composition as well as various techniques and styles of painting still life and other subjects.



Acrylic Painting is instructed by Mike Goodge, who studied art and film at the University of Central Florida and taught art classes in Orlando before moving to Toronto in 2006, where he is currently teaching in schools and community centres. Check out his website at www.mikegoodge.com.

Date: Wednesdays, May 19 – June 23
(6 classes, 12 hours of instruction)
Time: 6:45 – 8:45 p.m.
Cost: \$55.00 CECC members, \$60.00 non-members

BELLY DANCING **NEW CLASS**

This summer we will learn simple choreography to the song Zeyna. **This class is open to all levels of Belly Dance students.**

Class is limited to 12 participants. Belly Dancing is taught by Fayrouza (Jackie Coulter), who studies with one of the foremost performers and teachers of Egyptian belly dance in Toronto, **Badia Star**. Jackie Coulter (Coulter Clinic) is a registered massage therapist and has lived and practiced in North Toronto for over 20 years.

Date: Mondays, July 5 – 26 (4 classes)
Time: 6:15 – 7:15 p.m.
Cost: \$40.00 CECC members, \$45.00 non-members

CONVERSATIONAL SPANISH

Would you like to have the opportunity to acquire the basic skills for listening and communicating in Spanish in a useful manner day to day? This conversation program provides you with this opportunity.

You are invited to learn conversational Spanish in a small group, and improve your skills in a friendly environment.

The instructor has many years of experience in teaching Spanish.

Date: Mondays, July 5 – August 23
(7 classes – no class August 2)
Time: First class: 6:30 – 7:30 p.m.
Remaining 6 classes, 6:30 – 8:00 p.m.
Cost: \$65.00 CECC members, \$70.00 non-members



LATIN DANCE INTENSIVE

Get ready to work on the sensual movement of Latin dancing. You will improve your styling, your technique, hip work and lots more! This class is open to experienced Latin Dance students.

Lola Ilizirov is a Professional Dancer and Certified Instructor in American/International Style Latin and Ballroom. She has been performing and competing for over 20 years and currently teaches out of the Joy of Dance Studios. Lola also teaches her DancinWithBaby® course at the Centre.

Session I:
Date: Tuesdays, July 6 - 27 (4 classes)
Time: 7:00 – 8:00 p.m.
Cost: \$50.00 CECC members, \$55.00 non-members

Session II:
Date: Tuesdays, August 3 - 24 (4 classes)
Time: 7:00 – 8:00 p.m.
Cost: \$50.00 CECC members, \$55.00 non-members



COMMUNITY PROGRAMS (Adults 18+)

YOGA & PILATES CLASSES

Please come into the Centre to register, or call 416-392-0511, ext. 0 to register by phone. **Please note: Classes require a minimum number of participants in order to run. There are NO REFUNDS for withdrawals from Yoga & Pilates classes.** If you are unsure of the program's suitability, you are welcome to participate in the **first scheduled Yoga or Pilates class for \$5.00 (subject to space availability)**. If you decide to register for the program after the first class, you would then pay the **full program fee less \$5.00**. For Yoga & Pilates classes only, students may drop in to any class, subject to space availability, for \$10.00 per class.

YOGA

Saturday Morning

Instructor: Terri-Louise

This Yoga class will include some fundamentals of Pilates to strengthen your abdominal muscles, your back, arms and legs. The movements and postures of Yoga will stretch, tone and relax, while Pilates will help to develop a lean physique.

Date: Saturdays, July 3 – September 11
(11 classes)

Time: 11:00 a.m. – 12:00 noon (1 hour)

Cost: \$88.00 CECC members, \$98.00 non-members

YOGA

Monday Evening

Instructor: Toni

Yoga will increase flexibility, tone your muscles and improve circulation, enhancing both your physical and mental well-being. An excellent way to energize for the rest of your week!

Date: Mondays, July 5 – August 30
(8 classes, no class August 2)

Time: 7:45 – 8:45 p.m. (1 hour)

Cost: \$64.00 CECC members, \$74.00 non-members



YOGA

Tuesday Lunch-Time

Instructor: Toni

Yoga stretches which promote both physical and mental health, through mat work, breathing and standing postures.

Date: Tuesdays, July 6 – September 7
(10 classes)

Time: 12:00 noon – 1:00 p.m. (1 hour)

**Cost: \$80.00 CECC members,
\$90.00 non-members**

PILATES

Wednesday After Work

Instructor: Brigitte

Pilates exercises will develop your core strength, postural muscles and body awareness. In this class you will work on the internal muscles of your abdomen and back. Add this Pilates class to your weekly work-out routine and boost your stamina and agility!

Date: Wednesdays, July 7 – September 8
(10 classes)

Time: 6:00 – 7:00 p.m. (1 hour)

Cost: \$80.00 CECC members, \$90.00 non-members





COMPUTER LAB COURSES SUMMER 2010



It's said we only use a fraction of the power of our brain. You have a computer and use the Internet – but how much more could you do, if you knew how? Take these courses with Reginald Cottle and you will learn how much more you and your computer can do!

To register, please phone 416-392-0511, ext. 0, or come into the Centre. TWO SESSION DATES TO CHOOSE FROM! Please note: A minimum number of registrants is required to run each course.

INTRODUCTION TO THE PERSONAL COMPUTER

“If you're new to computers, this is the class for you.”

Starting and logging on; using the Mouse. Starting a program; understanding a Window. Using menus & toolbars; entering text; saving files. Understanding folders and files and using My Computer.

Date: Mondays, July 5 - 26 (4 classes) OR August 9 – 30 (4 classes)

Time: 10:00 a.m. – 12:00 noon

Cost: \$60.00 members, \$65.00 non-members (per session)

INTERNET COURSE “The Internet: Your World on the WWW (World Wide Web)!”

Pre-requisite: Introduction to the Personal Computer or equivalent experience

What is the Internet? Surfing, e-mail, blogs, chatting, Internet phone and entertainment (world Internet radio & TV). Internet shopping. Free Internet software. Downloading files & printing from the Internet. Searching the 'net (the proper procedures). Installing free multimedia tools. Finding free tools for security and computer safety.

Date: Tuesdays, July 6 – August 3 (5 classes) OR August 10 – September 7 (5 classes)

Time: 10:00 a.m. – 12:00 noon

Cost: \$70.00 members, \$75.00 non-members (per session)

INTRODUCTION TO INTERNET SOCIAL MEDIA

Introduction to the Personal Computer Social Networking Services (Facebook, Twitter, Flock, TweetDeck, Microsoft Live Messenger, Skype, Blogs, Fliker) and others. Joining a Social Networking Service; sharing on Social Networks. Individual projects. Using Social Networking Media Programs. Linking to Social Networks. Sharing blog content with your Network. Creating and uploading media to share. Completing individual projects and review.

Date: Wednesdays, July 7 - 28 (4 classes) OR August 4 - 25 (4 classes)

Time: 10:00 a.m. – 12:00 noon

Cost: \$60.00 members, \$65.00 non-members (per session)



DIGITAL PHOTOGRAPHY Photograph Correction & Free Tools

“Here's where you can learn to repair old photographs or touch up a new digital photograph.”

Pre-requisite: Introduction to the Personal Computer or equivalent experience

Introduction to gamma & digital colour. Transferring digital photos to the computer. Where to get free tools. Using a scanner (bring a picture to scan). Photoshop and Paintshop Pro. Colour & the computer. Project: repair a personal photo.

Date: Thursdays, July 8 - 29 (4 classes) OR August 5 - 26 (4 classes)

Time: 10:00 a.m. – 12:00 noon

Cost: \$60.00 members, \$65.00 non-members (per session)

Reginald Cottle received Webmaster Applications certification from Digital Media Studios in 1997 and 3CISSP certification in internet security granted by Watchfire in 2007. A trainer as well as past project manager for a youth internet HRDC training program, he also holds among other certifications, one in hospitality from The Royal Bank and in programming. His community involvement for almost a decade now focuses on the growth of the individual within the community with courses to introduce others to the usefulness of the computer. He teaches at a Toronto-based community centre and works within the computer field.

50+ PROGRAMS

For full details on all 50+ programming, please refer to the bi-monthly 50+ Program Calendar

Your annual membership fee of \$25.00 (\$30.00 per couple) supports the Centre and its programs. CECC members receive quarterly newsletters and 50+ Program Calendars every two months by mail. All CECC programs are smoke-free, including bus trips and luncheons. Our facilities are barrier free. Please call Blythe, Older Adult Program Co-ordinator at 416-392-0511, ext. 228 with any questions you may have about the 50+ programs or the calendar. CECC's 50+ programs are fully equipped with hearing enhancement equipment. Please call 416-392-0511, ext 0 to sign up for those activities marked with an asterisk*. Payment is due one week after you have registered. We are pleased to advise you that we can process your VISA or MASTERCARD payment over the telephone.

*JUNE BUS TRIP

“Strawberries & Slots”

Please call 416-392-0511, ext 0 to register.



Join us today for our first bus trip of the season with Mary Morton Tours to Springridge Farms, famous for its strawberries. You can take a wagon ride in the fields and visit their 19th century barn, gift and bakery shop. A light lunch of salad (your choice) and sandwich will be provided at the farm as well as a strawberry dessert. After lunch we'll travel over to the Mohawk Racetrack where you will receive \$10.00 free slot play. It's a cheap, cheerful and delicious day trip.

Date: Thursday, June 24

Time: 11:00 a.m. – 6:00 p.m.

Cost: \$55.00 CECC members, \$65.00 non-members. Payment is due one week after registering for this trip. Registration closes Monday, June 21, or when fully booked.

50+ Summer Fun Programs:

Join in the fun this summer! Watch for new programs offered by our 50+ Program Summer Assistant during the months of June, July and August.

Programs will be listed in the July/August 50+ Calendar.

50+ Program Volunteer Opportunities

Do you have a special skill or hobby you would like to share with other CECC 50+ members? The 50+ Program is seeking volunteers to participate in the 50 + Program Advisory Committee, lead a workshop, demonstrate arts & crafts, present a travelogue, or share a skill/interest. Please contact Mary Neeson, CECC's Volunteer Co-ordinator at 416-392-0511, ext. 233 for more information.



JUNE LUNCHEON DATE

CORA's

Cora's is an import from la belle province (Quebec) and a very popular brunch spot. Cora's boasts a menu full of delicious choices. There are lots of dishes like omelettes, sandwiches, pancakes, waffles and crepes to choose from. Most entries come with fresh fruit.

Directions: Catch the Yonge subway southbound to College station. Cross over to Carlton Street. Cora's is located at 27 Carlton Street East. Or meet Blythe beside **Cinnabons** inside the Eglinton Subway station at 12:15 p.m.

This lunch outing is limited to fifteen participants only. Please call to reserve your spot.

Date: Wednesday, June 2

Time: 1:00 p.m.

Cost: Please order and pay for your own food. Registration closes on Monday, May 31, or when fully booked.



*MONDAY AND WEDNESDAY OSTEO EXERCISE

Help prevent Osteoporosis with these exercise classes led by Yvonne Kertesz who will expertly guide you through the four components of the class: warm-up, walking or dancercise, strength & endurance, and cool-down & stretching.

Date: Monday, May 3 – June 28
(8 classes, no class May 24, Victoria Day)
Time: 1:30 – 2:30 p.m.
Cost: \$40.00 CECC members, \$50.00 non-members

Date: Wednesdays, May 5 – June 23 (8 classes)
Time: 1:30 – 2:30 p.m.
Cost: \$40.00 CECC members, \$50.00 non-members

You may drop-in to Osteoporosis Exercise classes on either Monday or Wednesday, for just \$5.00 per class (dependent on space availability).

*LUNCH & LEARN

See the 50+ Calendar for full details!



**Wednesday, May 26 –
Creative Memories**

*TORONTO OUTING

**Wednesday, June 23 –
A visit to the new Mt. Pleasant Cemetary
Visitation Centre.**

CHAIR EXERCISES

Chair Exercise can increase your strength, balance and vitality while seated. Exercises create movement and help increase your heart rate. Perfect for anyone with difficulty in standing or balancing! Exercise takes place by following a simple, easy to follow video. Staff will be on hand to demonstrate and assist, if required. It's fun and it's free! You don't have to register, **just drop in!** Held each Monday and Thursday at 11:00 a.m., unless otherwise indicated. **Please check your 50+ calendar for dates.**

Date: Mondays and Thursdays
Time: 11:00 a.m.
Cost: FREE!



50+ PROGRAMS

* Indicates you must register for the program.

The bi-monthly 50+ Calendars provide full details on these activities for adults 50+:

***THE COFFEE CAFÉ**- meets once a month to visit a local coffee bar, discuss an interesting topic or view a documentary film. **FREE** unless indicated.

CLOSED CAPTIONED MOVIES –For people who enjoy films but may be having some difficulty in hearing. Movies are all recent releases and begin at 1:30 p.m. The cost is **\$2.00** for refreshments.

***PLAY READINGS** - Join us regularly to read modern and classical plays aloud together. **FREE!**

FRENCH CONVERSATION - Drop in on Mondays at 3:00 for casual and fun French conversation with Madame Bui. **FREE! Mondays, May 10 & 31**

CURRENT EVENTS - This lively drop-in group meets every Monday at 1:00 p.m. **FREE!**

LUNCH AND LEARN - Informative lectures are held once or twice a month. **FREE** unless indicated.

MOVIE MATINEE - New video releases are shown two or three times every month at 1:30 p.m. Cost: **\$2.00** for refreshments.

MONTHLY BIRTHDAY CLUB & CURRENT EVENTS – Join us on the last Monday of the month for lively discussion, tea, coffee and birthday cake. Cost: **\$2.00**

***LUNCHEONS** - We dine our way around the city visiting various restaurants.

***TORONTO OUTINGS** - Once or twice a month we venture out to explore our exciting City.

***BUS TRIPS** - Seasonal bus trips to a variety of destinations. **Prices vary.**

***FITNESS** - We offer a great variety of 50+ fitness programs at reasonable prices. Check the 50+ Calendar for full details.

***CINE-CLUB** - We view interesting foreign, art & film festival movies once a month @ 2:00 p.m. **FREE!**



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David Shtern

Abdul Versi

Councillor Michael Walker, Appointed Member

MEMBERSHIP

CECC memberships are available, renewable annually (and please note, memberships are non-refundable). With CECC membership, you have voting privileges at the Annual General Meeting and receive the CECC newsletter quarterly. Family members can attend all drop-ins for free. Additionally, Older Adult/50+ members receive the OA/50+ Program Calendar six times per year. CECC membership is required for registration in FRC and day camp programs, and entitles members to a discount in the OA/50+ and Community Adult programs. New members are always welcome. Join us today!

Family (Including Toy Library)	\$35.00 per year
Individual	\$25.00 per year
50+/Older Adult	\$25.00 per year
50+/Older Adult Couple	\$30.00 per couple/year
Groups	\$75.00 per year

CHARITABLE DONATIONS

CECC is a registered non-profit charitable organization (Registered Charity # 11884 3093 RR0001). Individuals who wish to make a donation to the Centre will receive a charitable donation receipt for tax purposes for donations of \$10.00 or more.

REFUND POLICY

There are no refunds for withdrawals from any programs (including classes, workshops, luncheons, bus trips, theatre tickets and outings). In lieu of refunds, a credit voucher, less a 15% administrative fee, redeemable for a twelve-month period, will be issued. No credit vouchers will be issued for pre-paid event tickets (theatre tickets, bus trips, luncheons, etc). Any refunds granted will be at the Program Manager's discretion and subject to a 15% administrative fee. No refunds or credits will be issued for Centre memberships. Any cheque returned by the bank for any reason will be subject to a \$25.00 charge.

CENTRAL EGLINTON COMMUNITY CENTRE
160 Eglinton Ave East, Toronto, Ontario M4P 3B5

MISSION STATEMENT

Central Eglinton Community Centre provides programs and services to meet the diverse and changing needs of our community. We are committed to:

- High quality programming
- Financial, physical and social accessibility
- Volunteerism
- Providing opportunities for community participation.

We encourage the development of a forum for individuals to share their concerns and ideas, and to work together in the resolution of community issues within an environment that fosters dignity and equity.

Central Eglinton Community Centre Staff

Susan Kee	Executive Director
Regina Chan	Finance Manager
Johanne Letlow	Evening/Sat. Receptionist
Nancy Lyon	Program & Resource Development Manager
Mary Neeson	Volunteer Co-ordinator
Denise Pivott	Clerical Assistant
Blythe Runnett	Older Adult Program Co-ordinator
Leanna Tuba	Family Resource Centre Co-ordinator