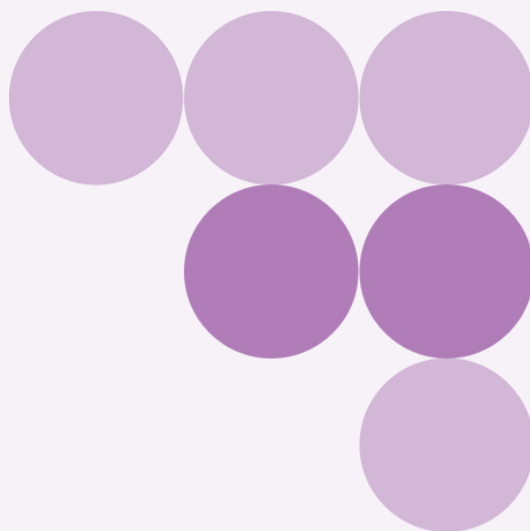


AGING WITH INSIGHT:

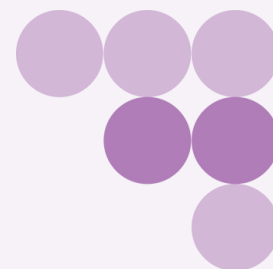
Harnessing Knowledge
for Healthy Aging



YOUR GUIDE TO KEEPING ACTIVE

Local Fitness & Wellness Programs
for Older Adults





Introduction



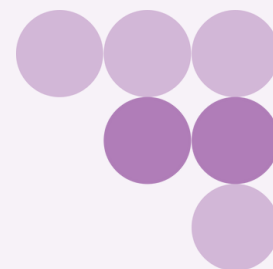
Aging with Insight is a free virtual series from St. Joseph's Health Centre Foundation, created to support seniors and caregivers in our west-end community. Each session offers practical tips and expert advice on health, wellness, and aging well—right from home.

In our latest session, physiotherapist Jacqueline Holloway from St. Joe's shared expert advice on staying active as we age. Whether you're just getting started or looking to stay motivated, there are safe, local programs to help you keep moving.

We've gathered a list of nearby fitness options designed for older adults—like walking groups, gentle yoga, and strength classes—to help you move with confidence and stay connected.

Special thanks to Jacqueline for her insights and help compiling these resources.

* This guide is for informational purposes only. Program details may change—please contact each organization directly to confirm current offerings. Always consult your physician or healthcare provider before starting any new exercise or wellness program.



1

Reconnect Health Services

About

A not-for-profit health service organization offering programs for seniors, caregivers, and people living with mental health or addictions concerns. Their Health and Wellness Centre offers weekday group classes (some virtual) and social activities.

Fitness Program

- Cardio
- Yoga
- Zumba

 **Location:** 100 High Park Ave

 **Phone:** Not listed

 **Website:** reconnect.on.ca

 **Distance from St. Joe's:** ~2.2 km

2

Stonegate Community Health Centre


About

An inclusive, community-focused health centre supporting individual and neighbourhood well-being through accessible services and free health promotion programs.

Fitness Program

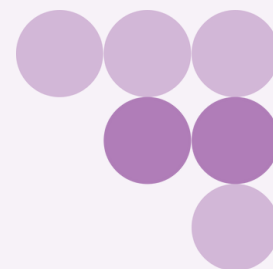
- Gentle Fitness for Seniors
- Yoga

 **Location:** 10 Neighbourhood Lane

 **Phone:** 416-243-0127 x503

 **Website:** stonegatechc.org

 **Distance from St. Joe's:** ~2.7 km



3


CommunitiCare Health

About

A community health agency offering integrated care through primary health, home care, mental health, and community support services. Programs promote well-being across all ages, with specialized options for older adults.

Fitness Program

- Yoga 50+
- Nordic Pole Walking
- Strong & Steady

 **Location:** 1700 Bloor St. W
& 3446 Dundas St. W

 **Phone:** 416-855-1066

 **Website:** communiticare.org

 **Distance from St. Joe's:** ~2.5–4 km

4

Fairfield Seniors' Centre

About

A vibrant centre offering social, educational, and wellness activities for older adults, with a variety of registered fitness classes and seasonal programs.

Fitness Program

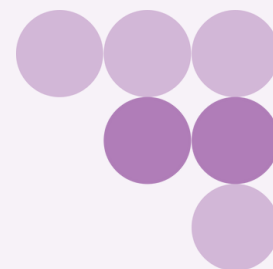
- Gentle Fit
- Osteo Fit
- Zumba Gold

 **Location:** 80 Lothian Ave

 **Phone:** 416-394-8687

 **Website:** toronto.ca/fairfield

 **Distance from St. Joe's:** ~4.8 km



Islington Seniors' Centre

About

A welcoming space where older adults can connect, stay active, and enjoy wellness-focused programs. Designed to support healthy, independent living.

Fitness Program

- Seated Fitness Classes
- Balance, Strength & Stretch
- Badminton

 **Location:** 4968 Dundas St. W

 **Phone:** 416-231-3431

 **Website:** islingtonseniors.ca

 **Distance from St. Joe's:** ~6 km

Note: Membership and registration required.

Horner Avenue Seniors Centre

About

A smaller, friendly centre where older adults can make new friends or reconnect with familiar faces. The centre offers a welcoming space to learn something new or enjoy familiar activities, plus great food and entertainment at special events.

Fitness Program

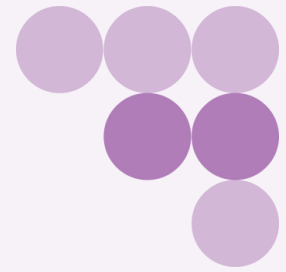
- Yoga
- Osteo Fit
- Dance

 **Location:** 320 Horner Ave

 **Phone:** 416-394-6000

 **Website:** toronto.ca/HornerAve

 **Distance from St. Joe's:** ~6.5 km



Additional Resources

North Kipling Community Centre

2 Rowntree Rd, Toronto, ON

416-394-8679

toronto.ca/NorthKipling

York West Active Living Centre

1901 Weston Rd, Toronto, ON

416-245-4395

yorkwestactivelivingcentre.ca

Annette Community Recreation Centre

333 Annette St, Toronto, ON

416-392-0736

toronto.ca/AnnetteCRC

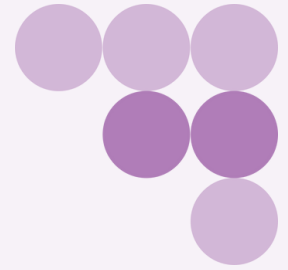
Seniors Active Living Centre programs

Seniors Active Living Centre programs offer in-person, online and telephone programs that promote health, well-being and connection for older adults. They're a great way to reduce loneliness and stay active, independent and engaged.

Ontario has over 300 programs across the province

Find your local [Seniors Active Living Centre program](#)

Many programs run activities online and over the phone.



Additional Resources – Swimming pools

Gus Ryder Pool and Health Club

1 Faustina Drive

416-394-8726

toronto.ca/GusRyder

The 25-yard pool is a warm water pool with a chair lift and stairs

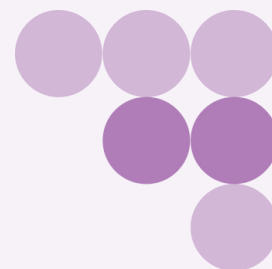
Mary McCormick Recreation Centre

66 Sheridan Ave

416-392-0742

toronto.ca/MaryMcCormick

The 25-yard, warm water pool has a viewing gallery



Thank you.

Thank you for joining us for **Aging with Insight: Keeping Active!**

At St. Joe's, we're proud to care for older adults in our community—and these sessions are just one way we hope to stay connected and share helpful resources.

If you have thoughts on the session, ideas for future topics, or would like to learn more about how St. Joe's is here for you and your family, we'd love to connect. Feel free to reach out to:

Janine Kuzma, CFRE

Senior Manager, Gift Planning

📞 416.530.6486 ext. 3851 | 416.524.7665

✉️ jkuzma@stjoestoronto.ca



