

Get *Active and Able* Programs at Birchmount Bluffs Neighbourhood Centre!

Check out the Winter session of our *Active and Able* Programs designed for persons with disabilities and/or health barriers:

- **Mindful Movement:** Practise gentle, healing movements that strengthen the Body/Mind connection. Thur. Jan 7-Mar 25. 11am-Noon (\$30 for 12 weeks)
- **Wellness Classes:** choose from a range of accessible wellness classes -aqua fitness, yoga, aerobics, swimming. Jan-March. (12 wks, subsidies offered)
- **Chair Tai Chi:** Enjoy practising these holistic exercises that improve flexibility, movement and energy. Thur. Jan 7-Mar 25. 11am-Noon (\$12 for 12 weeks)
- **Women's Workshop Series:** women with disabilities explore strategies to empower their relationships. For inquiries: contact Margaret at 416 439-7111, Ext. 4. Offered twice monthly, in partnership with Scarborough Women's Centre.
- **Youth Programs:** youth enjoy inclusive activities at our accessible Youth Centre. Includes pre-employment services, Peer Support Group, social events, workshops/skills training. Some attendant services provided. Free.
- **Bluffers Peer Support Group:** Adults share ideas and peer support in this self-directed club. Activities include workshops, discussions and outings. Every other Friday: 2-4pm Free.

OTHER SERVICES:

**Advocacy & Counseling
Information & Referral**

**Workshops & Seminars
Community Consultations**



Winter session starts week of **Jan 4** and runs for 12 weeks. Registration is at the centre. Program subsidies are available to persons with financial barriers. Annual Membership: \$8. Attendant services provided for some programs.

For inquiries about registration or programs, please contact David Meyers at
416 396-7606 or at david@bbnc.ca

Location: Birchmount Bluff's Neighbourhood Centre,
Birchmount Community centre, 93 Birchmount Rd. Scarborough (at Kingston Rd).