

Social & Recreational Programs

Our Life Enrichment Centre is for adults 55 years of age and older, living in the community.

Program Staff

Professional staff and caring volunteers offer a wide variety of social recreational activities and services that focus on maintaining and enhancing physical and emotional well-being.

Activities

We provide a variety of Activities

- Fun & Fitness
- Fall Prevention Exercise
- Talk & Trivia
- Tai Chi
- Documentaries
- Belly Dancing Class
- Chair Zumba
- Chair Yoga
- Day Trips



Membership & Benefits

Program Hours

Programs are offered 7 days per week. (Please refer to monthly calendar for more details)

How to join

Non-residents can pay an annual fee of \$30.00 to participate in the Life Enrichment Centre Program

Membership entitles you to:

- Monthly calendar
- Free admission to many of our activities i.e. Fun & Fitness, Tai Chi, Fitness for Health, and Talk & Trivia
- Opportunity to have fun, stay active & learn new things
- Opportunity to build friendships

***Additional fees may be charged to offset the cost of some activities**



Specialized Services

Members may access the following on site services.



- Shopping Van
- Advanced Foot Care
- Hair Salon
- Hearing Aid Clinic
- Optometrist
- Pastoral Care
- Access to special events, such as Banquet Dinners



Grandfriends



St. Clair O'Connor Community Inc.

Who We Serve

Vision Statement

“SCOC is a leader in creating and nurturing a mutually caring community for seniors and families.”

Our Mission

St. Clair O'Connor Community Inc. is a non-profit partnership between the broader community and Danforth Mennonite and Toronto United Mennonite Churches providing a range of accommodation and a continuum of care, a variety of life-affirming activities and programs for seniors in the surrounding neighborhoods. SCOC seeks to be a caring, intergenerational community which nurtures the health and well-being of its residents

The St. Clair O'Connor Community Life Enrichment Centre serves the Toronto community who are 55 years of age or older.

SERVICE COMMITMENT

St. Clair O'Connor Community Inc. offers a wide variety of programs and services for seniors to keep fit and stay active. We work in the spirit of providing programs and services that are inclusive, respectful, and fun!



You Can Make A Difference!!

The donor tree is a wonderful way to remember loved ones. Each leaf, Gold, Silver and Bronze, represents a level of gift. Some people choose to leave an ongoing legacy by remembering SCOC in their will. For more information call 416-757-8757 or Email 222.scoc.ca/foundation

For General Information

Tel: 416-757-8757 Ext. 250
Email c.sheppard@scoc.ca **Interested in volunteering?**
Call us at 416-757-8757 Ext. 225

Or pick up an application form at Reception desk during regular business hours Mon.-Sun. from 9:00am-5:00pm



St. Clair O'Connor Community Inc.
2701 St. Clair Ave. E.
Toronto, ON M4B 3M3
416-757-8757

