

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.

Mission Statement

Guided by Christian faith and Mennonite heritage, we nurture the health and well-being of older adults and families in our community.

Vision Statement

We will lead the way to new models of service, housing and care that define a healthy community for people of all ages.

Values

On the Road to Servant-Leadership

Service

- Serving one another at home and in the neighborhood
- Extending Christian love and compassion
- Volunteering: giving and receiving with helping hands and open hearts
- Striving to be exceptional by leading the way
- Lifelong learning and growing

Community

- Trusting and nurturing healthy relationships
- Respecting unity and diversity of cultures and ages
- Living together in an intergenerational setting founded by Mennonite visionaries
- Empowering people through the use of their gifts
- Fostering teamwork, accountability and adaptability

Commitment

- Celebrating the unique worth of each individual
- Inspiring happiness, hospitality and well-being
- Growing a welcoming place

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

LIFE ENRICHMENT CENTRE



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