

SWANSEA TOWN HALL

community centre

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WHAT'S GOING ON . . .



CHRISTMAS TOY AND FOOD DRIVE

Swansea Town Hall and Swansea Nursery School are collecting toys for the Toronto Firefighters annual Christmas toy drive. And Swansea Town Hall is also taking donations of non perishable food items. Drop off your donations in our main lobby by Thursday, December 22nd when all items will be delivered to the Swansea Fire Station!

TUES. Dec 13th @ 7:15 p.m. SWANSEA TOWN HALL BOARD OF MANAGEMENT MEETING. All Welcome!

WED. Dec. 14th @ 5:30 p.m. SWANSEA HORTICULTURAL SOCIETY CHRISTMAS PARTY

THURS. Dec 15th @ 1:30 p.m. S.A.S.A. CHRISTMAS PARTY

SAT. Dec 17th from 9:00 – 1:30 p.m BLOOD DONOR CLINIC. The Canadian Blood Service's blood donor clinic will be collecting much-needed blood in the Rousseau Room. Bring your I.D. or Donor Card. Call (416) 974-9900 or visit their website www.bloodservices.ca for further information.

THURS. Jan. 12th from 7:30 – 9:30 p.m. TRADITIONAL GROUP HEALING CIRCLE - LED BY PETE BERNARD, ALGONQUIN SHAMANS suggested donation \$20. All are welcome. Please bring a cushion/yoga mat/blanket if you wish to be on the floor. Chairs are provided. Please contact Myra Willis at 416 802-5434 or myra8thfire@hotmail.com for more information

PROGRAMS FOR MOMS, DADS, CAREGIVERS AND TOTS TOGETHER

SWANSEA FAMILY DROP IN PROGRAM / ONTARIO EARLY YEARS . . . provides an opportunity for parents and caregivers with 0-6 years of age to gather and meet one another. The program is free of charge and allows time for playing, creating works of art and to join in a sing-a-long circle time. The program runs **Monday** mornings from 9:30 a.m. to 11:30 p.m. This program is provided in collaboration with Parkdale High-Park Ontario Early Years, Four Villages Community Health Centre and The Swansea Town Hall. For more information please call (416) 762-3700

BABY AND ME FITNESS . . . est. 1987 to help pregnant women and new moms and babies stay fit – classes include pregnancy yoga and pilates, fitness and yoga with your baby ages 6 weeks to crawling. No yoga experience required. Classes held **Tuesdays, Wednesdays and Thursdays**. For information and to register please call (416) 604-2249 or visit: www.babyandmefitness.com

MOMMY CONNECTIONS . . . Mommy Connections introduces you to programs and services available within your community. Our classes provide a unique learning opportunity as well as a fun way to bond with your child and other moms in a social environment. **Tuesdays, 11-12:30pm.** www.mommyconnections.ca/west-toronto

RAINBOW SONGS® . . . Music classes for you and your child aged 0-5 years. Develop music and social skills in participatory classes lead by professional instructors. Sing familiar songs, learn new ones, join in marching band, and jam with instruments. Classes are held **Wednesdays** at the Town Hall. For more information or to enroll, please call (416) 535-5247, email info@rainbowsongs.com or visit www.rainbowsongs.com

FUN WITH MUSIC TOGETHER® . . . is an internationally acclaimed, research-based early childhood music program which is based on the premise that all children are musical. We offer a parent-child class for infants, toddlers and preschoolers in which families share songs, instrument play, rhythm and movement activities in a relaxed, playful, non-performance-oriented setting. Each semester features a new song collection & includes professionally recorded CD's, a corresponding songbook & parent guide. Classes **Tuesdays to Fridays!** Come join us and have Fun with Music Together! (416) 283-0589 www.funwithmusictogether.ca

SALSA BABIES® – Latin Beat for Tiny Feet! . . . Dance back into shape with the best little partner of all! Fun Salsa steps for mom and baby. Suitable for all levels of fitness and dance experience. Age 2 months +. **Wednesdays**, 10:30-11:15 a.m. For information please call (416) 919-4851 or info@salsababies.com or www.salsababies.com

MUMNET . . . Do you have a newborn, toddler, or even school-age kids? Then meet Mum Net! Our Mum Vet program will run on **Wednesday mornings** from 9:00-11:30am. The Mum Net program offers mothers with school-age children a chance to exercise and network with other mothers while providing on-site childcare. The weekly program includes a 45-minute group exercise program conducted by a certified fitness instructor who offers basic to advanced techniques, followed by a one-hour discussion segment facilitated by volunteer leaders. Members have an opportunity to lead programs ranging from informal discussions to guest speakers; discussion topics focus on matters related to the health, education and emotional well-being of mothers, their children and relationships. See www.mumnet.ca for details! Contact: (416) 487-MUMS [6867] Email: info@mumnet.ca

SUGAR BEAT MUSIC FOR CHILDREN. . . **Saturday Mornings.** Faria MacDonald, a well educated and experienced music teacher for young children, offers interactive music classes for children 12 months to 4 years old. Faria has been teaching music classes at the Swansea Town Hall for over 10 years to date! Her age-appropriate group classes feature singing and bouncing, instruments, stories, puppet shows, and creative movement. Sugar Beat classes are engaging, enriching, and great fun for both caregiver and child. Please visit www.sugarbeat.ca call (416) 767-5535 for more information.

PROGRAMS FOR CHILDREN

SWANSEA NURSERY SCHOOL . . . Swansea Town Hall is now the new home of SWANSEA NURSERY SCHOOL! To find out more about this community, non-profit daycare that has been part of the Swansea Community for over 30 years phone (416) 767-0889 or email swanseanursery@bellnet.ca

MY FENCING CLUB . . . is a Toronto-based fencing club focused on youth. We provide children with an opportunity to make life time friendships and to develop a passion for fencing. After bringing fencing to the communities surrounding Forest Hill some 3 years ago, Katya Belkina's My Fencing Club is now open for new students at the Swansea Town Hall. Our beginner fencing program is ongoing and designed for children, aged 7 - 15 who have never fenced before. Please schedule an Intro Lesson with Katya prior enrolling into the beginner program. Please visit www.myfencing.ca for more information or phone **Katya (647) 720-0202.**

LAURA BEGLIN DANCE . . . offers children's classes for ages 3 and up. We have classes on **Monday evenings and Saturday mornings.** Laura offers a variety of styles from ballet, creative movement and jazz. Laura also offers private and semi-private classes. Registration for all classes is on now and classes run from September through June with an end of year dance recital! Check out Laura's website for more information www.laurabeglindance.com. You can also call Laura at (416) 890-2767 or email her at laurabeglindance@gmail.com

SPIRIT OF MATH SCHOOLS®... A fast-paced and exciting "after-school school" designed to challenge and motivate high-achieving students. Our professional teachers and unique math curriculum have been setting new standards for over 25 years. **Tuesday evenings** from September to June for Grades 1 to 6. .Phone: (416) 223 -1985 ext 110 Email highpark@spiritofmath.com Website: www.spiritofmath.com

CHESS FOR CHILDREN . . . On **Thursdays and Saturdays**, On Thursdays, chess masters and professional trainers, Goran Milicevic and Natalia Khoudgarian, teach chess to children in an easy and enjoyable manner to groups of 12 to 14 students. They teach basic moves, play development and strategies in step with the skills and experience of each child. For more information phone (416) 879-7300 Website: www.chessforchildren.ca

BABYSITTING AND KIDS SAFETY FIRST COURSES . . . P.A. days and some holidays. Contact Cathy (905) 877-4490

PREPEssentials- PREPSKILLS® . . . provides exam preparation for students interested in applying to Private Schools (SSAT) or American Schools (SAT). Classes are held here in either 6 or 8 week formats. Programs include all course materials, diagnostic test, tutoring (3 hour classes), and simulated test (administered under "real test" conditions. Unique to PREPSKILLS® is a Resume & Interview skills workshop for SSAT students! For more information and schedule, contact PREPSKILLS® at (416) 200-7728 or visit the website at www.prepskills.com

JOHNSON DANCE . . . offers workshops for kids ages 4 and up in the art of IRISH DANCE. Classes **Monday, Wednesday and Thursday** evenings. To register, call (416) 763-4494 or johnsonacad@sympatico.ca. Website: www.johnsonirishdance.com

SHEVCHENKO SCHOOL OF BALLET . . . offers classes **Monday and Friday evenings** in ballet, pointe, character and creative dance. Established in 1995 the School offers excellence in programming and instruction for children and young

PROGRAMS FOR ADULTS

SWANSEA AREA SENIORS ASSOCIATION (S.A.S.A.) . . . Fall programs have started! See SASA bulletin boards for details. Adults of all ages may participate in S.A.S.A. programs. For more information please call (416) 392-1953.

WEEKLY SCHEDULE AS FOLLOWS:

- MONDAY:** Yoga 9:00 a.m. - Tai Chi (Beginners) 10:15 a.m. – Tai Chi (Intermediate) 11:15 a.m.
TUESDAY: Multimedia Art 9:30 a.m. to Noon - Board/card games – 1:30 to 3:30 p.m. Starts October 5th.
WEDNESDAY: Osteofit 9:45 a.m. - Line Dancing 11:00 a.m. - Bridge 1:00 p.m. – 4 p.m.
THURSDAY: Chinese Brush Painting 9:00 a.m. to Noon, Shuffleboard 1:30 p.m. – 3:30 p.m.
FRIDAY: Art Adare Atelier 12 noon – 3 p.m. Euchre 1:30 p.m. (1st and 3rd Thursdays)
OTHER ACTIVITIES: Join their trips to shows and places of interest!

TABATA WITH KATARINA . . . Take your workout up a notch with this High Intensity Interval Training class. Using bands and body weight you'll experience increased strength and cardiovascular fitness like never before! Mondays and Thursdays from 1:15 p.m. to 2:15 p.m. in the Council Chambers. Phone Katarina on **416-606-6054** for more info.

BOTANICAL ART CLASSES . . . Botanical Art with Coloured Pencils: Textures. Shiny, fuzzy, bumpy, smooth. Hunker down this winter for a good look at texture. Nellie Sue will guide you through the techniques of depicting various types of surfaces, from the delicate transparency of onion skins, to the bright waxy shine of a pepper. A materials list will be sent upon registration. Previous drawing experience required. 2012 Winter term: Mondays, 1- 4, February 6 - March 12, with one exception: since we cannot meet on Monday, February 20, Family Day, we will meet on Wednesday, February 22 from noon until 3pm. 6 weeks, \$254. For information and registration contact Nellie Sue (details at right), contact Nellie Sue Potter at (416) 797-5968 or email nelliesue@NatureArtStudio.ca

WINTER WELLNESS WORKSHOP . . . If the winter season brings up feelings of overwhelm and anxiety about your health, then you'll want to register for this 3-part workshop. In this series, you'll learn how to best support your body's defences in the winter by eating seasonally and incorporating excellent spices and supplements. You will also learn how to create a more meaningful, stress-free holiday season for yourself and your family with some great holiday tips. You'll receive your very own information binder, with tips, resources and recipes to keep handy all winter long. Contact Milissa Harding to find out about December dates www.healthystartcoaching.ca

ART TRACKS DRAWING & PAINTING CLASSES on Monday Evenings . . . Develop confidence in your medium of choice. Small groups, lots of individual instruction. All levels welcome --- Beginners learn basic techniques for getting started; intermediate & advanced students build on existing skills in a supportive environment with expert feedback. Fee: \$30 per class. For more info. Please contact: fhallmanchong@gmail.com, tel: 416-604-0332

DEBATING IN A FUN AND FRIENDLY ATMOSPHERE . . . We are a group of people interested in words, ideas and the power of quick thinking. We meet **every 2nd & 4th Tuesday** from September to May to tackle issues large and small. Free admission to all visitors and guests are always welcome. To become a member, a \$65 annual membership fee covers our entire nine month season and allows you to participate in any debate! (\$35 for students!). Drop by and try us out! Discover more at www.debating.ca or email Dave Heppenstall president@debating.ca

KUNDALINI YOGA... comes to Swansea this fall! Experience your own healing power of breathing and meditation through ancient yoga techniques to relax the nervous system, improve concentration and improve flexibility. Practise sets of postures which balance emotions, vitalize the body and improve your overall health. Learn how to reduce effects of stress the natural way! (suitable for all fitness levels) **Session 1: October 5th- Nov 9th** Wed, 7-8:15 pm, \$85+HST) drop in \$17/ class: **Session 2: Nov16th - Dec 14th**, Wed, 7-8:15 pm, \$70+HST, drop in \$17/ class **Sessions 1 & 2, Oct 5th – Dec 14**, \$145+HST. Register in advance to reserve your spot! Contact-Lesley Hadrill, (416) 760-9582 email: Lesleyhadrill@sympatico.ca Certified KRI Instructor

WE TANGO . . . is a Milonga/Argentine Tango dance drop in group. Most of those who attend the Milonga dance the Tango in the close embrace style. The Milonga operates every **Wednesday** from 9:00 p.m.- 11:00 p.m. Admittance is \$7.00 which includes Coffee/Tea and a small sweet (usually home baked) At this juncture, no lessons are provided but occasionally lessons are given by teachers who are visiting from Argentina, There will be an extra charge if and when lessons are offered. For more info, phone Pam or John (416) 237-1088 or email: tri.n.sales@sympatico

ROYAL SCOTTISH COUNTRY DANCING . . . Have fun, meet people and get some exercise by joining our classes. Beginners on **Wednesday evenings** and advanced on Thursday evenings. Both classes run for 10 weeks and are from the hours of 7:30 to 9:30 p.m. in the Council Chamber. Contact Sue Anne (416) 266-5423

MEDITATION BASICS WITH FRANCA . . . Learn to meditate. We will cover the basics of building a meditation practice and integrating awareness into daily life, using a format of group meditation, teaching, discussion, and exercises. **Tuesday evenings.** For information visit www.lookagain.ca or call (647) 999-8966.

PILATES WITH NIKKI . . . Sculpt. Tone. Strengthen. Get a strong core now! Weekly classes will develop flexibility, strength and improve posture. This class is for those wanting overall toning, injury/pregnancy recovery and a solid workout. Thursdays 9:30 am - 10:30 am. Bring your own mat. Register by email or phone. **WINTER 2012 session starts Thurs January 19th - March 8th (8 week session is \$130) Email nikki@gracecorpsstudio.com or call (289) 242-5609.**

YOGA WITH KAREN . . . Experience a weekly class of yoga to increase vitality using yoga practices of breathing, poses and mediation. This class is designed for women of all ages who are seeking improved health and joyfulness. Seniors and those recovering from illness, surgery, and cancer treatment are especially welcome. No yoga experience necessary. **Fridays** at 9 to 10 a.m. For information please phone or email Karen Weinthal, (416) 604-7445 justkaren@rogers.com

DUPLICATE BRIDGE . . . On **Fridays**, join the Swansea Duplicate Bridge Players at their regular gathering from 12:30 to 3:30 pm in the Rousseau Room. For more information phone Sugar on (416) 763-3788

CPR AND FIRST AID . . . If you have never been trained in CPR or First Aid, now is the time to learn how to save a life . . . take a Red Cross First Aid course with Toronto CPR! For a listing of future courses offered at Swansea Town Hall, and other locations in Toronto, please visit their website at www.torontocpr.com or give us a call at (416) 423-0799

PROGRAMS FOR ADULTS OR CHILDREN

DEENA SPEAKS DOG . . . offers Puppy, Advanced and Canine Good Neighbour on Monday Nights. They also offer one-on-one behaviour modification sessions. For more information and to register, please visit them online www.deenaspeaksdog.com. Phone 416-653-2165 for more information.

DRAMAWAY . . . offers a variety of programs for children and adults including DramaWorks and SingingWorks (**Thursdays**), RhythmWorks (**Saturdays**) and MovieWorks for school aged children and another class for special needs adults (**Saturdays**). For more information phone (416) 614-1078 or visit their website www.dramaway.com

SAY HOLA! TO SPANISH . . . Javier Baez of the popular **Barlovento Spanish School** offers a series of Spanish classes for adults and **children** at various levels. Classes every Thursday evening as well as **Saturday** mornings. To register phone (416) 628-8373 or visit www.spanishto.com

REGULAR BUILDING HOURS

Monday to Friday 8:00 a.m. to 10:00 p.m.

Saturday 8:00 a.m. to 5:00 p.m.

Other times available by special request

SWANSEA TOWN HALL ALSO IS HOME TO THESE TENANT AND COMMUNITY GROUPS . . .

Kids' and Seniors' Dental Clinic Monday to Friday from 8 am to 4 pm by the City of Toronto Public Health Department. Phone (416) 392-1777

Swansea Nursery School For more information phone (416) 767-0889

Swansea Historical Society For more information phone (647) 859-3901

Swansea Horticultural Society For more information phone (416) 766-0934 email swansea@gardenontario.org

Swansea Area Ratepayers' Association . . . Please visit swansea@swansearatepayers.ca

Swansea Area Seniors' Association Please leave a message at (416) 392-1953

Swansea Memorial Library Hours Open Tuesday (10 am - noon and 1 - 6 pm), Wednesday (1 pm to 8 pm), Thursday (10 am - noon and 1 - 6 pm) and Saturday (10 - 5 pm). For more info call (416) 393-7695

The Swansea Town Hall makes its contribution to building a better community by providing convenient and affordable facilities for a wide variety of activities and events. We have rooms of various shapes and sizes to suit groups of all kinds. We are wheelchair accessible with limited free parking and close to TTC and the Runnymede Subway. For further information, contact us at (416) 392-1954 or fax (416) 392-1955 or visit our website at www.swanseatownhall.ca

