

## SAHRA Information – Oct 14 2019

### Fall fest on Upper Avenue – Saturday, October 19<sup>th</sup> from 12-5 pm

Our Businesses on Upper Avenue between Joicey and Roe will be putting on a **Fall fest** – a fall-themed “open house” event to celebrate our vibrant Upper Avenue community. Come join us for the event on your Avenue!

The Businesses are busy planning their special events/samplings/discounts – on **Thursday, Oct 17<sup>th</sup>** we will forward you details of what each Business will be offering so that you can review it before the event to pick out the offerings you’re most interested in.

Supported by: Councillor Mike Colle, the Upper Avenue Community Association, the Bedford Park Residents Organization, the South Armour Heights Residents’ Association and the Ledbury Park Connects Group.

### SAHRA Email Address Campaign

SAHRA’s Email Address Campaign started on **Sept 23<sup>rd</sup>**! The objective of the campaign is strictly to collect email addresses so that we can communicate more efficiently, electronically via eBlasts. Our volunteers are now covering our **21** blocks looking to obtain **502** email addresses between now and Nov 15<sup>th</sup>! We’ll keep you updated on our progress over the next couple of months. If you would be able to volunteer to talk to the neighbours on your block, please contact us at [info@sahratoronto.com](mailto:info@sahratoronto.com). All help is most appreciated.

### City Consultation on approaches to reduce single-use and takeaway items – Survey open until Nov 4

The City is undertaking consultation to help develop a strategy to reduce single-use and takeaway items. A single-use or takeaway item is any product designed for a single-use after which it is disposed of in the garbage, Blue Bin or Green Bin. You are invited to provide feedback through an online survey. The **Online Survey** will be available from Sept 25 to Nov 4, 2019 <https://s.cotsurvey.chkmt.com/?e=172047&h=7B9DA80D93F92FC&l=en>

### Yonge Lawrence Village BIA local business listings

For up to date, comprehensive listings of your favourite local businesses please visit: <http://ylvbia.com/>

## North Toronto Group of Artists

From Oct 3-23 you can visit the merchants and businesses on Yonge Street for the 15<sup>th</sup> Annual Artwalk. Over 60 local businesses feature the works of local artists. Works will be displayed in merchants' windows and establishment along Yonge Street between Lawrence Avenue and Yonge Blvd. The 2019 Fine Arts Show & Sale opens on Thurs, Oct 24 6:00-9:00pm at Blessed Sacrament Church, 24 Cheritan Avenue. There are shows on Fri, Oct 25 12:00-8:00 pm and on Sat, Oct 26 10:00 am-3:30 pm. <https://www.ntga.ca/>

## Exercise Programs at the Armour Heights Presbyterian Church

A number of exercise programs are starting up at the Church.

Breakthrough Workout for Parkinsons – this 8 week series integrates yoga, dancing, boxing moves while encouraging BIG movements and LOUD voices. Starts Wednesday, October 16<sup>th</sup> / 12:30 – 1:30 pm / \$95.00 for the 8 week series or \$15.00 drop in per class.

Yoga Dance Class – a 6 class series; Yoga Dance is an enjoyable workout that invites you to “get out of your head” and into your body. It integrates the benefits of yoga and dance done to fabulous music from a wide range of genres and cultures. Starts Thurs, October 17<sup>th</sup> / 6:30-7:30 p.m. / cost of \$75.00 or \$18.00 per class.

Friday Fitness Class – this 8 week low impact aerobic workout series is specifically designed to meet the fitness needs of those 50 years and older who are comfortable building cardiovascular endurance without the support of a chair. Starts October 18<sup>th</sup> / 11:30am to 12:25 pm. / \$5.00 per class at the door.

Yoga & Dancing in Chairs – this weekly class combines the benefits of yoga and dancing into a complete body, mind and spirit workout. Starts October 18<sup>th</sup> / 12:30 to 1:30 pm.

Contact Erin Stone 416-485-4000 or [estone@armourheights.org](mailto:estone@armourheights.org) for more information and to register.

## Neighbourhood Watch Online

Neighbourhood Watch groups are being formed in the North, South-East and South-West areas within SAHRA boundaries. If you are interested in leading or participating in such a group, please send an email to [info@sahratontoronto.com](mailto:info@sahratontoronto.com) and we can provide information.

## Bedford Park Residents Organization October 2019 Newsletter

You can access their latest Newsletter at <https://sahratontoronto.com/news/news-from-area-residents-associations/>

### 30 Things to be Thankful for (compliments of KKP Printing)

1. A new book
2. Food on the table
3. The ability to learn something new
4. The smell of freshly baked cookies
5. The kindness of strangers
6. A warm campfire on a cold night camping
7. Making a final payment on a loan
8. A nice hot shower
9. The voice of a friend or relative you have not seen in a long time
10. A beautiful sunrise
11. The sound of a song you love
12. Playing board games with friends or family
13. Having a personal routine that helps you accomplish tasks efficiently
14. Creating a gift for a family member with your own two hands (crochet, woodworking, art, etc.)
15. Surprises
16. Access to the medication you need to stay healthy
17. A home
18. Appreciation of others
19. A movie that makes you laugh
20. Holidays
21. The mother who gave you life, nurtured you, loved you, taught you and supported you
22. New clothes
23. Electricity
24. Knowing how to make a budget – and sticking to it!
25. Visiting an amusement park
26. Respect from others
27. Paydays
28. Someone enjoying your writing/art/creativity
29. Thank you notes
30. Popcorn