



Winter Calendar 2018

January through March

Guests are Welcome!

If you are not yet a member but would like to participate in a few outings before deciding if the club is for you, we encourage you to come along as a guest. We do not publish the contact information for our event organizers, but if you send us an email indicating which events you're interested in, we will provide you with the organizer's information.

Note: This calendar covers three months; unexpected events, or weather conditions can necessitate changes to the program. There may also be additions which were not planned at the time of printing.

REGISTRATION for EVENTS

Please be sure that you confirm your intention to attend any outing and please do so with plenty of lead time. Last minute registration is inconsiderate of your outing organizer. If you do not confirm your intention, you may be unpleasantly surprised when you show up and find yourself alone because of changes to the meeting place or time.

CANCELLATION

If you have registered for an outing and need to cancel, please let the organizer know your change of plan with as much lead time as possible. If organizers do not know you have cancelled your commitment, they end up delaying departure while they look for you and check on the reason for your absence.

Outings may be cancelled at the discretion of the organizer and they may be cancelled on very short notice. Reasons for cancellation are varied, but may include weather, organizer illness, or insufficient attendance.

MEDICAL FORM

Please remember to bring your completed **medical form** (available for download from the website or attached to printed versions of this calendar) to all outings. Keep it in a zip lock bag in an outside pocket of your backpack and make sure your partner/organizer knows where to find it should it be needed.

General Meetings at Edithvale Community Centre

Thursday, January 4th

Thursday, February 1st

Thursday, March 1st

Thursday, April 5th (Open House)

All are welcome to these meetings – no need to register

Event Listings - Multi-Day Trips

Tues-Thurs	Jan 16 to 18	Ski Multi-day	Arrowhead P.P.	
Mon-Fri	Feb 19-23	Ski, etc	Bondi Village Resort	

Event Listings – Single Day Trips

Tuesday	January 2	Skate	Colonel Sam smith Park	
Thursday	January 4	General Mtg	Edithvale Com. Centre	
Tuesday	January 9	Ski	Ganaraska	
Thursday	January 11	Ski	Dagmar	
Tuesday	January 16	Ski	Walker's Woods	
Tues-Thurs	Jan 16 to 18	Ski Multi-day	Arrowhead P.P.	
Thursday	January 18	Ski	Glen Major	
Friday	January 19	Hike	Birkdale Park to Markam Rd	
Tuesday	January 23	Hike	Hilton Falls	
Thursday	January 25	Hike	Mary Lake	

Tuesday	January 30	Contemplative & Lunch	Toronto District School Board archives and museum	
Thursday	February 1	General Mtg	Edithvale Com. Centre	
Tuesday	February 6	Ski, Snowshoe or Hike	Palgrave	
Thursday	February 8	Contemplative	Textile Museum	
Tuesday	February 13	Hike	Crawford Lake	
Thursday	February 15	Hike	Rouge River	
Mon-Fri	Feb 19-23	Ski, etc	Bondi Village Resort	
Tuesday	February 20	Indoor Rock Climbing	Toronto Climbing Academy	
Thurs	February 22	Skate	Scarboro' Village Arena	
Tuesday	February 27	Hike	Long Sault	
Thursday	March 1	General Mtg	Edithvale Com. Centre	
Tuesday	March 6	Ski/snowshoe/hike	Greenwood Cons. Area	
Thursday	March 8	Hike	Darlington Park	
Tuesday	March 13	City Walk	Exploring Art on the TTC	
Thursday	March 15	Hike	High Park	
Tuesday	March 20	Ski/Hike	Albion Hills	
Thursday	March 22	Skate	Scarboro' Village Arena	
Tuesday	March 27	Ski/Snowshoe/Hike	Eldred King Woodlands	
Thursday	March 29	Skate	Scarboro' Village Arena	
Tuesday	April 3	Hike	Rouge Park– North Tract	

Multi-Day Events

Tuesday January 16 to Thursday, January 18

Multi-day ski, snowshoe & skate, Arrowhead Provincial Park

Rating: Intermediate

Description: Enjoy three days of winter fun skiing at Arrowhead Provincial Park, north of Huntsville, which has 33 km of cross-country trails, and an 1.5 km ice skating trail through the forest. We will stay two nights in a rustic one-room cabin (washrooms at comfort station), and ski the trails and explore the park right from our front door. Limit five intermediate skiers. You can also book motel accommodation nearby.

Direction: Hwy 400 and 11 north to Muskoka Rd. 3 at Huntsville, exit 226. Follow signs to Arrowhead Park. Meet at the Park Office for registration.

Approx. 210 km from Hwy 401 and Yonge Street in Toronto.

Address: 451 Arrowhead Park Rd., Huntsville, ON, Phone 705-789-5105

Registration: Please confirm attendance at the latest by January 2, 2018. Down payment: \$50 per person.

Bondi Village Resort - Monday, Feb 19 to Friday, Feb 23, 2018.

This resort has 18 km of groomed cross-country trails. It is close to Hwy 60 and Hwy 35, so Algonquin Park is accessible. We sleep in the lodge and nearby cabins. It costs close to \$250 per person for the four nights for shared occupancy (2 to a room).

Bedding and towels provided. Come snowshoe, hike, cross country ski, skate, do jigsaws, play cards, photograph, or whatever.

We prepare and share evening meals. Breakfast and lunch are on your own – there are stoves, microwaves, library, living room, games room and a fireplace; snowshoes and jigsaws are available to borrow.

If you know you want to come, a \$100 deposit given to Diana Urquhart will hold a place for you. Information anytime from Diana Urquhart or Carolyn Barfoot.

Diana Urquhart - rurq@sympatico.ca 416-225-8206.

.Single Day Events

Tuesday January 2 Skating, Colonel Sam Smith Park 10:30 a.m.

Rating: Easy

Description: This is a fun figure-eight outdoor skating trail. Heated change rooms and washrooms are available. Bring your lunch and warm drinks. We will have our lunch in the Power House change area.

Directions: 65 Col. Sam Smith Park Road. From Lakeshore Blvd. turn south at Kipling Ave, which becomes Colonel Samuel Smith Drive south of Lakeshore. Humber College is on the SE corner. Follow the road, pass the High School and Community Centre on the left, continue to the parking area on the left. There is a fee for parking. We will meet inside the Power House change area, which is the old Brick Building with the large smoke stack.

Thursday January 4 General Meeting 12:30 p.m.

Edithvale Community Centre

Due to the location there will not be a hike prior to the meeting.

At 12:30 pm, join us for our regular monthly meeting. Our speakers will be announced later. Edithvale Community Centre is at 131 Finch Ave West, (corner of Edithvale & Finch, south side of Finch, 3 blocks west of Yonge)

Tuesday January 9 Ski (or Hike) - Ganaraska Forest 10:30 a.m.

Rating: Moderate, terrain variable

Description: Come and enjoy the picturesque cross-country ski trails through hardwood and pine forests. Ganaraska Forest Centre has more than 35 kilometres of groomed and track-set ski trails for varying ability levels. Tickets \$15.00. Bring your own lunch for along the trail.

Note: If there is a lack of snow, we will hike instead at a location to be determined later.

Directions: From Toronto, take 401 east and turn north at exit 436 for Hwy 35/115. Turn right at East Ganaraska Road/ Durham Regional Road 9 (signs for Bewdley/Clarke 7th Concession/Durham Road 9) and travel for 10 km. Watch for GFC sign and turn left (north) on Cold Springs Camp Road, and drive for 4km to the Forest Centre. Ganaraska Forest Centre, 10585 Cold Springs Camp Rd, Campbellcroft, Ontario L0A 1B0
Phone: 905-797-2721

About 95 km from Hwy 401 and Yonge Street, Toronto.

Thursday January 11 Ski (or hike) Dagmar 10:30 a.m.

Rating: easy to moderate, terrain variable

Description: Dagmar has a network of good beginner and intermediate ski trails, which are nicely groomed, through hardwood and pine forests, a chalet (bring your own lunch), and ski rentals. Tickets this season are \$20.00. If there is a lack of snow, we will hike at a location to be determined later.

Direction: From Toronto, take Hwy. 401 east to Salem Road. Go north on Salem to Hwy 2, east on Hwy 2 to Lakeridge Rd., then 20 km north on Lakeridge Road to Dagmar. Turn left at the Dagmar Ski Resort sign, and follow road to cross-country chalet and parking on the right.

Or: 401 east to exit 399 north (Brock Rd) to County Rd 5 (Claremont). Turn right (east) to Lakeridge Rd. Here turn left (north) to Dagmar Ski Centre which is the first road on the left. 1220 Lakeridge Rd., Uxbridge, Ontario, Phone: 905-649-2002

About 60 km from Hwy. 401 and Yonge Street, Toronto.

Tuesday January 16 Ski, Snowshoe or Hike Walker Woods 10:00 a.m.

Description: Off-track ski, for about 4 hours.

The trails we will be following are mostly wide and fairly straight with some easy to moderate hills and not trackset. If conditions are not good for skiing we will snowshoe or hike. Icers will be required if we hike.

Dress warmly, bring lunch, refreshment stop after at Aninnas Bakeshop in Goodwood.

Directions: Meet at 10:00 am at the T-junction where Allbright Rd meets Concession 6. Take 401 east to exit 399 at Pickering. North on Brock Rd (County Road 1) for 22.5 km to Allbright Rd (small sign). Allbright Rd is 6.5 km north of Claremont. Turn right (east) and follow Allbright Rd for about 2 km to its end at the T-Junction.

Thursday January 18 Ski, Snowshoe, Hike Glen Major 10:00 a.m.

Description: Glen Major: Off-track Ski. for about 4 hours.

The trails we will following are mostly wide and fairly straight with some easy to moderate hills and not trackset. If conditions are not good for skiing we will snowshoe or hike. Icers will be required if we hike. Dress warmly, bring lunch.

Refreshment stop after at Aninnas Bakeshop in Goodwood.

Directions: Meet at 10:00 am at the Glen Major parking lot on the east side of Concession 6 about 1 km north of the Uxbridge-Pickering Townline.

Take 401 east to exit 399 at Pickering. North on Brock Rd (County Road 1) for 17.5 km to the Uxbridge-Pickering Townline. The Townline is one concession after Claremont. Turn right (east) and follow the Townline for about 2 km until it ends at a T-Junction with concession 6. Turn left (north) and follow Concession 6 for about 1km and you will see the signed parking lot at the bottom of a hill on your right.

Friday January 19 Hike & Lunch Birkdale Park 10:00 a.m.

Rating: Easy: 10 km

Description: We will walk from Birkdale Community Centre to Markham Rd. This is a very scenic area and we may come across deer or a buck which has been seen in the ravine a few times.

Directions: Meet at Birkdale Community Centre, 1299 Ellesmere Rd. (southwest side) a short walk from Brimley. We will lunch at Cedarbrook Community Centre.

Tuesday January 23 Hike Hilton Falls C.A. 10:00 a.m.

Description: Depending on the weather, we will snowshoe or those who wish may cross country ski. If not enough snow, we shall hike. You may also feed the birds.

Bring the necessary gear, water and lunch. There is a senior admission fee of \$ 5.75

Directions; Take Hwy 401 to exit 320 north (Regional Rd 25) proceed north to Campbellville Rd/5th Side Rd. Turn left and continue westward until you see the Hilton Falls sign on right. Proceed to the parking lot after paying your fee.

Thursday January 25 Hike Marie Lake to Pine Farm 10:30 a.m.

Description: Mary Lake in Snow, Oak Ridges Trail. A short 7 km hike on along Marie Lake to Pine Farm for hot drink and return. Please have gaiters and icers handy.

Directions: Take 404 exit 41 to Bloomington Rd, go west which will become 15th Sideroad, turn right (north) on Keele Street and for about 0.5 km, park on road shoulder on the right.

Tuesday January 30 Museum Tour & Lunch 10:30 a.m.

Description: We will visit the Toronto District School Board archives and museum. Let's see if you recognize the old books and desks etc., used by schools in the past. Afterwards we will have lunch in a local restaurant.

Directions: TDSB archives and museum, 16 Phin Ave. (College and McCaul)

Thursday February 1 General Meeting 12:30 p.m.
Edithvale Community Centre

Due to the location there will not be a hike prior to the meeting.

At 12:30 pm, join us for our regular monthly meeting.

Our speakers will be announced later.

Edithvale Community Centre is at 131 Finch Ave West, (corner of Edithvale & Finch, south side of Finch, 3 blocks west of Yonge).

Tuesday February 6 Ski, Snowshoe or Hike Palgrave 10:00 a.m.

Description: Palgrave Forest and Wildlife Area, Off-track Ski, for about 4 hours.

If conditions are not good for skiing we will snowshoe or hike. Icers will be required if we hike. The trails we will following are mostly wide and fairly straight with some easy to moderate hills and not trackset. Dress warmly, bring lunch.

Refreshment stop afterwards at the cafe in Palgrave.

Directions: Meet at 10:00 am at the signed parking area on the west side of Highway 50 about 1 km north of Palgrave (just north of the small pond on the east side of Highway 50).

Thursday February 8 Textile Museum Tour 10:30 a.m.

Description: Visit to the Textile Museum and afterwards we will have lunch in a local restaurant.

Directions: 55 Center Street (near Dundas and University)

Tuesday February 13 Hike Crawford Lake C.A. 10:00 a.m.

Description: Depending on the weather, we shall snowshoe or hike. Bring the necessary gear, water and lunch. Senior admission fee is \$5.75

Directions: From Hwy 401 take exit 312 south on Guelph Line, through Campbellville until you see Conservation Rd. Turn left and park in the lot to the left of the fee booth.

Thursday February 15 Hike & Lunch Rouge Valley 10:30 a.m.

Description: A 7 km loop hike with a section on frozen Little Rouge River, followed by hot coffee social at nearby Tim Hortons OR Dim Sum lunch.

Please wear gaiters and ice footwear.

Directions: Take 401 exit 389 to Meadowvale Rd. north, stay in rightmost lane, pass Sheppard Ave, follow Rouge River Conservation Centre signs and turn right to the parking area.

Tuesday February 20 Indoor Rock Climbing 10:00 a.m.

Description: Join us for instruction and climbing at the Toronto Climbing Academy in East York on an indoor climbing wall. No prior knowledge, experience, skill or strength required. This is for complete beginners but members with some experience are also welcome. Wear running shoes and comfortable clothes.

We will be in small groups of 5 and will have 2 hours with qualified instructors.

Bring a lunch to eat together there afterwards

Directions: Toronto Climbing Academy. 11 Curity Ave, near St Clair and O'Connor in East York.

Take Don Valley south to Don Mills Road south. Turn left (east) on O'Connor. then left on Curity. TTC buses run from Coxwell (#70) or Woodbine Station (#91).

Meet there shortly before 10:00. Cost is \$33 per person

Thursday February 22 Skating Scarborough Village 10:00 a.m.

Description: Scarborough Village is a City Parks and Recreation Centre which offers free skating to seniors four days a week (M/W/T/F) from 10:00 am. to 12:00. Ice is cleared at 11:00 am. at which time skaters take a break and have coffee or can lunch at Tim Hortons across the street. Come and join the fun and get some exercise for the scheduled 2 hours, or drop in for a shorter skate.

Directions: From 401, exit south on Markham Rd., continue south to Kingston Rd. (2.5km south) to Scarborough Village on the northeast corner of Markham Rd. & Kingston Rd. Parking is at back of the building and change rooms are in the arena.

From Gardner Expressway: exit at the end of the Express Way (Lakeshore Blvd.) continue east to Woodbine Ave., go north on Woodbine to Kingston Rd. Turn right at Kingston Rd. (east) and continue to Markham Rd., turn left at Markham Rd. Scarborough Village is on the right, (north/east/corner) Parking is behind the centre.

Tuesday February 27 Hike Long Sault C.A. 10:00 a.m.

Description: Long Sault Conservation Area. We will hike or snowshoe approximately 12 kms. Please bring a lunch.

Directions: 401 East to Waverley Road, north on Waverley to where the road splits, then take Regional Road 57. Turn right at Regional Road 20 (a short distance past the tree farm). Turn left on Woodley Road (sign indicates No Exit).

Thursday March 1 General Meeting 12:30 p.m.

Edithvale Community Centre

Due to the location there will not be a hike prior to the meeting.

At 12:30 pm, join us for our regular monthly meeting.

Our speakers will be announced later.

Edithvale Community Centre is at 131 Finch Ave West, (corner of Edithvale & Finch, south side of Finch, 3 blocks west of Yonge).

Tuesday, March 6 Ski or snowshoe Greenwood C.A. 10:30 a.m.

Description: Greenwood Conservation Area. About 4 hours. If conditions are not good for skiing we will snowshoe or hike. Icers will be required if we hike. The trails we will following are mostly wide and fairly straight with some easy to moderate hills and not trackset.

Dress warmly, bring lunch.

Rating : moderate, a few hills

Directions: East on 401 to Brock Rd. N. Continue north of Taunton Rd. to the 5th concession. Turn right (east) on the 5th Concession and continue to parking lot on the left. Bring a lunch.

Thursday March 8 Hike Darlington Provincial Park 10:00 a.m.

Description and Directions to be given later on an e-blast.

Tuesday, March 13 Exploring Art on the Subway 10:00 a.m.

Description: You will need two tickets or use Pesto. Bring or buy your lunch.

Meet west of the Clock in the Great Hall of Union Station.

Thursday March 15 Hike & Lunch High Park 10:30 a.m.

Description: A short hike from High Park to Sheldon Point and return through the mini zoo.

It will be followed by lunch social at Grenadier Restaurant. Please wear gaiters and ice footwear.

Directions: Take entrance to High Park on the south side of Bloor St. opposite to High Park Ave, bear right onto West Rd., proceed to Grenadier Restaurant and meet inside.

Tuesday March 20 Ski/Snowshoe Albion Hills C. A. 10:30 a.m.

Description: Albion Hills is an attractive ski area quite close to Toronto. It has 26 Km of groomed trails and a heated chalet where we can have lunch and apres ski. They also have equipment rentals and snow shoe trails if you prefer. If ski conditions are poor they may not open so be sure to check beforehand. Alternatively, we will hike in the area.

Directions: Take 400 N to exit 43, King Rd/York Regional Rd 11 to Bolton. Go 10 km north on Hwy 50 to Albion Hills.

Register by Monday evening

Thursday March 22 Skating Scarborough Village 10:00 a.m.

Description: Scarborough Village is a City Parks and Recreation Centre which offers free skating to seniors four days a week (M/W/T/F) from 10:00am. to 12:00. Ice is cleared at 11:00am. at which time skaters take a break and have coffee or can lunch at Tim Horton's across the street. Come and join the fun and get some exercise for the schedule 2 hours or drop in for a shorter skate.

Directions: From 401, exit south on Markham Rd., continue south to Kingston Rd. (2.5km south) to Scarborough Village on the north/east corner of Markham Rd. & Kingston Rd. Parking is at back of the building and change rooms are in the arena.

From Gardner Expressway: exit at the end of the Express Way (Lakeshore Blvd), continue east to Woodbine Ave, go north on Woodbine to Kingston Rd. Turn right at Kingston Rd (east) and continue to Markham Rd, turn left at Markham Rd. Scarborough Village is on the right, (northeast corner) Parking is behind the centre.

Tuesday March 27 Snowshoe/XC-Ski/Hike Eldred King 10:30 a.m.

Description: York Regional Forest, Eldred King tract off Hwy 48. We will ski, snowshoe or hike depending on the conditions on the day. We will dine out for lunch.

Directions: Hwy 48 north of Ballantine, 0.4 km after you pass St. John's Sideroad going off on the right, slow down and watch for the sign on your left, it is a long dirt road into the parking area. If you get to Cherry street you have gone too far, turn around, drive south now the sign is on your right.

Thursday March 29 Skating Scarborough Village 10:00 a.m.

Description: Scarborough Village is a City Parks and Recreation Centre which offers free skating to seniors four days a week (M/W/T/F) from 10:00am. to 12:00. Ice is cleared at 11:00am. at which time skaters take a break and have coffee or can lunch at Tim Hortons across the street. Come and join the fun and get some exercise for the scheduled 2 hours, or drop in for a shorter skate.

Directions: From 401, exit south on Markham Rd., continue south to Kingston Rd. (2.5km south) to Scarborough Village on the north/east corner of Markham Rd. & Kingston Rd. Parking is at back of the building and change rooms are in the arena.

From Gardner Expressway: take the Lakeshore exit, continue east to Woodbine Ave., go north on Woodbine to Kingston Rd. Turn right at Kingston Rd. (east) and continue to Markham Rd., turn left at Markham Rd. Scarborough Village is on the right, (north/east/corner) Parking is behind the centre.

Tuesday April 3 Hike Rouge Park North 10:00 a.m.

Description: Rouge Park – North Tract. The hike consists of some woodlands , meadow, and open areas. Bring a lunch.

Rating: moderate, distance dependant on weather

Directions: East on the 401 to Meadowvale. Continue north on Meadowvale to about 1km north of Sheppard Ave E. Take the ramp up to the Toronto Zoo and turn right at the top of the ramp. We will meet at The Conservation Centre (Pearse House) parking lot.

Thursday April 6 OPEN HOUSE 12:30 p.m.
EDITHVALE COMMUNITY CENTRE

The Open House is a great opportunity to introduce your friends and family to our Club and what it has to offer. The upcoming events in our Spring-Summer Program will be highlighted in a slide/photo presentation. The Mix N' Mingle social time follows while you enjoy tea, coffee and an array of goodies, and a photo show of fun times at Club events.

Our speaker will be Dr Martyn Obbard, Emeritus Research Scientist, Ontario Ministry of Natural Resources and Forestry and Adjunct Professor at Trent University, who will give us some insights into "Understanding Black Bear Behaviour".

(See page 6 or the web site for directions to Edithvale)

Medical Information Form

Instructions: Carry this form in a Ziploc-type bag in an outside pocket of your day pack.

Let others know where it is.

Name

Address

Phone Home ()

Birth Date (dd/mm/yyyy)

Height

Health Information

Wear contact lens? Yes No Dentures? Yes No

Food allergies:

Drug Allergies:

Health Conditions (high blood pressure,

diabetes, heart disease, asthma, cancer,

Medications (purpose, dosages)

Date of last: tetanus booster

Physician name

Phone ()

Address

Emergency contact name

Relationship:

Phone ()