

Date of Printing ~ January 7, 2019



Winter Calendar
January 2019 ~ March 2019

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Message from the Program Chair

Thank You Event Coordinators

We extend a sincere thank you to all those members who willingly share their time and experience [and initiative] to coordinate our many interesting events during this winter season. One of the great joys of belonging to SFNOC is the social connection with other members who generally strive to remain active and who are curious to learn about the interesting areas around the GTA [and also some activities further afield]. This club provides amazing opportunities to learn and to participate in the comfort of friendship. Make sure you participate. Then prepare to coordinate an outing. You'll enjoy the sense of achievement and of 'giving back'.

We have a rich Winter calendar thanks to those of you who committed to organize outings. Thank you.

Website

www.seniorsfornatureoutdoorclub.ca

This hard copy calendar is up-to-date at the date of printing. Inevitably there will be changes and these will be posted on the website. We will also send out e-blasts to advise members of any changes. The website will have the most current information. Other useful information on the website, under the "Members" tab includes:

- ✓ membership application forms
- ✓ members contact info (name, phone number, email address)
- ✓ waiver forms
- ✓ guidelines for event organizers
- ✓ minutes of meetings

Event Organizers

If you have never organized an outing, but think you may want to try your hand at it, please do not hesitate to speak with the organizer of the next outing you join. They can discuss their experiences and explain what is involved.

Also, feel free to call Gerry McMunn, the Program Chair, and he'll explain what's involved and can provide support and guidance. Remember, you can organize virtually any type of outing. We have luncheons; we have training sessions; we have contemplative events; along with the standard physical activities of skiing, snowshoeing, hiking, canoeing, cycling, etc.

Carpool Whenever Possible

When you contact your event coordinator to register your intent to participate, let them know if you need a ride, or if you can offer a ride. We need to constantly work at increasing carpooling.

Important Information for All Members

General Meetings

The first Tuesday of each month October through May

Meetings commence at 12:30 PM in the main auditorium of the Earl Bales Community Centre located at **4169 Bathurst Street North, in North York.**

- Tuesday, January 8, 2019
- Tuesday, February 5, 2019
- Tuesday, March 5, 2019
- Tuesday, April 2, 2019
- Tuesday, May 7, 2019

There is a business portion to the meeting followed by a social period. After the social period, we have a guest speaker.

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.

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.

Withdrawal from an Event

If you have registered for an outing and need to withdraw, 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.

MEDICAL FORM

Please remember to bring your completed medical form (available for download from the website) 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.

Event Listings in Chronological Order

Multi-day Events

<u>Day</u>	<u>Date</u>	<u>Activity</u>	<u>Location</u>	<u>Coordinator</u>
Tues ~ Wed	January 22 ~ 24	Ski/Snowshoe	Arrowhead P.P.	Curwen
Mon ~ Fri	February 18 ~ 22	Ski/Snowshoe	Bondi Village	Urquhart

Multi-day Events

<u>Day</u>	<u>Date</u>	<u>Activity</u>	<u>Location</u>	<u>Coordinator</u>
Tuesday	January 8	General Meeting	Earl Bales	McCombe
Wednesday	January 9	Skating	Samuel Smith	Curwen
Thursday	January 10	Capricorn Lunch	Markham	Schmidt
Tuesday	January 15	Ski	Ganaraska Forest	Curwen
Thursday	January 17	Contemplative	Native Cdn Ctr	Carr-Locke
Tuesday	January 22	Ski	Albion Hills	McCombe
Tuesday	January 29	Hike	Boyd Conservatn	Haessler
Thursday	January 31	Ski/Hike	Palgrave	Kamnitzer
Tuesday	February 5	Genera Meeting	Earl Bales	McCombe
Thursday	February 7	Contemplative	Mississauga	Carr-Locke
Tuesday	February 12	Hike/snowshoe	Milton	Young
Thursday	February 14	Contemplative	TBD	Wilson
Thursday	February 21	Snowshoe/Hike	Seaton Trail	McCombe
Tuesday	February 26	Hike/Snowshoe	Milton	Young
Thursday	February 28	Hike/Snowshoe	Glen Major	Shinkoda
Tuesday	March 5	General Meeting	Earl Bales	McCombe
Tuesday	March 12	Hike	Rouge Park	Durst
Tuesday	March 19	Hike/Ski/Snowshoe	Ballantrae	Wilson
Tuesday	March 26	Hike	Cheltenham	Haessler
Thursday	March 28	Cityscape	Toronto	Young
Friday	March 29	Afternoon Tea	Queen's Park	Carr-Locke
Tuesday	April 2	General Meeting	Earl Bales	McCombe

Multi-day Event Details

Ski Arrowhead P.P. ~ multi-day

Start Tuesday, January 22, 2019
12:00 PM

End Thursday, January 24, 2019
3:00 PM

Location Northeast of Huntsville

Rating: Intermediate

Description: Enjoy three days of winter fun skiing at Arrowhead Provincial Park with 33 km of cross-country trails and a 1.5 km ice-skating trail through the forest. We will stay two nights in a rustic one-room cabin which is a short walk from the parking lot [with our gear on a sled]. Washrooms are at the comfort station. We can ski the trails and explore the park right from our front door.

NOTE: Due to cabin arrangements, this event is **limited to five intermediate skiers**.

Multi Day Trip - Bondi Village

Start Monday, February 18, 2019

End Friday, February 22, 2019

Location Haliburton, Bondi Village Resort

The popular winter resort gathering is coming. Cross country skiing, hiking, photography, jigsaw puzzles, card games. SFNOC has booked Bondi Village Resort near Hwy 35 and 60 in hopefully good snow time.

Single Day Event Details

Monthly General Meeting

When Tuesday, January 08, 2019
12:30 PM - 3:30 PM
Location Earle Bales Community Centre

At long last, we are returning to the newly renovated Earl Bales Community Centre. For members who are not familiar with our old haunt, Earl Bales Community Centre is located at **4169 Bathurst Street, North**, in North York. This is just south of Sheppard Avenue on the east side of Bathurst. The community centre is on the north side of the park. Just bear left when you enter the grounds. There are several parking areas.

For those looking for a good hike on this day, plan to meet at the community centre at 10:30 AM. There is always someone looking for company to walk around the wonderful grounds at Earl Bales park.

In the interest of conservation, please bring your own mug for coffee/tea.

The business meeting will start at 12:30 PM, after which we will have time for socializing, then we will enjoy a presentation by Ryan Kasperowitsch who will describe findings in his PhD work studying the impact of watercolour painting on experience and learning in outdoor adventure environments.

Skating Col. Samuel Smith Park

When Wednesday, January 09, 2019
10:30 AM - 2:00 PM
Location Kipling south of Lakeshore Blvd

Rating: Requires moderate balance and motor skills; some skating experience might be helpful.

Description: This is a fun figure-eight outdoor skating trail. Heated change rooms and washrooms are available in the art-deco Power House. After skating we will have our lunch in the Power House. Depending on weather conditions, we could skate instead at the Bentway under the Gardiner Expressway near Fort York (to be decided closer to the date).

Directions: From Lakeshore Blvd. turn south at Kipling Ave, which becomes Colonel Samuel Smith Drive south of Lakeshore. Humber College is on the south/east corner. Follow the road around, pass the High school and Community Centre on the left, continue to the parking area on the left ~ parking is free.

Capricorn Luncheon

When Thursday, January 10, 2019
11:30 AM - 2:30 PM
Location Markham ~ Woodbine & Steeles

Time: Meet at 11:30 AM inside Frankie Tomatto's restaurant

Description: Come and celebrate our 14th annual Club Capricorn Caper. Good food, good company all for \$15.99 per person

Ski Ganaraska Forest

When Tuesday, January 15, 2019
10:30 AM - 2:00 PM

Location North of Newcastle; west of Rice Lake

Rating: Moderate terrain; variable.

Description: 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.

Cost is \$15.00 per person. Bring your lunch.

Native Canadian Centre of Toronto

When Thursday, January 17, 2019
10:00 AM - 2:30 PM

Location 16 Spadina Road [north of the Spadina subway stop]

Rating: Moderate; indoor experience with some walking on city streets

Location: 16 Spadina Road ~ just north of the Spadina subway station and also just north of the Spadina & Bloor intersection. Located on west side of Spadina [south of Lowther Avenue].

Time: Meet at 10:00 AM inside the entrance doors.

Description: This is an indoor cultural tour led by an educational facilitator.

<https://www.facebook.com/nativecentre>

Come and explore the rich history of The Native Canadian Center of Toronto and learn about their various programmes and community supports. Also included in this one hour tour is an Anishinaabe cultural component with "smudging".

There is an entrance fee dependent upon our number; expect \$18, or less. Following the tour, we can browse in the Cedar Basket Gift Shop.

We can lunch in the area and perhaps enjoy a walk [weather permitting]

Ski/Snowshoe Albion Hills

When Tuesday, January 22, 2019
10:30 AM

Location Albion Hills Conservation Area

Meet at 10:30 AM

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.**

Bring a lunch.

Cost: Trail fee \$12.39 (senior rate)

Boyd Conservation Area Hike

When Tuesday, January 29, 2019
10:30 AM - 2:00 PM
Location Boyd Conservation Area ~ Vaughan

Rating: Moderate terrain; variable. 9 km.

Description: Located within the headwaters of the Don and Humber Rivers, Boyd Conservation Area gives a unique opportunity to enjoy "nature" in the city. The steep-sided Humber River Valley and tall trees reveal the quiet, but dramatic topography of the upper Humber Valley. It is wild, wooded and peaceful in winter.

Weather conditions may change this to a gentle ski

Bring your lunch.

Monthly General Meeting

When Tuesday, February 05, 2019
12:30 PM - 3:30 PM
Location Earl Bales Community Centre ~ 4169
Bathurst St. North

Earl Bales Community Centre is located at **4169 Bathurst Street, North**, in North York. This is just south of Sheppard Avenue on the east side of Bathurst. The community centre is on the north side of the park. Just bear left when you enter the grounds. There are several parking areas.

For those looking for a good hike on this day, plan to meet at the community centre at 10:30 AM. There is always someone looking for company to walk around the wonderful grounds at Earl Bales park. Remember to bring your ice-grippers and walking poles.

In the interest of conservation, please bring your own mug for coffee/tea.

The business meeting will start at 12:30 PM, after which we will have time for socializing, then we will enjoy a presentation by Charlene Day ~ a nutritionist. She will discuss holistic health.

Visual Arts Mississauga at Riverwood

When Thursday, February 07, 2019
10:00 AM - 2:30 PM
Location Mississauga [Burnamthorpe &
Mississauga Road]

Rating: Easy ~ classroom setting; optional walk on the grounds after lunch

Time: Meet at 10:00 AM. Follow the path from the parking lot and we'll meet inside the main entrance.

Description: Learn how to paint with acrylic in a 2-hour workshop. A teacher will guide us step-by-step and we'll come home with a completed project [... a masterpiece!].

There is a fee of \$10 to cover the cost of materials. All necessary materials are provided.

Wear old clothes. Bring a lunch to eat in the studio. After lunch, weather permitting, we may walk on the property, or down by the Credit River.

<https://www.visualartsmississauga.com/about-us/who-we-are/>

Hike [or snowshoe] Crawford Lake

When Tuesday, February 12, 2019
10:00 AM - 3:00 PM

Location Milton

Rating: Moderate terrain; variable.

Description: Crawford Lake Conservation Area offers unique and diverse cultural and outdoor learning opportunities. The conservation area incorporates an Iroquoian village [where you can learn about local First Nations history] in addition to a wide variety of hiking trails.

Dress appropriately for the weather; bring your lunch and water; suitable footwear [ice grippers if icy].

There is a general admission fee of \$6.75 per person. This fee provides access to the trails and all historic facilities on the property.

<https://www.conservationhalton.ca/park-details?park=crawford-lake>

Comtemplative ~ TBD

When Thursday, February 14, 2019
10:00 AM - 2:30 PM

Location Toronto

Details to follow...

Snowshoe Hike - Seaton Trail

When Thursday, February 21, 2019
10:30 AM

Location Green River to Whitevale

Meet at 10:30 AM in the Seaton Trail parking lot in Green River

Description: A short hike for about 7 km from Hwy 7 Green River to Whitevale and return. We will go for lunch at a local cafe for those who wish.

Bring snowshoes and icers.

Hike [or snowshoe] Hilton Falls

When Tuesday, February 26, 2019
10:00 AM - 3:00 PM

Location Kelso ~ Milton

Rating: Moderate terrain; variable. Weather conditions will determine if we hike or snowshoe. There are also ski trails if snow conditions permit.

Description: Explore the trails in Hilton Falls and you'll come across stunning water features like the falls, the rivers, and the reservoir. You'll also find history here when you see the old Mill Ruins. Hilton Falls is an outdoors experience offering a variety of trails and it is conveniently located near the 401.

There is a general admission fee of \$6.00 per person

Bring your lunch & water; good footwear [ice grippers if icy]; dress for the weather.

Snowshoe/Hike Glen Major Forest

When Thursday, February 28, 2019
10:00 AM - 2:30 PM

Location Uxbridge ~ Glen Major Forest

Rating: Moderate terrain. 10 km.

Description: Rolling hills, mixed forests, for a comfortable outing. The property complex was previously used for agriculture and contains a variety of habitat including forests, meadows, and wetlands. Old farm roads and farm building foundations are still evident. Glen Major Forest provides habitat for a recovering Fisher population.

<http://discoveruxbridge.ca/trails/walker-woods-and-glen-major-forest/>

Bring your lunch.

Monthly General Meeting

When Tuesday, March 05, 2019
12:30 PM - 3:30 PM

Location Earl Bales Community Centre ~ 4169
Bathurst St. North

Earl Bales Community Centre is located at **4169 Bathurst Street, North**, in North York. This is just south of Sheppard Avenue on the east side of Bathurst. The community centre is on the north side of the park. Just bear left when you enter the grounds. There are several parking areas.

For those looking for a good hike on this day, plan to meet at the community centre at 10:30 AM. There is always someone looking for company to walk around the wonderful grounds at Earl Bales park. Remember your ice-grippers and walking poles.

In the interest of conservation, please bring your own mug for coffee/tea.

The business meeting will start at 12:30 PM, after which we will have time for socializing, then we will enjoy a presentation by TBA

Hike Rouge National Urban Park

When Tuesday, March 12, 2019
10:00 AM - 2:30 PM

Location Rouge National Urban Park ~ Toronto
East

Rating: Moderate ~ approximately 5 km. There are some fairly steep but short inclines and the condition of the trails are weather dependent. We have lots of time for a short hike, so pace is not a problem.

Time: We'll depart at 10:00 AM from the Twyn Rivers Road parking lot

Description: This 79 square kilometer National Urban park contains 10,000 years of human history and 1500 species of plant and animals!

Water, a snack, camera, and binoculars may enhance the hiking experience. Watch the weather forecast as appropriate footwear and layered clothing is advised ~ ice grippers and poles if icy conditions are forecast.

Following the walk we can retire to a local pub for some warmth and sustenance.

Snowshoe/XC-Ski/Hike Eldred King

When Tuesday, March 19, 2019
10:30 AM - 2:30 PM
Location Eldred King Woodlands ~ Ballantrae

Rating: Moderate ~ 10km trails

Time: We depart at 10:30 AM from the parking area

Description: Situated in the Oak Ridge Moraine, Eldred King Woodlands provides an interesting diversity of trees and wildlife. The area consists of rolling hills interspersed with hollows and kettles. We will ski, snowshoe, or hike, depending on the weather on the day.

Plan to dine out for lunch.

Hike Cheltenham Badlands & Sip at the Spirit Tree Cidery

When Tuesday, March 26, 2019
10:00 AM - 2:30 PM
Location Inglewood ~ Caledon ~ Belfountain

Rating: Moderate; trails & boardwalks; 2 ~ 3 hours

Cost: \$10 per vehicle for parking. Donations to the Ontario Heritage Trust are accepted.

Description: Cheltenham Badlands is a unique and spectacular natural landscape feature at risk of damage from intense public use. It has just reopened to the public following a three year project [2015-18] to improve access to the site, upgrade the trails, enhance public safety and introduce new trail wayfinding and onsite/virtual interpretive features. The Cheltenham Badlands is one of Ontario's geological treasures, first formed at the base of an ancient sea over 400 million years ago. The site is a provincially significant "Area of Natural and Scientific Interest" and is one of the most recognizable and visited natural heritage landmarks in southern Ontario.

NOTE: There is a NO DOGS policy in effect for this conservation area.

Following our hike, we will drive a short distance to the Spiritree Cidery for lunch.

Bring camera; binoculars; good footwear; and \$10 for pay parking.

<https://www.heritagetrust.on.ca/en/pages/sites/natural-environment/the-cheltenham-badlands/background>

Hike Toronto Cityscape

When Thursday, March 28, 2019
10:00 AM - 3:00 PM
Location Downtown Toronto near Union Station

Rating: Moderate walking on city streets.

Description: We will be looking at art in public spaces around the area of Union Station.

Bring water and dress appropriate to the weather. You may bring your lunch, or purchase lunch in any of many diners in the area.

Afternoon Tea at Queen's Park

When Friday, March 29, 2019
1:30 PM - 4:30 PM

Location Queen's Park ~ main entrance

Rating: Easy

Time: Meet at 1:30 PM ~ Prompt!

Location: Main entrance to the Parliament Buildings in Queen's Park [south end]. We must pass through security clearance, as a group, prior to entry. **Be sure to bring photo ID [driver's licence; passport; etc.].**

Description: Enjoy a delightful afternoon as you visit Ontario's Parliament buildings - experience a live theatrical performance, or a historical vignette of some of the province's most celebrated figures. Discover Ontario's parliamentary history and heritage as you take a 45 minute guided tour followed by a traditional English style afternoon tea in the historic building. Get ready to escape into our province's history and enjoy delicious refreshments.

There is a \$30 charge for the tour and tea service.

Monthly General Meeting

When Tuesday, April 02, 2019
12:30 PM - 3:30 PM

Location Earl Bales Community Centre ~ 4169
Bathurst St. North

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In the interest of conservation, please bring your own mug for coffee/tea.

The business meeting will start at 12:30 PM, after which we will have time for socializing, then we will enjoy a presentation by TBA