

MEMBERSHIP INFO & CORE VALUES



HORTON STREET 50+ CENTRE (HS 50+)

BE STRONG • BE ACTIVE • BE EMPOWERED

The Horton Street 50+ Centre (HS 50+) is a recreational and wellness centre for adults age **50 years and older**, and is located at BGC London. We offer annual memberships, specialty programs, and other services that can be purchased online at bgclondon.ca or in-person at our registration booth.

For less than \$1.00 per day, as a member, you have access to a large variety of fitness and aquatics classes, recreational programs and activities including lane swimming, our fully accessible fitness room, various social and creative programs, transportation services, specialty programs and events, educational opportunities, and our Café.

Funders: This project is funded in part by the Government of Canada.



HS 50+ CENTRE- HOURS OF OPERATION

- The Centre will be open 7:30 a.m. to 2:30 p.m., Monday - Friday
- The doors will open at 7:15 a.m. for members to access the change rooms. The Fitness Room and Aquaplex Pool open at 7:30 a.m. The Wellness Pool opens at 8:00 a.m.
- Registration Booth Hours: 8:00 a.m. - 3:00 p.m.

HS 50+ FITNESS ROOM INFORMATION

- Fitness Room hours: 7:30 a.m. - 2:00 p.m., Monday - Friday
- The Fitness Room is available to **Horton Street 50+ MEMBERS only**.
- An orientation must be completed under the direction of the Health and Fitness Coordinator before members can access the Fitness Room.

HS 50+ MODIFIED SCHEDULE INFORMATION

- The HS 50+ Centre will be on a modified schedule for all P.A. Days, Stat. Holidays, Christmas Break, March Break & Summer Break.
- During these times the Fitness Room & Pool(s) will be open. Please see page 13 for the modified schedule. The Summer Schedule will be distributed in June, 2024.

WE TREAT EVERYONE WITH RESPECT AND DIGNITY

The Horton Street 50+ Centre is committed to providing a safe environment for our members, volunteers and staff. We treat everyone with care, dignity and respect and we will not tolerate aggressive or abusive behaviour of any kind.





MEMBERSHIP INFORMATION & FEES

Horton Street 50+ Centre (HS 50+)

Be Strong • Be Active • Be Empowered

Age Criteria: 50 years of age and older

Effective Date: Friday, September 1st, 2023



HS 50+ MEMBERSHIP INFO

• Important Information:

- The Horton Street 50+ Centre does not provide a discount for family members.
- Proof of income is required for the lowest subsidized rate and this membership has to be paid in person at the registration booth(s) where proof of income is shown. The Notice of Assessment (Proof of Income) will not be kept on file.
- Payment options for membership fees can be arranged at the registration booth.
- The new rate will begin upon purchase or renewal of your membership.

• MEMBERSHIP PRICES (per person, based on household income per year)

- \$115. Less than \$40,000 (***proof of income is required to be shown in-person for this rate only***)
- \$150. Less than \$40,001 to \$50,000
- \$200. Less than \$50,001 to \$60,000
- \$250. \$60,001 and over

- **Please Note:** Members can request a refund two weeks after purchase. The refund will be pro-rated: 11 months of their memberships minus a \$15 administration fee.





HS 50+ FEES, INFO & CORE VALUES

ADDITIONAL FEES

- **PARKING FEES:** \$40/calendar year (January to December) or \$4/month. Please display pass.
- **AQUATICS CLASS DROP-IN FEES:** \$5 Member drop-in fee and \$7 Visitor drop-in fee for aquatics programs (Aquafit and Gentlefit).
- **PROGRAM DROP-IN** (Yoga, Zumba, etc): \$5 Member drop-in fee per class, and Visitor must pay a visitor fee (\$7) and the program drop-in fee (\$7).
- **VISITOR FEES:** \$7/day, which includes a variety of programs (Fitness Room not included), there are additional fees for specialty classes. All visitors **MUST** complete the "Visitor Package" before participating. Visitors pass is valid for the entire day of purchase.
- **REFUNDS:** Refunds are within the first 14 days of a membership or program purchase. All refunds must be approved by the Program Manager and there will be a \$15 administration fee on all refunds.

HS 50+ CENTRE - CORE VALUES

- We welcome all seniors in a safe, accepting environment based on diversity, belonging, and positive relationships.
- We agree that all seniors should be valued, treated fairly, and are encouraged to embrace a positive view of aging.
- We work together with seniors, volunteers, partners, our community, and the government to promote a positive mindset around active aging.
- Older adults have the right to make choices.
- We advocate on behalf of our members to age with dignity, by being an organization that fosters learning, wellness, physical activity and social connections.
- Our Centre maintains a good reputation and is a well-respected community agency. Our programs play a vital role in contributing to the overall well-being of seniors citizens.

PROGRAM FEES

- The following programs offered at the HS 50+ Centre require a program fee and each program will vary in cost. These programs run in sessions: Fall, Winter, and Spring Sessions.
- If a program is offered outside of the session date, it will be a drop-in program.
- Program drop-in fees: \$5 per program (for Members) and \$7 (Visitors).
- Aquatics drop-in fee: \$5 for members and \$7 for visitors.
- Programs that require a fee (\$): Yoga, Zumba, Aqua-Fit, Gentle Fit and Line Dancing.

HS 50+ PROGRAM SCHEDULE



MONDAY

LINE DANCING (\$)

9:30 a.m.-10:30 a.m. *Gym*

WOODCARVING

9:30 a.m.-11:30 a.m. *Craft Room*

CRIBBAGE

9:30 a.m.-12:00 p.m. *Music Room*

HS 50+ TOURS

10:00 a.m. **SHARP**. Every Monday.
Meet in the Aquaplex lobby.

GET FIT

10:45 a.m.-11:30 a.m. *Gym*

GENTLE SEATED

EXERCISE

11:45 a.m.-12:15 p.m.
Freemasons Room

BRIDGE & "Learn to Play" BRIDGE

12:30 p.m.-2:00 p.m. *Music Room*

PICKLEBALL (Drop-In)

11:30 a.m.-2:30 p.m. *Gym*

TUESDAY

BADMINTON

9:00 a.m.-10:30 a.m. *Gym*

TAI CHI

10:00 a.m.-10:45 a.m. *Freemasons Room*

CRAFTS, CHATS, AND MORE

10:00 a.m. - 1:30 p.m. *Craft Room*

SUPERFIT FOR THE ACTIVE AGER

11:00 a.m.-12:00 p.m. *Gym*

BID EUCHRE

12:30 p.m.-2:30 p.m. *Music Room*
Freemasons Room

ACCESSIBLE YOGA (\$)

12:30 p.m.- 1:30 p.m. *Freemasons Room*

PICKLEBALL (Drop-In)

12:00 p.m.-2:30 p.m. *Gym*

WEDNESDAY

CARPETBALL

9:45 a.m. -11:00 a.m. *Gym*

YOUNG @ HEART SINGERS

10:00 a.m. - 12:00 p.m. *Music Room*

SIMPLY STRETCH

10:45 a.m. - 11:15 a.m. *Freemasons Room*

FLOOR CURLING

11:00 a.m.-12:00 p.m. *Gym*

GENTLE SEATED EXERCISE

11:30 a.m.-12:00 p.m.
Freemasons Room

SOCIAL PROGRAM

12:30 p.m. -1:45 p.m.

The first and third Wednesdays of the month will be BINGO. Freemasons Room

OPEN GYM (any recreational activity)

12:00 p.m.-2:00 p.m. *Gym*

THURSDAY

TAI CHI - Beginner

9:00 a.m. - 10 a.m. *Freemason Room*

GET FIT

10:00 a.m.-10:45 a.m. *Gym*

PICKLEBALL (Members only)

Beginners Pickleball

11:00 a.m.-12:00 p.m. *Gym*

PICKLEBALL (Members only)

12:00 p.m.-2:30 p.m. *Gym*

TAI CHI

10:00 a.m.-10:45 a.m. *Freemasons Room*

JOYFUL RENDITIONS

9:30a.m.-10:30 a.m. *Music Room*

GENTLE SEATED EXERCISE

11:30 a.m.-12 p.m. *Freemasons Room*

PROGRESSIVE EUCHRE

12:00 p.m.-2:00 p.m. *Music Room*

FRIDAY

PICKLEBALL (Drop-In)

8:00 a.m.-12:00 p.m. *Gym*

IMPORTANT INFORMATION

OPEN WALKING

- Monday to Friday 7:30-8:30 a.m.
All members are welcome to walk in the gym anytime there is not a programs running.
Walking is self - lead.

HOLIDAYS, PA DAYS, MARCH BREAK, CHRISTMAS/HOLIDAY BREAK, & SUMMER BREAK.

- Only the Fitness Room & Pool(s) will be open on a modified schedule.

DROP-IN PROGRAMS

- Open to the 50+ Community.
- Fitness Room not included as it is for Members only.

HS 50+ AQUATICS/POOL SCHEDULES



MONDAY

AQUAPLEX POOL

RECREATIONAL/LANE SWIM

7:30 a.m.- 9:45 a.m.

AQUA-FIT (\$)

9:45 a.m.-10:30 a.m. **Session fee or drop-in fee required**

RECREATIONAL/LANE SWIM

10:30 a.m.-12:45 p.m.

WELLNESS POOL

RECREATIONAL SWIM

8:00 a.m.-10:30 a.m.

GENTLE FIT (\$)

10:30 a.m.-11:00 a.m. **Session fee or drop-in fee required**

RECREATIONAL SWIM

11:00 a.m.-12:00 p.m.

TUESDAY

AQUAPLEX POOL

RECREATIONAL/LANE SWIM

7:30 a.m.- 9:45 a.m.

AQUA-FIT (\$)

9:45 a.m.-10:30 a.m. **Session fee or drop-in fee required**

RECREATIONAL/LANE SWIM

10:30 a.m.-12:45 p.m.

WELLNESS POOL

RECREATIONAL SWIM

8:00 a.m.-10:30 a.m.

GENTLE FIT (\$)

10:30 a.m.-11:00 a.m. **Session fee or drop-in fee required**

RECREATIONAL SWIM

11:00 a.m.-12:00 p.m.

WEDNESDAY

AQUAPLEX POOL

RECREATIONAL/LANE SWIM

7:30 a.m.- 9:45 a.m.

AQUA-FIT (\$)

9:45 a.m.-10:30 a.m. **Session fee or drop-in fee required**

RECREATIONAL/LANE SWIM

10:30 a.m.-12:45 p.m.

WELLNESS POOL

RECREATIONAL SWIM

8:00 a.m.-10:30 a.m.

GENTLE FIT(\$)

10:30 a.m.-11:00 a.m. **Session fee or drop-in fee required**

RECREATIONAL SWIM

11:00 a.m.-12:00 p.m.



THURSDAY

AQUAPLEX POOL

RECREATIONAL / LANE SWIM

7:30 a.m.- 9:45 a.m.

AQUA-FIT (\$)

9:45 a.m.-10:30 a.m. **Session fee or drop-in fee required**

RECREATIONAL/LANE SWIM

10:30 a.m.-12:45 p.m.

WELLNESS POOL

RECREATIONAL SWIM

8:00 a.m.-10:30 a.m.

GENTLE FIT (\$)

10:30 a.m.-11:00 a.m. **Session fee or drop-in fee required**

RECREATIONAL SWIM

11:00 a.m.-12:00 p.m.

FRIDAY

AQUAPLEX POOL

RECREATIONAL/LANE SWIM

7:30 a.m.-12:45 p.m.

No classes on Fridays!

WELLNESS POOL

RECREATIONAL SWIM

8:00 a.m.-12:00 p.m.

No classes on Fridays!

HS 50+ FITNESS & WELLNESS PROGRAMS



GET FIT

Get Fit is a 45 minute aerobic and strengthening group exercise class. The class consists of an aerobic portion, strength training, balance exercise followed with a cool down.



SUPERFIT FOR THE ACTIVE AGERS

This NEW, 1-hour high-intensity class is designed to challenge you through a total body workout. You'll sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work.



TAI CHI

Tai Chi is an ancient mixed martial art form now considered a form of meditation.

All the movements and sequences are performed slowly and softly with smooth transitions.

Tai Chi has many benefits, including improved balance, flexibility, and circulation.

The HS 50+ Centre offers beginner and intermediate classes.

ACCESSIBLE YOGA

Yoga is great for both your body and your mind. Yoga is a great way to gain strength, flexibility, and balance. Participants have the option to sit or stand.

Please bring your own mat
All levels welcome!

**Program fee (for Members):
\$60/session or \$5 drop-in fee*

Yoga is open to the 50+ community at the visitor rate.



GENTLE SEATED EXERCISE

Gentle Seated Exercise is a 30-minute, seated class meant for individuals who want a slower-paced and gentle exercise class. Focusing on complete functional movements, as well as core and muscle strengthening through the use of body weight and resistance bands.



HS 50+ FITNESS & WELLNESS PROGRAMS



PICKLEBALL

Pickleball is a paddleball sport that combines elements of tennis, badminton and table tennis.

Two or four players use solid paddles made of composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net.



HULA HOOP

Hula Hoop combines aerobics, stretching, pilates, yoga, and hooping into one powerful calorie-burning workout.



ZUMBA

Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.



This is sessional, based on instructor's availability!

BADMINTON

Badminton is a great exercise that will work out your body and your mind. Badminton is always looking for new players of any skill level. No equipment or experience is necessary. We'll show you the ropes (or nets, rather).



LINE DANCING

Line dancing is a fun cardiovascular exercise that combines working out and having a blast. Line Dancers at the HS 50+ Centre are a group that love to have new people come in and learn the routines!



FLOOR CURLING

Floor curling is a great game for those who no longer wish to curl on the ice. There is no sweeping and it is warm!

CARPETBALL

Carpetball is a fun way to exercise, bowl, and have fun with friends! HS 50+ carpet ballers are a very welcoming group who are looking for new people to join. All skill levels are welcome!

OPEN GYM

HS 50+ open gym time is an unstructured time for any activity. Members are encouraged to come and play their favourite game or activity. The only pre-requisite is to have fun! Open gym is based on a first come, first serve basis.

HS 50+ SOCIAL & CREATIVE PROGRAMS



SOCIAL PROGRAM

The social program was developed as a new social group to chat and play games. It is a program designed to challenge your mind through different games and activities, as well as meet new people. Bingo will be the first and third Wednesday of the month. Bingo is a classic game that is fun for all ages.



CRIBBAGE

Cribbage is a great card game, traditionally played with 2, 3 or 4 players. It involves playing and grouping cards in combinations that gain points. Cribbage is a great way to meet new people and have a laugh or two. If you do not know how to play, we will teach you!



PROGRESSIVE EUCHRE

Progressive Euchre is played with 4 people consisting of 2 teams. After every game, the losers at the first table go to the last table, and the winners at all the tables, except the first, move up to the next table events. Alternating partners, you have the opportunity to make new friends or reunite with old pals.

BID EUCHRE

Bid Euchre is also known as "Pepper" or "Bid Whist." It is a great game to meet new people, challenge yourself (and your partner) and have a great time. If you're not sure how to play, we will teach you.

**Program fee is \$2.00 per day and this is paid directly to the conveners for prizes.*



BRIDGE & LEARN TO PLAY BRIDGE

Bridge is a team trick-taking game played with a standard 52-playing card deck. The objective is to win as many games to 100 as possible. In Bridge, Aces are high and 2's low.

The rank of suits from highest to lowest is:

- No Trump
- Spades
- Hearts
- Diamonds
- and Clubs

We are welcoming all new players, lessons are available.

HS 50+ SOCIAL & CREATIVE PROGRAMS



CRAFTS, CHATS & MORE

This is a fun, social and craft focused program which may include knitting, drawing, sewing, colouring, and more. This is a self-led program where participants do their own projects with help from each other and some times a special instructor drops in to lead holiday craft. If you are looking for a crafty group, a place to laugh and have others help you with your project, this is the group for you. Some supplies are available.

YOUNG @ HEART SINGERS

Love to sing? Come join our choir!

We sing all the oldies and goodies and personal favourites. Pre-COVID, we sang at retirement homes for special events and gatherings. We are excited to see what this year will bring! No experience singing required. We believe we are all truly young at heart!



HS 50+ LENDING LIBRARY

The HS 50+ Centre Lending Library is now located on the 3rd floor. Members are welcome to drop books off or pick books up. If you wish to read at the Centre, there are a lot of quiet places located around the club. Any questions, ask staff!

WOODCARVING

Anyone interested in taking up woodcarving can check us out and let the chips fall where they may. Instruction and tools are available for newcomers, no experience required!

JOYFUL RENDITIONS

If you enjoy singing and having fun, Joyful Renditions is the program for you.

Also, singing is good for your health; it relieves stress, it is relaxing and it is fun.

Binders with song lyrics are provided.

Joyful Renditions is very welcoming and all members are encouraged to come and join.





HS 50+ FITNESS ROOM

HS 50+ FITNESS ROOM

Access to our modern and fully equipped Fitness Room is included in the HS 50+ membership. The HS 50+ Fitness Room is available for individuals of every ability and fitness level. Our Health and Fitness Coordinator / Certified Personal Trainer is always available to help answer your questions, update your current workout or show you the proper form. We also have trained volunteers in the Fitness Room to ensure safe use of the equipment.

Members **MUST** complete an orientation before gaining access to the Fitness Room. At the orientation, a personalized workout program will be designed to help you reach your fitness goals. Once you become a member, call 519-434-9115 ext 258 to schedule an orientation in the Fitness Room with our Health and Fitness Coordinator.

FITNESS ROOM HOURS

Fitness Room Hours: 7:30 a.m. to 2:00 p.m.

Modified Schedule Hours: 7:30 a.m. to 12:00 p.m.

In the HS 50+ Fitness Room, you'll find everything you need to build and maintain strength as you age. With a variety of cardio machines, free weights and universal strength machines, it's the place to go to stay active, strong and well.



Whether you've worked out in a gym your whole life or have never set foot in one... you are not alone. Our certified staff and trained volunteers will ensure you feel comfortable, confident and safe as you exercise. The HS 50+ Fitness Room is available only to members aged 50+ so you'll always be working out with peers.



HS 50+ AQUATICS

HS 50 + AQUATICS PROGRAMS

Dive into our Aquatic program, offering two incredible pools for our members; the **Aquaplex Pool** and the **Wellness Pool**.

Aquaplex Pool: A 25-meter pool with a walk-in ramp, perfect for recreational and lane swim, maintained at a comfortable 82°F.

Wellness Pool: Also known as the warm pool or therapy pool, it awaits you with a soothing temperature of 92°F, ideal for recreational swimming and aquatic therapy.

Join our Specialized Water-Based Fitness Classes:

Aqua-Fit (*Program Fee): Dynamic water aerobics focusing on strength and cardiovascular conditioning with varied movements and resistance.

Gentle Fit (*Program Fee): Low-impact water workout using basic step patterns for enhanced flexibility and range of motion.

SESSION DATES & PRICES - AQUAFIT & GENTLEFIT

AQUATICS FEES

- **Recreational swim and lane swimming: FREE** (included with all HS 50+ memberships)
- **Aquafit or Gentlefit sessions:**
 - **8-week session:** \$30 members
 - **6-week session:** \$25 members
- **Aquafit or Gentlefit Drop-In Fee:** \$5 members / \$7 visitors + \$7 (daily visitors fee)

***Please note:** any Aquafit or Gentlefit class that is not a part of the regularly scheduled session will be a drop-in class and a drop-in fee is required. No Classes on Fridays!
The prices may be adjusted for shorter sessions that are affected when there is a statutory holiday in effect and the HS 50+ Centre will be CLOSED.

SESSION DATES (Listed by the week, classes run Monday - Thursday every week)

Fall Session #1 8-week session

- Monday, September 18th - November 6th, 2023

Fall #2 Session 6-week session

- Monday, November 13th - December 18th, 2023

Winter Session 8-week session

- Monday, January 8th - February 26th, 2024

Spring Session #1 8-week session

- Monday, March 18th - May 6th, 2024

Spring Session #2 6-week session

- Monday, May 13th - June 17th, 2024



HS 50+ TRANSIT, VOLUNTEERS & CAFÉ



BGC TRANSIT AT THE HS 50+ Centre



Seniors' Transit provides client billing for registered “booked” rides. This means that if you cancel your ride, you still must pay for your ride. If you don't pay for your cancelled ride, your transit will be put on hold and/or discharged. If you would like to see the full policy, it is available at the Transit office or the Registration booth. Each client will be given 10 days a year that you won't be charged if you cancel in advance. Cancelling at the door you will still be charged.

You CANNOT use your 10 allotted days towards cancelling at the door.

Return trips are available from your home to the Centre for a cost of \$3.00 each way. Prepaid trip tickets can be purchased in strips of 10 for \$30.00. **Call 519-434-9119** to book. All bookings are made on a “first come, first serve” basis and you must be a current member.

HS 50+ VOLUNTEER PROGRAM

Volunteers are the backbone of our organization!

There are many volunteer opportunities available at the Centre:

- Front Desk
- Tour Guides
- Special Event Assistants
- Program Conveners
- Café Helpers
- Administration
- And more.....

Please contact the Volunteer Coordinator at 519-434-9115 ext. 250 or email kpyatt@bgclondon.ca to join!

HS 50+ LUNCHEON CAFÉ

Come visit our very own Horton Street Luncheon Café! Enjoy coffee, tea, juices and from-scratch bakery items, chat with friends, and make some new ones! Our friendly staff and volunteers will welcome you with a smile. Open from 9:00 a.m. - 12:30 p.m., Monday through Thursday. We offer hot soups and a daily entree feature, stop by to see the week's changing offerings! The Café proudly caters to many internal events and trip itineraries. We can even cook or bake to your specifications for your unique group, fundraiser or activity!

Frozen Entrees to Go

Our chef-made line of Frozen Entrees to Go offers the convenience of a home-cooked meal without any effort. Our generous, single-serve portions are available for city-wide delivery or curbside pick-up, **all year long!** Affordably priced, our menu selections are made with fresh ingredients in our professionally-staffed kitchen. Some of our delicious creations can accommodate different dietary restrictions such as vegetarian, vegan, gluten-free, and dairy-free. Don't forget to ask about our ever-changing frozen soups too! Food safety is our top priority-tied only with great taste! Visit our website to start your online order today at bgclondon.ca/entrees or visit us in-person and chat with the chef.





HS 50+ MODIFIED SCHEDULE

HS 50+ MODIFIED SCHEDULED

- The HS 50+ will run on our modified schedule for all P.A. Days, Stat. Holidays, Christmas Break, March Break, and Summer.
- The Fitness Room and Pool(s) will be the **ONLY** programs offered on the modified schedule.
- The Summer Break schedule will be distributed in June, 2024.

HS 50+ MODIFIED SCHEDULED

Aquaplex Pool

- 7:15 a.m. Change rooms open
- 7:30 a. m. to 10:15 a.m. Recreational / Lane Swim
- **No Aquafit classes will be offered (excluding the Summer Schedule).*

Wellness Pool

- 7:15 a.m. Change rooms open
- 8:00 a.m. to 10:15 a.m. Recreational / Lane Swim
- **No Gentlefit classes will be offered (excluding the Summer Schedule).*

Fitness Room

- 7:15 a.m. Change rooms open
- 7:30 a.m. to 12:00 p.m.

HS 50+ 2023/2024 PD DAYS, HOLIDAYS & CLOSURES

2023/2024 PD DAYS

The HS 50+ will **ONLY** be offering the

Fitness Room, Aquaplex pool & Wellness pool on the following days:

- Friday, October 6th, 2023
- Friday, November 17th, 2023
- January 2nd to 5th, 2024 (Christmas Holiday Break)
- Friday, January 19th, 2024
- March 11th -15th, 2024 (March Break)
- Friday, April 8th, 2024
- Friday, May 31st, 2024
- Friday, June 28th, 2024

2023/2024 HOLIDAY DATES


The HS 50+ will be **CLOSED** on the following days:


- Monday, September 4th, 2023 for Labour Day
- Monday, October 9th, 2023 for Thanksgiving
- Monday, December 25th, 2023 to January 2nd, 2024 for Christmas Break
- Monday, February 19th, 2024 for Family Day
- Friday, March 29th, 2024 for Good Friday
- Monday, April 1st, 2024 for Easter Monday
- Monday, May 20th, 2024 for Victoria Day

HS 50+ CONTACT INFO




HS 50+ CENTRE - CONTACT INFORMATION

 184 Horton Street East, London, ON N6B 1K8

 519-434-9114

 bgclondon.ca

 facebook.com/hortonstreetseniors

**THANK YOU TO OUR AMAZING MEMBERS,
VOLUNTEERS and DONORS.**

*Thank
you!*

THANK YOU TO OUR FUNDERS

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by the Government of Canada.



Ontario 

