



# BREAKFAST CLUB EVENTS FOR

## WILLOWDALE SENIORS

These events are designed to encourage healthy lifestyles, prevent & manage disease, provide financial & legal advice and connect SENIORS to LOCAL resources.

5th EVENT  
**REPAIR CAFÉ  
& SKILLS INITIATIVE**

**SAT  
MAR 28**

**11:00am-3:00pm**

**Willowdale  
Pentecostal Church  
288 Cummer Avenue  
North York**

*Free*

### WILLOWDALE REPAIR CAFÉ

Toss it, no way!

Bring along your broken small appliances and home electronics and our volunteers will do their best to repair them - for free!

### SEWING WORKSHOP

Never sewn before or simply need a refresher? Register for an Introductory Sewing Workshop. Limited spaces. Seniors only.

### SENIOR ENTREPRENEURSHIP

Guest Speakers - Dale Blakely, Business Development Coordinator, SPICE (Seniorpreneur Program 4 Innovation, Creativity, and Entrepreneurship) and Dr. Suzanne L. Cook, Gerontologist, Professor and founder Carpe Vitam, "Redirection: Shifting gears in the second half of life."

*refreshments will be provided*

**ALL ARE  
WELCOME**  
neighbours  
helping  
neighbours

*in collaboration with*  
**REPAIR CAFÉ  
TORONTO**

**sew far, sew good**  
Sewing Club

**Ontario**

Please register at  
[mycommunity@bayviewcummer.ca](http://mycommunity@bayviewcummer.ca)



REPAIR CAFÉ & SKILLS INITIATIVE: **FREE FOR ALL AGES**  
REFRESHMENTS WILL BE PROVIDED

**11:00am: Opening Remarks - Hon. Raymond Cho, Minister for Seniors and Accessibility**

**11:00am-3pm: Willowdale Repair Café - Please bring small appliances and home electronics only**

Join us for the launch of the BCNA's Willowdale Repair Café. You can bring your broken small appliances or home electronics to fix them on the spot with the help of volunteer fixers - for free! Together we can reduce landfill waste, build a more sustainable society and nurture an alternative to our "throwaway" culture. This event is possible with the collaboration of the Repair Café Toronto and inspired by our very own past president, Toivo Madrus, a Do-It-Yourself guru.

**11:30am-12:30pm: Senior Entrepreneurship for +55**

**11:30am-12:00pm: Guest Speaker - Dale Blakely**, Business Development Coordinator, SPICE (Seniorpreneur Program 4 Innovation, Creativity, and Entrepreneurship).

Spice is a pilot project designed for people aged 55+ who want to explore entrepreneurship as a next career option or as a way of turning spare time and energy into a business. Come learn how!

**12:00pm-12:30pm: Guest Speaker - Dr. Suzanne L. Cook**, Gerontologist,

Professor and founder Carpe Vitam. 'Redirection: Shifting Gears in the Second Half of Life'

Dr. Cook studies the later life career development including second careers and volunteer work. She coined the term redirection to refer to a new and emerging stage of life. Redirection is an alternative to retirement. Join us to learn more about redirection and a new stage of career development.

**1pm-3pm: Introductory Sewing Workshop\***

**Led by SEW far, SEW good Sewing Club**

Learn the basics of hand & machine sewing while working on a fun sewing project. \*Space limited. Seniors +55 only. Please register via email. All materials will be provided.

*Join us*  
*for more information*  
*and to become a member*  
*please contact us:*  
**mycommunity**  
**@bayviewcummer.ca**

[www.bayviewcummer.ca](http://www.bayviewcummer.ca)  
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