

# COMMUNITY WELLNESS PROGRAMS JANUARY 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1  <b>NO PROGRAMS</b>	2	3	4
6 Bollywood-Zumba- Salsa Fusion 10:45a - 11:45a Jenner Jean CC	7	8	9 Pole Walking 11:45a - 12:45p Jenner Jean CC	10 Breastfeeding Support Group 9:30p - 11:30p EarlyON 45 Overlea	11
13 Bollywood-Zumba- Salsa Fusion 10:45a - 11:45a Jenner Jean CC	14	15	16 Yoga 11:00a - 12:00p Pole Walking 11:45a - 12:45p Line Dance 12:30p - 1:30p Jenner Jean CC	17 Breastfeeding Support 9:30p - 11:30p EarlyON 45 Overlea FELDENKRAIS® 10:45a - 11:45a Jenner Jean CC	18
20 <b>NO PROGRAMS</b>	21	22	23 Yoga 11:00a - 12:00p Pole Walking 11:45a - 12:45p Line Dance 12:30p - 1:30p Jenner Jean CC	24 Breastfeeding Support 9:30p - 11:30p EarlyON 45 Overlea FELDENKRAIS® 10:45a - 11:45a Jenner Jean CC	25
27 Bollywood-Zumba- Salsa Fusion 10:45a - 11:45a Jenner Jean CC	28 Personal Hygiene Workshop 1:30p - 2:30p EarlyON 45 Overlea	29  POUND FIT 6:00p - 7:00p Thorncliffe Park PS <b>REGISTRATION REQUIRED</b>	30 Yoga 11:00a - 12:00p Pole Walking 11:45a - 12:45p Line Dance 12:30p - 1:30p Jenner Jean CC	31 Breastfeeding Support 9:30p - 11:30p EarlyON 45 Overlea FELDENKRAIS® 10:45a - 11:45a Jenner Jean CC	

HEALTH ACCESS THORNCLIFFE PARK 416-421-6369 East York Town Centre 45 Overlea Blvd. Units B5 & B7

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HATP CLINIC RECEPTION: 416-421-6369 Ext.300

### **Bollywood Dance**

This dance-fitness program is a fusion of Bollywood, Bhangra, Aerobics and combines choreography from around the world. a 50 minute cardio workout cycles between higher and lower intensity dance, to get you moving, sweating, and smiling. This dance program is designed for people of all ages who love to stay physically active. You will not only burn a ton of calories, you will work your whole body along with building endurance, stamina, and balance.

### **FELDENKRAIS®: Awareness Through Movement®**

Are you ready to feel better in an efficient way that uses tiny movements, minimal energy & gets big results? Feel freedom where you carry stiffness & pain, Increase your range & ease of movement, Improve posture, Move more spontaneously & effortlessly.

Rather than fixing the body, Feldenkrais® teaches how to expand its capacities & ranges of choice. Get ready to feel the difference... in thinking, moving, sensing & feeling! Leave classes feeling lighter, more flexible & taller. When we move better... We become greater!

### **Line Dance**

Improve mental health by boosting overall happiness. Like any good, low-impact cardio workout, dancing can improve cardiovascular health, increase stamina, strengthen bones and muscles and stave off illnesses.

### **Gentle Fitness**

A slower paced class for all ages and fitness levels; appropriate for Seniors aged 55+ with low bone density or osteoporosis. Learn weight-bearing exercises, to build and maintain stronger bones and increase strength. Some classes have floor work or use chairs.

### **Yoga**

Participation allows you to spend quality time with yourself with a renewed feeling of relaxation through your body, mind, and spirit.

Incorporating focused breathing, stretching for increased flexibility, and strengthening of the bones and muscles through whole body poses. We improve our sense and awareness, physical and mental balance, and posture.

### **Pole Walking**

Pole Walking is a total body approach to walking that can be enjoyed as a health-promoting physical activity and allows for time to be spent touring your community and uses specially designed walking poles similar to ski poles.

## **Health Access Thorncliffe Park Clinic Hours**

East York Town Centre: Unit B7

<b>MONDAY</b>	<b>9:00am - 5:00pm</b>
<b>TUESDAY</b>	<b>9:00am - 8:30pm</b>
<b>WEDNESDAY</b>	<b>9:00am - 5:00pm</b>
<b>THURSDAY</b>	<b>9:00am - 5:00pm</b>
<b>FRIDAY</b>	<b>9:00am - 5:00pm</b>

For appointment please call: 416-421-6369 Ext.300

