

APRIL 2019

TNO Seniors Program Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>2</p> <p>Shibashi 12 Thorncliffe PD 9:30 -10:30 AM</p> <p>Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p>3</p> <p>Chiropody Service 9: AM – 5:00 PM (by appointment)</p> <p>Yoga/Body Flex # 85/95 Thorncliffe PD 10:00 AM -11:00 AM (for residents only)</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>	<p>4</p> <p>CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>5</p> <p>Info Session on Funeral Pre-Arranging & Pre-Paying 10:00 AM – 11:00 AM, 12 TPD</p> <p>Drop-In Program 11: 30 PM – 2:30 PM, 12 TPD</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>
<p>8</p> <p>Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>9</p> <p>Shibashi 12 Thorncliffe PD 9:30 -10:30 AM</p> <p>Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p>10</p> <p>Chiropody Service 9: AM – 5:00 PM (by appointment)</p> <p>Yoga/Body Flex # 85/95 Thorncliffe PD 10:00 AM -11:00 AM (for residents only)</p> <p>Special Income Tax Service 10:00 AM -12:00 PM, 45 Overlea Blvd. (pre-registration required)</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>	<p>11</p> <p>CHAIR YOGA 12 TPD, 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>12</p> <p>Workshop on CPP/OAS 10:00 AM – 11:30 AM, 12 TPD</p> <p>Drop-In Program 12:00 PM– 2:30 PM, 12 TPD</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>
<p>15</p> <p>Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>16</p> <p>Shibashi 12 Thorncliffe PD 9:30 -10:30 AM</p> <p>Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p>17</p> <p>Chiropody Service 9: AM – 5:00 PM (by appointment)</p> <p>Yoga/Body Flex # 85/95 Thorncliffe PD 10:00 AM -11:00 AM (for residents only)</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>	<p>18</p> <p>CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>19</p> <p>STATUTORY HOLIDAY (Good Friday)</p> <p>(Program Closed)</p>
<p>22</p> <p>STATUTORY HOLIDAY (Easter Monday)</p> <p>(Program Closed)</p>	<p>23</p> <p>No Shibashi today in # 12 TPD & 38 TPD</p>	<p>24</p> <p>Chiropody Service 9: AM – 5:00 PM (by appointment)</p> <p>Yoga/Body Flex # 85/95 Thorncliffe PD 10:00 AM -11:00 AM (for residents only)</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>	<p>25</p> <p>CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>26</p> <p>Drop-In Program 10:00 AM – 2:30 PM, 12 TPD</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p> <p>(Special Reminder: Seniors Pension are ready today in your account)</p>
<p>29</p> <p>Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>30</p> <p>Shibashi 12 Thorncliffe PD 9:30 -10:30 AM</p> <p>Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>			

For further information regarding the programs and activities provided please contact Alberto Rodil at: (416) –421-8997 extension 39