

August 2019

TNO Seniors Program Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHAIR YOGA (Cancel Today) Info & Referral Service 45 Overlea Blvd: 1:00 PM – 5:00 PM (pls. call before coming for appointment)	2 Drop-In Program 10:00 AM – 2:30 PM , 12 TPD Fitness/Healthy Heart & Body Balance; 2:30 PM – 3:30 PM 12 TPD;(in partnership with BLHCS)
5 	6 NO Shibashi Today in # 12 TPD & 38 TPD	7 Chiropody Service 9: AM – 5:00 PM (by appointment); 1 Leaside PD Yoga/ Body Flex # 85/95 Thorncliffe PD 10:00 AM -11:00 AM (for residents only) Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)	8 Meet & Greet with the Ismaili & South Asian Seniors 12 TPD 10:00 AM -11:00 AM (Chair Yoga is Cancelled Today) Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)	9 Drop-In Program 10:00 AM – 2:30 PM , 12 TPD Fitness/Healthy Heart & Body Balance 2:30 PM – 3:30 PM , 12 TPD (in partnership with BLHCS)
12 Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents) Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)	13 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	14 Chiropody Service 9: AM – 5:00 PM (by appointment); 1 Leaside PD Yoga/Body Flex # 85/95 Thorncliffe PD 10:00 AM -11:00 AM (for residents only) Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)	15 CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)	16 Workshop on Personal Hygiene 10:00 AM -11:00 AM, 12 TPD Drop-In Program 11:30 AM – 2:30 PM , 12 TPD Fitness/Healthy Heart & Body Balance 2:30 PM – 3:30 PM , 12 TPD (in partnership with BLHCS)
19 Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents) Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)	20 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	21 Chiropody Service 9: AM – 5:00 PM (by appointment); 1 Leaside PD Yoga/Body Flex # 85/95 Thorncliffe PD 10:00 AM -11:00 AM (for residents only) Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD	22 CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)	23 Info Session on Funeral Pre-Arranging & Pre-Paying; Last Will Preparation 10:00 AM – 11:30 AM, 12 TPD Drop-In Program 11:30 AM – 2:30 PM , 12 TPD Fitness/Healthy Heart & Body Balance 2:30PM – 3:30 PM , 12 TPD (in partnership with BLHCS)
26 Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents) Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)	27 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	28 Chiropody Service 9: AM – 5:00 PM (by appointment); 1 Leaside PD Yoga/Body Flex # 85/95 Thorncliffe PD 10:00 AM -11:00 AM Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD Note: Your pensions are available in your account today	29 CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)	30  10:30 AM -12:00 PM, 12 TPD Drop-In Program 11:00 AM – 2:30 PM , 12 TPD Fitness/Healthy Heart & Body Balance 2:30PM – 3:30 PM , 12 TPD (in partnership with BLHCS)
<p>Upcoming Workshop of Chronic Pain Management (6- Monday session) in Sept. 9, 16, 23, 30; Oct. 7, 21 from 9:00 AM-12:30 PM in 38 Thorncliffe Park Drive (only 12 participants needed, have not attended before. Each participant will receive 2 TTC tokens every session & a grocery gift card). This workshop is in partnership with SRCHC (please register early to Alberto Rodil).</p>				
<p>All program schedule is subject to change and cancellation; notice will be posted in building locations.</p>				

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