

December 2018

TNO Seniors Program Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 Shibashi 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents) SENIORS HOLIDAY POTLUCK 11:00 am -1:00 pm (Shibashi/Yoga Participants of 15 TPD only) Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM	4 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	5 Chiropody Service 9: AM – 5:00 PM (by appointment) 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)	6 CHAIR YOGA 12 TPD, 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM	7 SENIORS HOLIDAY PARTY (Pre-registration is required) 10:30 AM – 1:30 PM, 12 TPD 
10 HOLIDAY BREAK (Program Closed)	11 HOLIDAY BREAK (Program Closed)	12 HOLIDAY BREAK (Program Closed)	13 HOLIDAY BREAK (Program Closed)	14 HOLIDAY BREAK (Program Closed)
17 HOLIDAY BREAK (Program Closed)	18 HOLIDAY 	19 HOLIDAY BREAK 	20 HOLIDAY BREAK (Program Closed)	21 HOLIDAY BREAK (Program Closed)
24 HOLIDAY BREAK (Program Closed)	25 CHRISTMAS DAY (HOLIDAY)	26 BOXING DAY (HOLIDAY)	27 HOLIDAY BREAK (Program Closed)	28 HOLIDAY BREAK (Program Closed)
31 HOLIDAY BREAK (Program Closed) 				

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