

February 2019

TNO Seniors Program Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Drop-In Program 10:00 AM – 2:30 PM, 12 TPD Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM, 12 TPD (in partnership with BLHCS)
4 Shibashi 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)	5 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	6 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)	7 CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM	8 Drop-In Program 10:00 AM – 2:30 PM, 12 TPD Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM, 12 TPD (in partnership with BLHCS)
11 Chair 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	12 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	13 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)	14 CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM	15 Info Session on HATP Services 10:00 AM –11:00 AM, 12 TPD Drop-In Program 11:30 AM – 2:30 PM, 12 TPD Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM, 12 TPD (in partnership with BLHCS)
18 HOLIDAY 	19 NO SHIBASHI TODAY	20 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)	21 CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM	22 Special Bingo Games 10: 30 AM – 12:00 PM, 12 TPD Drop-In Program 12:30 OM – 2:30 PM, 12 TPD Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM, 12 TPD (in partnership with BLHCS)
25 Shibashi 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)	26 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM (Special Reminder: Seniors Pension are ready today in your account)	27 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)	28 CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM	Upcoming Workshop Self-Management of Chronic Disease (in partnership with South Riverdale Community Health Centre), March 8, 2019, Friday, 10:00 AM -11:30 AM); this requires pre-registration due to limited participants required)

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

