

FEBRUARY 2020

TNO Seniors Program Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3 Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents) Info & Referral Service 45 Overlea Blvd 1-5 PM (pls. call before coming for appointment)	4 Shibashi 12 Thorncliffe PD 10:00 AM -11:00 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	5 Chiropody Service 9:00 AM – 5:00 PM (by appointment); 1 Leaside PD Chair Yoga 10:00 AM – 11:00 AM 85/95 TPD (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 (pls. call before coming for appointment)	7 Dental Enrolment Day (With Toronto Public Health) 10:00 AM – 12:00 PM , 12 TPD Drop-In Program (simultaneous with Dental Enrolment day) Fitness/Healthy Heart & Body Balance 2:30 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)
10 Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents) Info & Referral Service 45 Overlea Blvd 1-5 PM (pls. call before coming for appointment)	11 Shibashi 12 Thorncliffe PD 10:00 AM -11:00 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	12 Chiropody Service 9:00 AM – 5:00 PM (by appointment); 1 Leaside PD Chair Yoga 10:00 AM – 11:00 AM 85/95 TPD (for residents only) Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)	13 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)	14 Workshop on Healthy Feet, Diabetes & You (partnership with SRCHC) 10:00 AM – 1:00 PM , 12 TPD (for those who have not attended before; limited to 10 seniors only) NO DROP IN TODAY Fitness/Healthy Heart & Body Balance 2:30 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)
17 HOLIDAY 	18 No Shibashi in # 12 TPD & 38 TPD Info & Referral Service 45 Overlea Blvd 9-5 PM (pls. call before coming for appointment)	19 Chiropody Service 9:00 AM – 5:00 PM (by appointment); 1 Leaside PD Chair Yoga 10:00 AM – 11:00 AM 85/95 TPD (for residents only) Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)	20 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)	21 Drop-In Program 10:00 AM – 2:30 PM , 12 TPD Fitness/Healthy Heart & Body Balance 2:30 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)
24 Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents) Info & Referral Service 45 Overlea Blvd 1-5 PM (pls. call before coming for appointment)	25 Shibashi 12 Thorncliffe PD 10:00 AM -11:00 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	26 Chiropody Service 9:00 AM – 5:00 PM (by appointment); 1 Leaside PD Chair Yoga 10:00 AM – 11:00 AM 85/95 TPD (for residents only) Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD	27 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)	 10:30 AM -12:00 PM Fitness/Healthy Heart & Body Balance 2:30 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)

Forthcoming Workshop: **Workshop on Last Will & Power of Attorney (Wills Project; Public Legal Education Session), March 20, 2020 @ 12 TPD**

Notice: *The program schedule is subject to change and cancellation; notice will be posted in building locations.*

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

