

# JULY 2019

## TNO Seniors Program Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  	<b>2</b> <p align="center"><b>NO SHIBASHI in 12 TPD &amp; 38 TPD</b></p>	<b>3</b> <p align="center"><b>Chiropody Service</b>            9: AM – 5:00 PM (by appointment)  <b>Shibashi</b>            # 85/95 Thorncliffe PD            10:00 AM -11:00 AM (for residents only)  <b>Fitness/Healthy Heart &amp; Body Balance</b>            3:00 PM – 4:00 PM , 12 TPD            (in partnership with BLHCS)</p>	<b>4</b> <p align="center"><b>CHAIR YOGA</b>            12 TPD            10:00 AM – 11:00 AM  <b>Info &amp; Referral Service</b>            45 Overlea Blvd            1:00 PM – 5:00 PM</p>	<b>5</b> <p align="center"><b>Drop-In Program</b>            10:00 AM – 2:30 PM , 12 TPD  <b>Fitness/Healthy Heart &amp; Body Balance</b>            2:30 PM – 3:30 PM , 12 TPD            (in partnership with BLHCS)</p>
<b>8</b> <p><b>Shibashi /Yoga</b>            15 Thorncliffe Park Drive            10:00 AM – 11:00 AM            (for # 15 TPD residents )</p> <p align="center"><b>Info &amp; Referral Service</b>            45 Overlea Blvd            1:00 PM – 5:00 PM</p>	<b>9</b> <p align="center"><b>Shibashi</b>            12 Thorncliffe PD            9:30 -10:30 AM</p> <p align="center"><b>Shibashi</b>            38 Thorncliffe PD            1:30 PM – 2:30 PM</p>	<b>10</b> <p><b>Chiropody Service</b>            9: AM – 5:00 PM (by appointment)  <b>Shibashi</b>            # 85/95 Thorncliffe PD            10:00 AM -11:00 AM (for residents only)  <b>Fitness/Healthy Heart &amp; Body Balance</b>            3:00 PM – 4:00 PM , 12 TPD            (in partnership with BLHCS)</p>	<b>11</b> <p align="center"><b>CHAIR YOGA</b>            12 TPD, 10:00 AM – 11:00 AM</p> <p align="center"><b>Info &amp; Referral Service</b>            45 Overlea Blvd            1:00 PM – 5:00 PM</p>	<b>12</b> <p align="center"><b>Drop-In Program</b>            10:00 AM – 2:30 PM , 12 TPD</p> <p align="center"><b>Fitness/Healthy Heart &amp; Body Balance</b>            2:30 PM – 3:30 PM , 12 TPD            (in partnership with BLHCS)</p>
<b>15</b> <p><b>Shibashi /Yoga</b>            15 Thorncliffe Park Drive            10:00 AM – 11:00 AM            (for # 15 TPD residents)</p> <p align="center"><b>Info &amp; Referral Service</b>            45 Overlea Blvd            1:00 PM – 5:00 PM</p>	<b>16</b> <p align="center"><b>Shibashi</b>            12 Thorncliffe PD            9:30 -10:30 AM</p> <p align="center"><b>Shibashi</b>            38 Thorncliffe PD            1:30 PM – 2:30 PM</p>	<b>17</b> <p><b>Chiropody Service</b>            9: AM – 5:00 PM (by appointment)  <b>Shibashi</b>            # 85/95 Thorncliffe PD            10:00 AM -11:00 AM (for residents only)  <b>Fitness/Healthy Heart &amp; Body Balance</b>            3:00 PM – 4:00 PM , 12 TPD            (in partnership with BLHCS)</p>	<b>18</b> <p align="center"><b>CHAIR YOGA</b>            12 TPD            10:00 AM – 11:00 AM</p> <p align="center"><b>Info &amp; Referral Service</b>            45 Overlea Blvd            1:00 PM – 5:00 PM</p>	<b>19</b> <p align="center"><b>Workshop on Cancer Screening &amp; Shingles</b>            10:00 AM -11:00 AM, 12 TPD</p> <p align="center"><b>Drop-In Program</b>            11:30 AM – 2:30 PM , 12 TPD</p> <p align="center"><b>Fitness/Healthy Heart &amp; Body Balance</b>            2:30 PM – 3:30 PM , 12 TPD            (in partnership with BLHCS)</p>
<b>22</b> <p><b>Shibashi /Yoga</b>            15 Thorncliffe Park Drive            10:00 AM – 11:00 AM            (for # 15 TPD residents)</p> <p align="center"><b>Info &amp; Referral Service</b>            45 Overlea Blvd            1:00 PM – 5:00 PM</p>	<b>23</b> <p align="center"><b>Shibashi</b>            12 Thorncliffe PD            9:30 -10:30 AM</p> <p align="center"><b>Shibashi</b>            38 Thorncliffe PD            1:30 PM – 2:30 PM</p>	<b>24</b> <p><b>Chiropody Service</b>            9: AM – 5:00 PM (by appointment)  <b>Shibashi</b>            # 85/95 Thorncliffe PD            10:00 AM -11:00 AM (for residents only)  <b>Fitness/Healthy Heart &amp; Body Balance</b>            3:00 PM – 4:00 PM , 12 TPD</p>	<b>25</b> <p align="center"><b>CHAIR YOGA</b>            12 TPD            10:00 AM – 11:00 AM</p> <p align="center"><b>Info &amp; Referral Service</b>            45 Overlea Blvd            1:00 PM – 5:00 PM</p>	<b>26</b>  <p align="center">10:30 AM – 12:00 PM, 12 TPD  <b>AGA Khan Museum staff visit</b></p> <p align="center"><b>Drop-In Program</b>            12:30 PM – 2:30 PM , 12 TPD</p> <p align="center"><b>Fitness/Healthy Heart &amp; Body Balance</b>            2:30PM – 3:30 PM , 12 TPD            (in partnership with BLHCS)</p>
<b>29</b> <p><b>Shibashi /Yoga</b>            15 Thorncliffe Park Drive            10:00 AM – 11:00 AM            (for # 15 TPD residents)</p> <p align="center"><b>Info &amp; Referral Service</b>            45 Overlea Blvd            1:00 PM – 5:00 PM</p> <p><b>Note: Your pensions are available in your account today</b></p>	<b>30</b> <p align="center"><b>Shibashi</b>            12 Thorncliffe PD            9:30 -10:30 AM</p> <p align="center"><b>Shibashi</b>            38 Thorncliffe PD            1:30 PM – 2:30 PM</p>	<b>31</b> <p><b>Chiropody Service</b>            9: AM – 5:00 PM (by appointment)  <b>Shibashi</b>            # 85/95 Thorncliffe PD            10:00 AM -11:00 AM  <b>Fitness/Healthy Heart &amp; Body Balance</b>            3:00 PM – 4:00 PM , 12 TPD</p>	 <p><b>Program schedule is subject to change and cancellation; notice will be posted in the building location</b></p>	

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

