

JUNE 2019

TNO Seniors Program Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>4</p> <p>Shibashi 12 Thorncliffe PD 9:30 -10:30 AM</p> <p>Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p>5</p> <p>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)</p>	<p>6</p> <p>CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>7</p> <p>SENIORS HERITAGE EVENT (Pre-registration is required) 10:30 AM – 1:00 AM, 12 TPD)</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>
<p>10</p> <p>Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>11</p> <p>Shibashi 12 Thorncliffe PD 9:30 -10:30 AM</p> <p>Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p>12</p> <p>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)</p>	<p>13</p> <p>CHAIR YOGA 12 TPD, 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>14</p> <p>Drop-In Program 10:00 AM – 2:30 PM , 12 TPD</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>
<p>17</p> <p>Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>18</p> <p>Shibashi 12 Thorncliffe PD 9:30 -10:30 AM</p> <p>Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p>19</p> <p>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)</p>	<p>20</p> <p>CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>21</p> <p>Drop-In Program 10:00 AM – 2:30 PM , 12 TPD</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>
<p>24</p> <p>Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p>	<p>25</p> <p>Shibashi 12 Thorncliffe PD 9:30 -10:30 AM</p> <p>Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p>26</p> <p>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</p> <p>Note: Pensions are available today in your account</p>	<p>27</p> <p>CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM</p> <p>34th AGM of TNO 1Leaside Park Drive, 6- 8 PM (Seniors are requested to attend)</p>	<p>28</p> <p>Special Bingo Games 10:30 AM -12:00 PM 12 TPD</p> <p>Drop-In Program 12:30 PM – 2:30 PM , 12 TPD</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>

Special Workshop in July – Cancer Screening & Shingles (July 14, 2019)

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

