


# March 2019

## TNO @ Flemingdon - Seniors Drop-In Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6 <b>Painting &amp; Drawing</b> Flemingdon Library Auditorium 1:00 PM to 2:30 PM	7 <b>Film Documentary National Geographic</b> Flemingdon Library Auditorium 1:00 PM to 2:30 PM	8
11	12	13 <b>Board Games</b> Flemingdon Library Auditorium 1:00 PM to 2:30 PM	14 <b>Taichi &amp; Meditation</b> Flemingdon Library Auditorium 1:00 PM to 2:30 PM	15
18	19	20  <b>Spring - Arts &amp; Crafts</b> Flemingdon Library Auditorium 1:00 PM to 2:30 PM	21 <b>Group Dance &amp; Singing</b> Flemingdon Library Auditorium 1:00 PM to 2:30 PM	22
25	26	27 <b>Pastel Sketching</b> Flemingdon Library Auditorium 1:00 PM to 2:30 PM	28 <b>Chair Yoga &amp; Meditation</b> Flemingdon Library Auditorium 1:00 PM to 2:30 PM	

For further information regarding the programs and activities provided, please contact Adil Patel or Prasanta Bhunya at (416) 424-2900 Ext. 24

