

March 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 /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	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) SHIBASHI # 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 SELF-MANAGEMENT OF CHRONIC DISEASE WORKSHOP (pre-registration is required for 30 new participants only) 10:00 AM- 11:30 AM, 12 TPD Drop-In Program 12:00 PM– 2:30 PM, 12 TPD Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)
11 Shibashi /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) SHIBASHI # 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 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)
18 Shibashi /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	19 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	20 Chiropody Service 9: AM – 5:00 PM (by appointment) SHIBASHI # 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 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)
25 Shibashi /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	26 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	27 Chiropody Service 9: AM – 5:00 PM (by appointment) SHIBASHI # 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) (Special Reminder: Seniors Pension are ready today in your account)	28 CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM	29 Special Bingo Games 10: 30 AM – 12:30 PM , 12 TPD Drop-In Program 12:30 PM – 2:30 PM, 12 TPD Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)

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