

# MARCH 2020

## TNO Seniors Program Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>Shibashi /Yoga</b> 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p><b>Info &amp; Referral Service</b> 45 Overlea Blvd 1-5 PM (pls. call before coming for appointment)</p>	<p><b>3</b></p> <p><b>Shibashi</b> 12 Thorncliffe PD 10:00 AM -11:00 AM</p> <p><b>Shibashi</b> 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p><b>4</b></p> <p><b>Chiropody Service</b> 9:00 AM – 5:00 PM (by appointment); 1 Leaside PD</p> <p><b>Chair Yoga</b> 10:00 AM – 11:00 AM 85/95 TPD (for residents only)</p> <p><b>Fitness/Healthy Heart &amp; Body Balance</b> 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>	<p><b>5</b></p> <p><b>CHAIR YOGA</b> 12 TPD, 10:00 AM – 11:00 AM</p> <p><b>Info &amp; Referral Service</b> 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)</p>	<p><b>6</b></p> <p><b>Drop-In Program</b> 10:00 AM – 2:30 PM , 12 TPD</p> <p><b>Fitness/Healthy Heart &amp; Body Balance</b> 2:30 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>
<p><b>9</b></p> <p><b>Shibashi /Yoga</b> 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p><b>Info &amp; Referral Service</b> 45 Overlea Blvd 1-5 PM (pls. call before coming for appointment)</p>	<p><b>10</b></p> <p><b>Shibashi</b> 12 Thorncliffe PD 10:00 AM -11:00 AM</p> <p><b>Shibashi</b> 38 Thorncliffe PD 1:30 PM – 2:30 PM</p> <p><b>Info Session on Resources for Seniors</b> 38 Thorncliffe PD 2:30 PM – 3:30 PM</p>	<p><b>11</b></p> <p><b>Chiropody Service</b> 9:00 AM – 5:00 PM (by appointment); 1 Leaside PD</p> <p><b>Chair Yoga</b> 10:00 AM – 11:00 AM 85/95 TPD (for residents only)</p> <p><b>Fitness/Healthy Heart &amp; Body Balance</b> 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>	<p><b>12</b></p> <p><b>CHAIR YOGA</b> 12 TPD, 10:00 AM – 11:00 AM</p> <p><b>Info &amp; Referral Service</b> 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)</p>	<p><b>13</b></p> <p><b>Drop-In Program</b> 10:00 AM – 2:30 PM , 12 TPD (Info Session on Resources for Seniors; it will be a drop-in component at 10:30 AM)</p> <p><b>Fitness/Healthy Heart &amp; Body Balance</b> 2:30 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>
<p><b>16</b></p> <p><b>Shibashi /Yoga</b> 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p><b>Info Session on Resources for Seniors</b> 15 Thorncliffe PD 11:00 AM -12:00 PM</p> <p><b>Info &amp; Referral Service</b> 45 Overlea Blvd 1-5 PM (pls. call before coming for appointment)</p>	<p><b>17</b></p> <p><b>Shibashi</b> 12 Thorncliffe PD 10:00 AM -11:00 AM</p> <p><b>Shibashi</b> 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p><b>18</b></p> <p><b>Chiropody Service</b> 9:00 AM – 5:00 PM (by appointment); 1 Leaside PD</p> <p><b>Chair Yoga</b> 10:00 AM – 11:00 AM 85/95 TPD (for residents only)</p> <p><b>Fitness/Healthy Heart &amp; Body Balance</b> 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>	<p><b>19</b></p> <p><b>CHAIR YOGA</b> 12 TPD, 10:00 AM – 11:00 AM</p> <p><b>Info &amp; Referral Service</b> 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)</p>	<p><b>20</b></p> <p><b>Workshop on Wills Project (Pro - Bono)</b> 10:00 AM – 12:00 PM , 12 TPD (for seniors in financial need)</p> <p><b>Drop-In Program</b> 12:30 PM– 2:30 PM , 12 TPD</p> <p><b>Fitness/Healthy Heart &amp; Body Balance</b> 2:30 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>
<p><b>23</b></p> <p><b>Shibashi /Yoga</b> 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p><b>Info &amp; Referral Service</b> 45 Overlea Blvd 1-5 PM (pls. call before coming for appointment)</p>	<p><b>24</b></p> <p><b>Shibashi</b> 12 Thorncliffe PD 10:00 AM -11:00 AM</p> <p><b>Shibashi</b> 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p><b>25</b></p> <p><b>Chiropody Service</b> 9:00 AM – 5:00 PM (by appointment); 1 Leaside PD</p> <p><b>Chair Yoga</b> 10:00 AM – 11:00 AM 85/95 TPD (for residents only)</p> <p><b>Fitness/Healthy Heart &amp; Body Balance</b> 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>	<p><b>26</b></p> <p><b>CHAIR YOGA</b> 12 TPD, 10:00 AM – 11:00 AM</p> <p><b>Info &amp; Referral Service</b> 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)</p>	<p><b>27</b></p>  <p>10:30 AM -12:00 PM</p> <p><b>Drop-In Program</b> 12:30 PM– 2:30 PM , 12 TPD</p> <p><b>Fitness/Healthy Heart &amp; Body Balance</b> 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>
<p><b>30</b></p> <p><b>NO SHIBASHI TODAY in # 15 TPD</b></p>	<p><b>31</b></p> <p><b>Shibashi</b> 12 Thorncliffe PD 10:00 AM -11:00 AM</p> <p><b>Shibashi</b> 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p><b>Workshop Announcement : Info- Session on Fire Safety with Toronto Fire Department ; April 17, 2020 @ 12 TPD from 10:00 AM – 11:00 AM</b> The program schedule is subject to change &amp; cancellation; notice will be posted in building locations</p> 		

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

