

# MAY 2019

## TNO Seniors Program Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <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)	<b>2</b> <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	<b>3</b> <b>Workshop on Maintenance of Medications, Supplements &amp; Vitamins</b> 10:00 AM – 11:30 AM, 12 TPD <b>Drop-In Program</b> 11: 45 PM – 2:30 PM, 12 TPD <b>Fitness/Healthy Heart &amp; Body Balance</b> 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)
<b>6</b> <b>Shibashi /Yoga</b> 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents )  <b>Info &amp; Referral Service</b> 45 Overlea Blvd 1:00 PM – 5:00 PM	<b>7</b> <b>Shibashi</b> 12 Thorncliffe PD 9:30 -10:30 AM  <b>Shibashi</b> 38 Thorncliffe PD 1:30 PM – 2:30 PM	<b>8</b> <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)	<b>9</b> <b>CHAIR YOGA</b> 12 TPD, 10:00 AM – 11:00 AM AM  <b>Info &amp; Referral Service</b> 45 Overlea Blvd 1:00 PM – 5:00 PM	<b>10</b> <b>Drop-In Program</b> 10:00 AM – 2:30 PM , 12 TPD  <b>Fitness/Healthy Heart &amp; Body Balance</b> 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)
<b>13</b> <b>Shibashi /Yoga</b> 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents) <b>Info &amp; Referral Service</b> 45 Overlea Blvd 1:00 PM – 5:00 PM	<b>14</b> <b>Shibashi</b> 12 Thorncliffe PD 9:30 -10:30 AM  <b>Shibashi</b> 38 Thorncliffe PD 1:30 PM – 2:30 PM	<b>15</b> <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)	<b>16</b> <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	<b>17</b> <b>Workshop on Canada Food Guide</b> 10:00 AM -11:00 AM, 12 TPD <b>Drop-In Program</b> 11:30 AM – 2:30 PM , 12 TPD <b>Fitness/Healthy Heart &amp; Body Balance</b> 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)
<b>20</b> <b>STATUTORY HOLIDAY (VICTORIA DAY)</b>  <b>(Program Closed)</b>	<b>21</b> <b>No Shibashi today in # 12 TPD &amp; 38 TPD</b>	<b>22</b> <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)	<b>23</b> <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	<b>24</b> <b>Drop-In Program</b> 10:00 AM – 2:30 PM , 12 TPD <b>Fitness/Healthy Heart &amp; Body Balance</b> 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)
<b>27</b> <b>Shibashi /Yoga</b> 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)  <b>Info &amp; Referral Service</b> 45 Overlea Blvd 1:00 PM – 5:00 PM	<b>28</b> <b>Shibashi</b> 12 Thorncliffe PD 9:30 -10:30 AM  <b>Shibashi</b> 38 Thorncliffe PD 1:30 PM – 2:30 PM	<b>29</b> <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)  <b>(Special Reminder: Seniors Pension are ready today in your account)</b>	<b>30</b> <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	<b>31</b> <b>SPECIAL BINGO GAMES</b> 10:30 AM -12:00 PM, 12 TPD <b>Drop-In Program</b> 1:00 PM – 2:30 PM, 12 TPD <b>Fitness/Healthy Heart &amp; Body Balance</b> 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)
<b>Special Event in June: Seniors Heritage &amp; Seniors Month Celebration, June 7, 2019 (Friday) from 10:30 AM – 1:30 PM in 12 TPD; limited to at least 100 seniors only (requires pre-registration)</b>				

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