


November 2018

TNO Seniors Program Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM	2 NO Program Today (Electrical Repairs in the program space in 12 TPD)
5 Shibashi 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	6 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	7 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)	8 CHAIR YOGA 12 TPD 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM	9 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)
12 Chair Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents) Info & Referral Service 45 Overlea Blvd, Youth Centre 1:00 PM – 5:00 PM	13 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	14 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)	15 NO YOGA TODAY	16 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)
19 Shibashi 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	20 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	21 Chiropody Service 9: AM – 5:00 PM (by appointment) Fitness/Healthy Heart & Yoga/Body Flex # 85/95 Thorncliffe PD 10:00 AM -11:00 AM (for residents only) Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)	22 CHAIR YOGA 12 Thorncliffe Park Drive 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM	23 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)
26 Chair Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents) Info & Referral Service 45 Overlea Blvd, Youth Centre 1:00 PM – 5:00 PM	27 Shibashi 12 Thorncliffe PD 9:30 -10:30 AM Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM	28 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)	29 CHAIR YOGA 12 Thorncliffe Park Drive 10:00 AM – 11:00 AM Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM	30 Special Bingo Games 10: 30 AM – 12:00 PM , 12 TPD Drop-In Program 12:30 OM – 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