

SEPTEMBER 2019

TNO Seniors Program Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>HOLIDAY</p>  <p>LABOUR DAY</p>	<p>3</p> <p>NO Shibashi</p> <p>Today in # 12 TPD & 38 TPD</p>	<p>4</p> <p>Chiropody Service 9: AM – 5:00 PM (by appointment); 1 Leaside PD</p> <p>SHIBASHI # 85/95 Thorncliffe PD 10:00 AM -11:00 AM (for residents only)</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>	<p>5</p> <p>CHAIR YOGA 12 TPD, 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)</p>	<p>6</p> <p>Drop-In Program 10:00 AM – 2:30 PM , 12 TPD</p> <p>Fitness/Healthy Heart & Body Balance 2:30 PM – 3:30 PM , 12 TPD (in partnership with BLHCS)</p>
<p>9</p> <p>Chronic Pain Mngt Workshop (Session1) pre-registration is required 38 TPD, 9:30 AM -12:30 PM</p> <p>SHIBASHI in # 15 is Cancelled</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appt)</p>	<p>10</p> <p>Shibashi 12 Thorncliffe PD 9:30 -10:30 AM</p> <p>Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p>11</p> <p>Chiropody Service 9: AM – 5:00 PM (by appointment); 1 Leaside PD</p> <p>SHIBASHI # 85/95 Thorncliffe PD 10:00 AM -11:00 AM (for residents only)</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD (in partnership with BLHCS)</p>	<p>12</p> <p>CHAIR YOGA 12 TPD, 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)</p>	<p>13</p> <p>NO DROP – IN TODAY (TNO Staff Gathering)</p> <p>Fitness/Healthy Heart & Body Balance 2:30 PM – 3:30 PM , 12 TPD (in partnership with BLHCS)</p>
<p>16</p> <p>Chronic Pain Mngt Workshop (Session 2) 38 TPD, 9:30 AM -12:30 PM</p> <p>Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appt)</p>	<p>17</p> <p>Shibashi 12 Thorncliffe PD 9:30 -10:30 AM</p> <p>Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p>18</p> <p>Chiropody Service 9: AM – 5:00 PM (by appointment); 1 Leaside PD</p> <p>SHIBASHI # 85/95 Thorncliffe PD 10:00 AM -11:00 AM (for residents only)</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD</p>	<p>19</p> <p>CHAIR YOGA 12 TPD, 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)</p>	<p>20</p> <p>Drop-In Program 10:30 AM – 2:30 PM , 12 TPD</p> <p>Fitness/Healthy Heart & Body Balance 2:30PM – 3:30 PM , 12 TPD (in partnership with BLHCS)</p>
<p>23</p> <p>Chronic Pain Mngt Workshop (Session3) 38 TPD, 9:30 AM -12:30 PM</p> <p>Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p>Info & Referral Service 45 Overlea Blvd. 1-5 PM (pls. call before coming for appt)</p>	<p>24</p> <p>Shibashi 12 Thorncliffe PD 9:30 -10:30 AM</p> <p>Shibashi 38 Thorncliffe PD 1:30 PM – 2:30 PM</p>	<p>25</p> <p>Chiropody Service 9: AM – 5:00 PM (by appointment); 1 Leaside PD</p> <p>SHIBASHI # 85/95 Thorncliffe PD 10:00 AM -11:00 AM</p> <p>Fitness/Healthy Heart & Body Balance 3:00 PM – 4:00 PM , 12 TPD</p>	<p>26</p> <p>CHAIR YOGA 12 TPD, 10:00 AM – 11:00 AM</p> <p>Info & Referral Service 45 Overlea Blvd 1:00 PM – 5:00 PM (pls. call before coming for appointment)</p>	 <p>10:30 AM -12:00 PM, 12 TPD</p> <p>Drop-In Program 12:00 AM – 2:30 PM , 12 TPD</p> <p>Fitness/Healthy Heart & Body Balance 2:30PM – 3:30 PM , 12 TPD</p>
<p>30</p> <p>Chronic Pain Mngt Workshop (Session 4) 38 TPD, 9:30 AM -12:30 PM</p> <p>Shibashi /Yoga 15 Thorncliffe Park Drive 10:00 AM – 11:00 AM (for # 15 TPD residents)</p> <p>Info & Referral Service 45 Overlea Blvd 1-5 PM</p>				

All program schedule is subject to change and cancellation; notice will be posted in building locations.

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

