



**Drop in : First come – First served with limited capacity depending upon the location ( We Register Clients 55+ )**

M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
<p>01</p> 	<p>02 @ 45 OVERLEA BLVD (YOUTH HUB) 08:00 AM – 10:00 AM - DROP IN</p> <p>@12 TPD Recreation Room 10:00 AM –10: 45 AM (Session 1) BODY STRENGTH with JHUVON 11:00 AM –11:45 AM (Session 2) BODY STRENGTH with JHUVON 12:00 PM –1:30 PM -Recreational</p> <p>03:00 PM – 05:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>	<p>03 @DRT 29 ST. DENNIS DR. 10:00 AM –10:45 AM S&amp;S- FITNESS with JHUVON 10:45 AM – 11:45 AM - ART &amp; CRAFT</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 11:30 AM -12:30 PM WELLNESS SESSION - GREEK</p> <p>@ 38 TPD – PARTY RM 01:00 PM– 02::30 PM - CROCHET 02:30 PM –03:30 PM Functional FITNESS - JHUVON</p>	<p>04 @ 10 DEAUVILLE LANE 10:00 AM –11:00 AM (English) FITNESS WITH JHUVON 11:00 AM – 12:00 PM -CHINESE GR. Recreational Session</p> 	<p>05 @ 29 ST. DENNIS DR -DRT – AUD</p> <p>09:30 AM – 11:00 AM –ENGLISH ART, CRAFT, BOARD GAME / CROCHET</p> <p>11:00 AM – 12:30 PM - CHINESE ART, CRAFT, BOARD GAMES</p> <p>@ 29 ST. DENNIS DRIVE.DRT –GYM 01:30 PM – 02:30 PM CARDIO FITNESS with JHUVON</p>
<p>08 @ 45 OVERLEA BLVD (YOUTH HUB) 8:30 AM-9:30 AM –DROP-IN @ 48 TPD-JJMCC 09:45 AM –10: 45 AM - GYMNASIUM CARDIO - FITNESS with JHUVON 12:00 PM – 01:30 PM - (Room A+B+C) RECREATIONAL - ART &amp; CRAFTS</p> <p>@48 TPD, JJMCC – LIBRARY 10:00 AM – 12:00 PM WOMEN'S WELLNESS CLUB With TABASUM &amp; MANIZHA</p>	<p>09@ 45 OVERLEA BLVD (YOUTH HUB) 08:00 AM – 10:00 AM - DROP IN</p> <p>@12 TPD Recreation Room 10:00 AM –10: 45 AM (Session 1) BODY STRENGTH with JHUVON 11:00 AM –11:45 AM (Session 2) BODY STRENGTH with JHUVON 12:00 PM –1:30 PM –Recreational</p> <p>VIRTUAL WELLNESS – FARSI with MATIN</p>	<p>10 @DRT 29 ST. DENNIS DR. 10:00 AM –10:45 AM S&amp;S- FITNESS with JHUVON 10:45 AM – 11:45 AM - ART &amp; CRAFT</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 11:30 AM -12:30 PM WELLNESS SESSION - GREEK</p> <p>@ 38 TPD – PARTY RM 01:00 PM– 02::30 PM - CROCHET 02:30 PM –03:30 PM Functional FITNESS - JHUVON</p>	<p>11 @ 10 DEAUVILLE LANE 10:00 AM –11:00 AM (English) Recreational Session 11:00 AM – 12:00 PM CHINESE GR. FITNESS WITH JHUVON</p> 	<p>12@ 29 ST. DENNIS DR -DRT – AUD 09:30 AM – 11:00 AM –ENGLISH ART, CRAFT, BOARD GAME / CROCHET</p> <p>11:00 AM – 12:30 PM - CHINESE ART, CRAFT, BOARD GAMES</p> <p>@ 29 ST. DENNIS DRIVE.DRT –GYM 01:30 PM – 02:30 PM CARDIO FITNESS with JHUVON</p>
<p>15 @ 45 OVERLEA BLVD (YOUTH HUB) 8:30 AM-9:30 AM –DROP-IN 09:45 AM –10:45 AM - GYMNASIUM CARDIO - FITNESS with JHUVON 12:00 PM – 01:30 PM - (Rom A+ B + C ) HEALTH &amp; WELLNESS</p> <p>@48 TPD, JJMCC - LIBRARY 10:00 AM – 12:00 PM WOMEN'S WELLNESS CLUB With TABASUM &amp; MANIZHA</p>	<p>16 @ 45 OVERLEA BLVD (YOUTH HUB) 08:00 AM – 10:00 AM - DROP IN @ 12 TPD –REC. ROOM 10:00 AM –10: 45 AM (Session 1) BODY STRENGTH with JHUVON 11:00 AM –12:00 PM MENTAL HEALTH WORKSHOP( Jason Sinclair) 12:00 PM –12 :45 PM (Session 2) BODY STRENGTH with JHUVON 1:00 PM – 2:30 PM RECREATIONAL – BOARD GAMES 03:00 PM – 05:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>	<p>17 @DRT 29 ST. DENNIS DR. 10:00 AM –10:45 AM S&amp;S- FITNESS with JHUVON 10:45 AM – 11:45 AM - ART &amp; CRAFT</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 11:30 AM -12:30 PM WELLNESS SESSION - GREEK</p> <p>@ 38 TPD – PARTY RM 01:00 PM– 02::30 PM - CROCHET 02:30 PM –03:30 PM Functional FITNESS - JHUVON</p>	<p>18 @ 10 DEAUVILLE LANE 10:00 AM –11:00 AM (English) FITNESS WITH JHUVON 11:00 AM – 12:00 PM -CHINESE GR. Recreational Session</p> 	<p>19 @ 29 ST. DENNIS DR -DRT – AUD 09:30 AM – 11:00 AM –ENGLISH ART, CRAFT, BOARD GAME / CROCHET</p> <p>11:00 AM – 12:30 PM - CHINESE ART, CRAFT, BOARD GAMES</p> <p>@ 29 ST. DENNIS DRIVE.DRT –GYM 01:30 PM – 02:30 PM CARDIO FITNESS with JHUVON</p>



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<p>22 @ 45 OVERLEA BLVD (YOUTH HUB) 8:30 AM-9:30 AM –DROP-IN</p> <p>@ 48 TPD -JJMCC 09:45 AM –10:45 AM - GYMNASIUM CARDIO - FITNESS with JHUVON 12:00 PM – 01:30 PM - (Room A+B+C) RECREATIONAL</p> <p>@48 TPD, JJMCC 10:00 AM – 12:00 PM - LIBRARY WOMEN'S WELLNESS CLUB With TABASUM &amp; MANIZHA</p>	<p>23 @ 45 OVERLEA BLVD (YOUTH HUB) 08:00 AM – 10:00 AM - DROP IN</p> <p>@ 12 TPD –REC. ROOM 10:00 AM –10: 45 AM (Session 1) BODY STRENGTH with JHUVON 11:00 AM –11:45 AM (Session 2) BODY STRENGTH with JHUVON 12:00 PM – 01:30 PM, Recreational</p> <p>03:00 PM – 05:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>	<p>24 @DRT 29 ST. DENNIS DR. 10:00 AM –10:45 AM S&amp;S- FITNESS with JHUVON 10:45 AM – 11:45 AM - ART &amp; CRAFT</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 11:00 AM -12:00 PM WORKSHOP(GREEK)-COOKING FOR ONE</p> <p>@ 38 TPD – PARTY RM 01:00 PM– 02::30 PM - CROCHET 02:30 PM –03:30 PM Functional FITNESS - JHUVON</p>	<p>25 @ 10 DEAUVILLE LANE 10:00 AM –11:00 AM (English) WORKSHOP ON CLIMATE CHANGE -TBF 11:00 AM – 12:00 PM -CHINESE GR. FITNESS WITH JHUVON</p> 	<p>26 @DRT 29 ST. DENNIS DR. 09:30 AM – 11:00 AM –ENGLISH ART, CRAFT, BOARD GAME/ CROCHET</p> <p>11:00 AM – 12:30 PM - CHINESE ART &amp; CRAFT / BOARD GAME</p> <p>@ 29 ST. DENNIS DRIVE. DRT – GYMNASIUM 01:30 PM – 02:30 PM CARDIO FITNESS with JHUVON</p>
<p>29 @ 45 OVERLEA BLVD (YOUTH HUB) 8:30 AM-9:30 AM –DROP-IN</p> <p>@ 48 TPD -JJMCC 09:45 AM –10:45 AM - GYMNASIUM CARDIO - FITNESS with JHUVON 12:00 PM – 01:30 PM - (Room A+B+C) RECREATIONAL</p> <p>@48 TPD, JJMCC 10:00 AM – 12:00 PM - LIBRARY WOMEN'S WELLNESS CLUB With TABASUM &amp; MANIZHA</p>	<p>30 @ 45 OVERLEA BLVD (YOUTH HUB) 08:00 AM – 10:00 AM - DROP IN @ 12 TPD –REC. ROOM 10:00 AM –10: 45 AM (Session 1) BODY STRENGTH with JHUVON 11:00 AM –11:45 AM (Session 2) BODY STRENGTH with JHUVON 12:00 PM –1:30 PM -Recreational</p> <p>03:00 PM – 05:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>	<p>31 @ 29 ST. DENNIS DR. (FLEMINGDON PARK LIBRARY) 10:00 AM –10:45 AM S&amp;S- FITNESS with JHUVON 10:45 AM – 11:45 AM - SPECIAL BINGO</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 11:30 AM -12:30 PM WELLNESS SESSION - GREEK</p> <p>@ 38 TPD – PARTY RM 01:00 PM– 02::30 PM - CROCHET 02:30 PM –03:30 PM S&amp;S - FITNESS with- JHUVON</p>		
<p><b>PLEASE CONTACT US AT OUR OFFICE</b></p> <p>10 GATEWAY BLVD, SUITE 104, TORONTO, ON M3C 3A1 PHONE <b>4 1 6 – 4 2 4 – 2 9 0 0</b></p> <p>EMAIL: <b>SENIORS@TNO-TORONTO.ORG</b></p>	<p>CALL 416-424-2900 and ask for the extension no. CASE WORKERS FAZILA - EXT. 4707 MATIN – EXT. 4708 OUTREACH WORKERS ADIL – EXT. 4703 / ELAINE – EXT. 4704 INTAKE &amp; REFERRAL NAVIGATOR PAL – EXT. 4702 PROGRAM ADMINSTRATIVE SUPPORT WORKER HAROON – EXT. 4715</p>	<p>CALL 416-424-2900 COMMUNITY RESOURCE LIAISON TABASSUM - EXT. 4712</p> <p>SCHEDULING CLERK MANIZHA AMIN – EXT. 4710</p> <p>PERSONAL SUPPORT SERVICES SUPERVISOR SERAH - EXT. 4709</p>	<p>CALL 416-424-2900 and ask for the extension no.</p> <p>PROGRAM FACILITATORS ALBERTO – EXT. 4705 ARODIL@TNO-TORONTO.ORG PRASANTA - EXT. 4706</p> <p>PBHUNYA@TNO-TORONTO.ORG FITNESS FACILITATOR JHUVON - 4805</p>	<p><b>ALL SENIORS ARE INVITED TO ATTEND TNO – ISFS PROGRAMS</b></p> <p>(CONGREGATE LUNCH IN PROGRAM )</p> <p><b>SCHEDULE &amp; VENUES ARE SUBJECT TO CHANGE OR CANCELLATION</b></p>