



**Drop in : First come – First served with limited capacity depending on 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><b>05</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b> 8:30 AM-9:30 AM –DROP-IN <b>@ 48 THORNCLIFFE PARK DRIVE</b> 09:45 AM –10: 45 AM - GYMNASIUM <b>CARDIO - FITNESS with JHUVON</b> 11:30 AM – 12::30 PM - (Room A+B+C) <b>RECREATIONAL - ART &amp; CRAFTS</b> 10:00 AM – 12:00 PM <b>NO PROGRAM</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b> 10:00 AM -12:00 PM <b>MENTAL HEALTH SESSION</b> with FHC/TNO INTEGRATED MENTAL HEALTH (Contact - Fazila or Hanan for registration)</p>	<p><b>06</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b> 08:00 AM – 10:00 AM - DROP IN 10:00 AM –10: 45 AM (Session 1) BODY STRENGTH with JHUVON 11:00 AM – 12:00 PM RECREATIONAL/CRICUT 12:00 AM –12:45 PM (Session 2) BODY STRENGTH with JHUVON</p> <p>03:00 PM – 05:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p> <p><b>@ 5 DEAUVILLE LANE</b> 02:00 PM -04:00 PM MENTAL HEALTH SESSION with FHC/TNO INTEGRATED MENTAL HEALTH (Contact - Fazila or Hanan for registration)</p>	<p><b>07</b></p> <p><b>@29 ST. DENNIS DR.</b> 10:00 AM –10:45 AM <b>S&amp;S- FITNESS with JHUVON</b> 10:45 AM – 11:45 AM - ART &amp; CRAFT <b>CRICUT –PRESENTATION</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b> 11:30 AM -12:30 PM <b>WELLNESS SESSION – GREEK</b> with FHC/TNO INTEGRATED MENTAL HEALTH</p> <p><b>@ 38 TPD – PARTY RM</b> 01:00 PM– 02::30 PM - CROCHET 02:30 PM –03:30 PM <b>FUNCTIONAL FITNESS - JHUVON</b></p>	<p><b>08</b></p> <p><b>@ 10 DEAUVILLE LANE</b> 10:00 AM –11:00 AM - ENGLISH GR. Recreational Session 11:00 AM – 12:00 PM CHINESE GR. FITNESS WITH JHUVON</p> <p>3:30 PM –4:30 PM WELLNESS SESSION ( VIRTUAL )- PRASANTA</p> 	<p><b>09</b></p> <p><b>@ 29 ST. DENNIS DR – LIBRARY</b> 09:30 AM – 11:00 AM –ENGLISH <b>ART, CRAFT, BOARD GAME / CROCHET</b> 11:00 AM – 12:30 PM - <b>CHINESE NEW YEAR EVENT</b> with <b>KATIE &amp; MARIAM</b></p> <p><b>@ 29 ST. DENNIS DRIVE. –GYMNASIUM</b> 01:30 PM – 02:30 PM <b>CARDIO FITNESS with JHUVON</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b> 10:00 AM – 12:00 PM <b>SENIORS SELF-CARE with FAZILA or HANAN</b> (REGISTRATIN REQUIRED)</p>
<p><b>12</b></p> <p><b>@45 OVERLEA BLVD (YOUTH HUB)</b> 8:30 AM-9:30 AM –DROP-IN <b>@ 48 THORNCLIFFE PARK DRIVE</b> 09:45 AM –10:45 AM - GYMNASIUM CARDIO - FITNESS with JHUVON 11:30 AM – 12:30 PM - (Rom A+ B + C ) WORKSHOP (Registration required) BRAIN HEALTH AND DEMENTIA ( by Alzheimer's Society of Toronto) 10:00 AM – 12:00 PM WOMEN'S WELLNESS CLUB WORKSHOP ON FOOD SAFETY With TABASUM &amp; MANIZHA</p>	<p><b>13</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b> 08:00 AM – 10:00 AM - DROP IN 10:00 AM –10: 45 AM (Session 1) <b>BODY STRENGTH with JHUVON</b> 11:00 AM – 12:00 PM – <b>RECREATIONAL/CRICUT</b> 12:00 AM –12:45 PM (Session 2) <b>BODY STRENGTH with JHUVON</b></p> <p>03:00 PM – 05:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>	<p><b>14</b></p> <p><b>@29 ST. DENNIS DR.</b> 10:00 AM –10:45 AM S&amp;S- FITNESS with JHUVON 10:45 AM – 11:45 AM CRICUT WITH FAZILA &amp; ART &amp; CRAFT</p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b> 11:30 AM -12:30 PM WELLNESS SESSION - GREEK <b>@ 38 TPD – PARTY RM</b> 01:00 PM– 02::30 PM - CROCHET 02:30 PM –03:30 PM FUNCTIONAL FITNESS - JHUVON</p>	<p><b>15</b></p> <p><b>@ 10 DEAUVILLE LANE</b> 10:00 AM –11:00 AM - ENGLISH GR. <b>FITNESS WITH JHUVON</b> 11:00 AM – 12:00 PM -CHINESE GR. Recreational Session</p> <p>3:30 PM –4:30 PM <b>WELLNESS SESSION ( VIRTUAL )- PRASANTA</b></p> 	<p><b>16</b></p> <p><b>@ 29 ST. DENNIS DR. – LIBRARY</b> 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><b>@ 29 ST. DENNIS DRIVE.DRT –GYM</b> 01:30 PM – 02:30 PM <b>CARDIO FITNESS with JHUVON</b></p>



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<p align="right"><b>19</b></p> <p align="center"><b>HOLIDAY</b></p>  <p align="center"><b>FAMILY DAY</b></p>	<p align="right"><b>20</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b></p> <p><b>08:00 AM – 10:00 AM - DROP IN</b>  <b>10:00 AM –10: 45 AM (Session 1)</b>  <b>BODY STRENGTH with JHUVON</b>  <b>11:00 AM – 12:00 PM – RECREATIONAL/CRICUT</b>  <b>12:00 AM –12:45 PM (Session 2)</b>  <b>BODY STRENGTH with JHUVON</b></p> <p><b>01:00 PM -05:00 PM</b>  <b>MENTAL HEALTH SESSION</b>  <b>With FHC/TNO INTEGRATED MENTAL HEALTH</b>  <b>(Contact - Fazila or Hanan for registration)</b>  <b>03:00 PM – 05:00 PM</b>  <b>VIRTUAL WELLNESS – FARSI with MATIN</b></p>	<p align="right"><b>21</b></p> <p><b>@ 29 ST. DENNIS DR –LIBRARY</b></p> <p><b>10:00 AM –10:45 AM</b>  <b>S&amp;S- FITNESS with JHUVON</b>  <b>10:45 AM – 11:45 AM -</b>  <b>CRICUT – WORK ON &amp; ART &amp; CRAFT</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b>  <b>11:00 AM -12:30 PM</b>  <b>SELF CARE – Greek (Fazila &amp; Hanan)</b></p> <p><b>@ 38 TPD – PARTY RM</b>  <b>01:00 PM– 02::30 PM - CROCHET</b>  <b>02:30 PM –03:30 PM</b>  <b>Functional FITNESS - JHUVON</b></p>	<p align="right"><b>22</b></p> <p><b>@ 10 DEAUVILLE LANE</b></p> <p><b>10:00 AM –11:00 AM -ENGLISH GR.</b>  <b>RECREATIONAL SESSION</b>  <b>11:00 AM – 12:00 PM -CHINESE GR.</b>  <b>FITNESS WITH JHUVON</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b>  <b>10:00 AM -12:00 PM</b>  <b>MENTAL HEALTH SESSION – With FHC/TNO</b>  <b>INTEGRATED MENTAL HEALTH</b>  <b>(Contact - Fazila or Hanan for registration)</b></p> <p><b>3:30 PM –4:30 PM</b>  <b>WELLNESS SESSION ( VIRTUAL )- PRASANTA</b></p>	<p align="right"><b>23</b></p> <p><b>@ 29 ST. DENNIS DR</b></p> <p><b>09:30 AM – 11:00 AM –ENGLISH</b>  <b>ART, CRAFT, BOARD GAME/ CROCHET</b>  <b>11:00 AM – 12:30 PM - CHINESE</b>  <b>ART &amp; CRAFT / BOARD GAME</b>  <b>@ 29 ST. DENNIS DRIVE -GYMANSIUM</b>  <b>01:30 PM – 02:30 PM</b>  <b>CARDIO FITNESS with JHUVON</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b>  <b>10:00 AM – 12:00 PM</b>  <b>SENIORS SELF-CARE with FAZILA or HANAN</b>  <b>(Contact - Fazila or Hanan for registration)</b></p>
<p align="right"><b>26</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b>  <b>8:30 AM-9:30 AM –DROP-IN</b></p> <p><b>@ 48 THORNCLIFFE PARK DRIVE</b>  <b>09:45 AM –10:45 AM - GYMNASIUM</b>  <b>CARDIO - FITNESS with JHUVON</b>  <b>11:30 AM – 12::30 PM - (Room A+B+C)</b>  <b>RECREATIONAL</b>  <b>10:00 AM – 12:00 PM - LIBRARY</b>  <b>WOMEN'S WELLNESS CLUB</b>  <b>WORKSHOP ON</b>  <b>MENTAL HEALTH – WELLNESS SESSION</b>  <b>With TABASUM &amp; MANIZHA</b></p>	<p align="right"><b>27</b></p> <p><b>@ 45 OVERLEA BLVD (YOUTH HUB)</b></p> <p><b>08:00 AM – 10:00 AM - DROP IN</b>  <b>10:00 AM –10: 45 AM (Session 1)</b>  <b>BODY STRENGTH with JHUVON</b>  <b>11:00 AM – 12:00 PM – RECREATIONAL/CRICUT</b>  <b>12:00 AM –12:45 PM (Session 2)</b>  <b>BODY STRENGTH with JHUVON</b></p> <p><b>12:45 PM –2:00 PM</b>  <b>BLACK HISTORY MONTH EVENT</b>  <b>with KATIE and MARIAM</b>  <b>03:00 PM – 05:00 PM</b>  <b>VIRTUAL WELLNESS – FARSI with MATIN</b></p>	<p align="right"><b>28</b></p> <p><b>11:00 am – 2:00 pm</b>  <b>Jenner Jean-Marie Community Centre</b>  <b>48 Thorncliffe Park Drive</b></p> <p><b>SENIORS ACTIVE LIVING</b>  <b>HEALTH AND WELLNESS FAIR</b></p> 	<p align="right"><b>29</b></p> <p><b>@ 10 DEAUVILLE LANE</b></p> <p><b>10:00 AM –11:00 AM (English)</b>  <b>FITNESS WITH JHUVON</b>  <b>11:00 AM – 12:00 PM CHINESE GR.</b>  <b>Recreational Session</b></p> <p><b>3:30 PM –4:30 PM</b>  <b>WELLNESS SESSION ( VIRTUAL )- PRASANTA</b></p> 	
<p align="center"><b>CONTACT US</b></p> <p align="center">10 GATEWAY BLVD, SUITE 104, TORONTO, ON M3C 3A1 PHONE <b>4 1 6 – 4 2 4 – 2 9 0 0</b></p> <p align="center">(Ask for the extension no. for a staff to help)</p> <p align="center">EMAIL: <b><u>SENIORS@TNO-TORONTO.ORG</u></b></p>	<p align="center"><b>CASE WORKERS</b>  <b>FAZILA - EXT. 4707</b>  <b>MATIN – EXT. 4708</b></p> <p align="center"><b>OUTREACH WORKERS</b>  <b>ADIL – EXT. 4703</b>  <b>ELAINE – EXT. 4704</b></p> <p align="center">Mental Health Intake &amp; Referral worker  <b>Hanan – EXT. 1216</b></p>	<p align="center"><b>COMMUNITY RESOURCE LIAISON</b>  <b>TABASSUM - EXT. 4712</b>  <b>SCHEDULING CLERK</b>  <b>MANIZHA AMIN – EXT. 4710</b></p> <p align="center"><b>PERSONAL SUPPORT SERVICES</b>  <b>SUPERVISOR</b>  <b>SERAH - EXT. 4709</b>  <b>INTAKE &amp; REFERRAL NAVIGATOR</b>  <b>PAL – EXT. 4702</b></p>	<p align="center"><b>PROGRAM FACILITATORS</b>  <b>ALBERTO – EXT. 4705</b>  <b>ARODIL@TNO-TORONTO.ORG</b>  <b>PRASANTA - EXT. 4706</b>  <b>PBHUNYA@TNO-TORONTO.ORG</b>  <b>FITNESS FACILITATOR</b>  <b>JHUVON – 4805</b>  <b>PROGRAM ADMINSTRATIVE</b>  <b>SUPPORT WORKER</b>  <b>HAROON – EXT. 4715</b></p>	<p align="center"><b>ALL SENIORS WELCOME</b>  <b>Our programs are FREE</b></p> <p align="center">( CONGREGATE LUNCH ON MON/WED/FRI)</p> <p align="center"><b>SCHEDULE &amp; VENUES</b>  <b>ARE SUBJECT TO</b>  <b>CHANGE OR CANCELLATION</b></p>