



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>TNO SENIOR SERVICES</p>	 <p>SPRING FORWARD DAYLIGHT SAVING BEGINS</p> <p>FROM MARCH 10</p>	 <p>GREEK HERITAGE MONTH</p>	 <p>March is Nutrition Month</p> <p>STAY HEALTHY – STAY HAPPY</p>	<p>01</p> <p>@ 29 ST. DENNIS DR – DRT – AUD 09:30 AM – 11:00 AM – ENGLISH ART, CRAFT, BOARD GAME/CROCHET 11:00 AM – 12:30 PM – CHINESE ART, CRAFT, BOARD GAMES @45 OVERLEA BOULEVARD 10:00 AM– 12:00 PM SENIORS SELF CARE with FAZILA & HANAN (With REGISTRATION only) @ 29 ST. DENNIS DRIVE – GYMNASIUM 01:45 PM – 02:45 PM CARDIO FITNESS with JHUVON</p>
<p>NO PROGRAM TODAY 04</p>  <p>KEEP CALM – STAY HOME</p>	<p>05</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 8:00 AM – 10:00 AM – DROP IN</p> <p>10:00 AM – 10:45 AM (SESSION 1) BODY STRENGTH with JHUVON</p> <p>11:00 AM – 12:00 PM RECREATIONAL/ CRICUT (With Registration Only) 12:00 PM – 12:45 PM (SESSION 2) BODY STRENGTH with JHUVON</p> <p>03:00 PM – 05:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>	<p>06</p> <p>@ 29 ST. DENNIS DR. – LIBRARY 10:00 AM – 10:45 AM S&S – FITNESS with JHUVON 10:45 AM – 11:45 AM RECREATIONAL - ART & CRAFT / BOARD GAMES CRICUT (With Registration Only) @ 45 OVERLEA BLVD (YOUTH HUB) 11:30 AM – 12:30 PM DANCING WITH PARKINSON'S PPT – GREEK @ 38 TPD – PARTY RM 01:00 PM – 02:30 PM – CROCHET 02:30 PM – 03:30 PM FUNCTIONAL FITNESS – JHUVON</p>	<p>07</p> <p>@ 10 DEAUVILLE LANE 10:00 AM – 11:00 AM – ENGLISH RECREATIONAL SESSION 11:00 AM – 12:00 PM – CHINESE FITNESS WITH JHUVON 3:30 PM – 4:30 PM WELLNESS SESSION (VIRTUAL) – PRASANTA</p> 	<p>08</p> <p>@ 45 Overlea Boulevard - MALL CENTRE COURT 11:00 AM – 01:00 PM INTERNATIONAL WOMEN'S DAY 2024</p>  <p>@45 OVERLEA BOULEVARD 10:00 AM– 12:00 PM SENIORS SELF CARE with FAZILA & HANAN (With REGISTRATION only)</p>
<p>11</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 8:30 AM – 9:30 AM – DROP – IN @ 48 THORNCLIFFE PARK DRIVE 09:45 AM – 10:45 AM – GYMNASIUM CARDIO – FITNESS with JHUVON 11:30 AM – 12:30 PM (Room A+B+C) RECREATIONAL – ART & CRAFTS</p> 	<p>12</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 8:00 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 - CRICUT (With Registration Only) 12:00 PM – 12:45 PM (SESSION 2) BODY STRENGTH with JHUVON 03:00 PM – 05:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p> 	<p>13</p> <p>@ 29 ST. DENNIS DR. – LIBRARY 10:00 AM – 10:45 AM S&S - FITNESS with JHUVON 10:45 AM – 11:45 AM RECREATIONAL - ART & CRAFT / BOARD GAMES CRICUT (With Registration Only) @ 45 OVERLEA BLVD (YOUTH HUB) 11:00 AM – 12:30 PM WELLNESS SESSION – GREEK with FHC/TNO INTEGRATED MENTAL HEALTH @ 38 TPD – PARTY RM 01:00 PM – 02:30 PM – CROCHET 02:30 PM – 03:30 PM FUNCTIONAL FITNESS – JHUVON</p>	<p>14</p> <p>@ 10 DEAUVILLE LANE 10:00 AM – 11:00 AM – ENGLISH FITNESS WITH JHUVON 11:00 AM – 12:00 PM – CHINESE RECREATIONAL SESSION 3:30 PM – 4:30 PM WELLNESS SESSION (VIRTUAL) – PRASANTA</p> 	<p>15</p> <p>@ 29 ST. DENNIS DR – DRT – AUD 09:30 AM – 11:00 AM – ENGLISH ART, CRAFT, BOARD GAME/CROCHET 11:00 AM – 12:30 PM – CHINESE ART, CRAFT, BOARD GAMES</p> <p>@45 OVERLEA BOULEVARD 10:00 AM– 12:00 PM SENIORS SELF CARE with FAZILA & HANAN (With REGISTRATION only)</p> <p>@ 29 ST. DENNIS DRIVE – GYMNASIUM 01:45 PM – 02:45 PM CARDIO FITNESS with JHUVON</p>



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<p>@ 45 OVERLEA BLVD (YOUTH HUB) 18 8:30 AM – 9:30 AM – DROP – IN @ 48 THORNCLIFFE PARK DRIVE 09:45 AM – 10:45 AM – GYMNASIUM CARDIO – FITNESS with JHUVON 11:30 AM – 12:30 PM (Room A+B+C) RECREATIONAL – ART & CRAFTS</p> 	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 19 8:00 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 - (With Registration Only) 12:00 PM – 12:45 PM (SESSION 2) BODY STRENGTH with JHUVON 03:00 PM – 05:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>	<p>@ 29 ST. DENNIS DR – LIBRARY 20 10:00 AM – 10:45 AM S&S – FITNESS with JHUVON 10:45 AM – 11:45 AM RECREATIONAL - ART & CRAFT / BOARD GAMES CRICUT (With Registration Only) @ 45 OVERLEA BLVD (YOUTH HUB) 11:30 AM - 12:30 PM FITNESS with JHUVON – GREEK @ 38 TPD – PARTY RM 01:00 PM – 02:30 PM – CROCHET 02:30 PM – 03:30 PM Functional FITNESS – JHUVON</p>	<p>@ 10 Deauville Lane 21 10:00 AM – 11:00 AM WORKSHOP – INFO SESSION ON Canada Pension & Old Age Pension (by Service Canada) 11:00 AM – 12:00 PM – CHINESE FITNESS WITH JHUVON 3:30 PM – 4:30 PM WELLNESS SESSION (VIRTUAL) – PRASANTA</p> 	<p>@ 29 ST. DENNIS DR DRT – AUD 22 09:30 AM – 11:00 AM – ENGLISH ART, CRAFT, BOARD GAME/ CROCHET 11:00 AM – 12:30 PM – CHINESE ART & CRAFT / BOARD GAME @ 29 ST. DENNIS DRIVE – GYMANSIUM 01:45 PM – 02:45 PM CARDIO FITNESS with JHUVON</p> 
<p>@ 45 OVERLEA BLVD (YOUTH HUB) 25 8:30 AM-9:30 AM –DROP-IN @ 48 THORNCLIFFE PARK DRIVE 09:45 AM – 10:45 AM – GYMNASIUM CARDIO – FITNESS with JHUVON 11:30 AM – 12:30 PM (Room A+B+C) RECREATIONAL – ART & CRAFTS</p> 	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 26 8:00 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 - (With Registration Only) 12:00 PM – 12:45 PM (SESSION 2) BODY STRENGTH with JHUVON 03:00 PM – 05:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>	<p>@ 29 ST. DENNIS DR – LIBRARY 27 10:00 AM – 10:45 AM S&S – FITNESS with JHUVON 10:45 AM – 11:45 AM PRESENTATION BY KATIE @ 45 OVERLEA BLVD (YOUTH HUB) 11:30 AM – 12:30 PM WORKSHOP -ALZHEIMER'S SOCIETY OF TORONTO (GREEK) @ 38 TPD – PARTY RM 01:00 PM – 02:30 PM – CROCHET 02:30 PM – 03:30 PM Functional FITNESS – JHUVON</p>	<p>@ 10 DEAUVILLE LANE 28 10:00 AM – 11:00 AM – ENGLISH FITNESS WITH JHUVON 11:00 AM – 12:00 PM – CHINESE RECREATIONAL SESSION 3:30 PM – 4:30 PM WELLNESS SESSION (VIRTUAL) – PRASANTA</p> 	<p>HOLIDAY 29</p> 
<p>CONTACT US 10 GATEWAY BLVD, SUITE 104, TORONTO, ON M3C 3A1 PHONE: 416-424-2900 (Ask for the extension no. for a staff to help) EMAIL: SENIORS@TNO-TORONTO.ORG</p>	<p>CASE WORKERS FAZILA – EXT. 4707 MATIN – EXT. 4708 JOYCE – EXT. 4711 OUTREACH WORKERS ADIL – EXT. 4703 ELAINE – EXT. 4704 Mental Health Intake & Referral worker Hanan – EXT. 1216</p>	<p>COMMUNITY RESOURCE LIAISON TABASSUM – EXT. 4712 SCHEDULING CLERK MANIZHA AMIN – EXT. 4710 PERSONAL SUPPORT SERVICES SUPERVISOR SERAH – EXT. 4709 INTAKE & REFERRAL NAVIGATOR PAL – EXT. 4702</p>	<p>PROGRAM FACILITATORS ALBERTO – EXT. 4705 ARODIL@TNO-TORONTO.ORG PRASANTA – EXT. 4706 PBHUNYA@TNO-TORONTO.ORG FITNESS FACILITATOR JHUVON – 4805 PROGRAM ADMINISTRATIVE WORKER HAROON – EXT. 4715 M.HAROON@TNO-TORONTO.ORG</p>	<p>ALL SENIORS WELCOME Our programs are FREE (CONGREGATE LUNCH ON MON/WED/FRI) SCHEDULE & VENUES ARE SUBJECT TO CHANGE OR CANCELLATION</p>