






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
01	02	03	04	05
<p>HAPPY Easter MONDAY</p>	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 08:00 AM – 10:00 AM – DROP IN 10:30 AM – 12:00 PM SMARTPHONE BASIC CLASSES with LEC (Registration required)</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>03:00 PM – 5:00 PM VIRTUAL WELLNESS – FARSI with MATIN</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)</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 11:00 AM – 12:30 PM WELLNESS SESSION – GREEK Integrated Mental Health Services (IMHS)</p> <p>@ 38 TPD – PARTY ROOM 01:00 PM – 2:30 PM – CROCHET 02:30 PM – 3:30 PM FUNCTIONAL FITNESS – JHUVON</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>@ 12 TPD – PARTY ROOM 10:00 AM – 10:45 AM (RESIDENTS) BODY STRENGTH with JHUVON 11:00 AM – 11:45 AM (NON – RESIDENTS) 12:00 PM – 02:00 PM RECREATIONAL / CRICUT (With Registration Only)</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 10:00 AM – 12:00 PM SENIOR SELF CARE with FAZILA & HANAN (REGISTRATION REQUIRED) @ 29 ST. DENNIS DR – GYMANSIUM 01:45 PM – 02:45 PM CARDIO FITNESS WITH JHUVON</p>
08	09	10	11	12
<p>@ 45 OVERLEA BLVD (Youth HUB) 08:30 AM – 9:30 AM – DROP – IN 10:00 AM – 12:00 PM MENTAL HEALTH AND WELLNESS FOR SENIORS (Register with FAZILA) @ 48 THORNCLIFFE PARK DRIVE 09:45 AM – 10:45 AM – GYMNASIUM CARDIO – FITNESS with JHUVON 11:30 AM – 12:30 PM INFO SESSION ON CANADA/OLD AGE PENSION (SERVICECANADA) 10:00 AM – 12:00 PM – LIBRARY WOMEN'S WELLNESS CLUB SOLAR ECLIPSE:– VIRTUAL - 3 PM -4PM</p>	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 08:00 AM – 10:00 AM – DROP IN 10:30 AM – 12:00 PM SMARTPHONE BASIC CLASSES with LEC (Registration required)</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>03:00 PM – 5:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>	<p>@ 29 ST. DENNIS DR – LIBRARY 10:00 AM – 10:45 AM - S & S – FITNESS 10:45 AM – 11:45 AM – RECREATIONAL</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 11:00 AM – 12:00 PM SLEEPING HYGIENE with HATP – GREEK</p> <p>@ 38 TPD – PARTY ROOM 01:00 PM – 2:30 PM – CROCHET 02:30 PM – 3:30 PM – FUNCTIONAL FITNESS</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>@ 12 TPD – PARTY ROOM 10:00 AM – 10:45 AM (RESIDENTS) BODY STRENGTH with JHUVON 11:00 AM – 11:45 AM (NON – RESIDENTS) 12:00 PM – 01:00 PM EARTH DAY PRESENTATION - ABIMBOLA @ 29 ST. DENNIS DR – GYMANSIUM 01:45 PM – 02:45 PM</p>
15	16	17	18	19
<p>@ 45 OVERLEA BLVD (Youth HUB) 08:30 AM – 09:30 AM – DROP – IN @ 48 THORNCLIFFE PARK DRIVE 09:45 AM – 10:45 AM – GYMNASIUM CARDIO – FITNESS with JHUVON 11:00 AM – 12:00 PM (ROOM A+B+C) WORKSHOP ON BLOOD PRESSURE MANAGEMENT (FHC) 10:00 AM – 12:00 PM – LIBRARY WOMEN'S WELLNESS CLUB</p>	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 08:00 AM – 10:00 AM – DROP IN 10:30 AM – 12:00 PM SMARTPHONE BASIC CLASSES with LEC (Registration required)</p> <p>@ 29 ST. DENNIS DR – DRT – AUD 09:30 AM – 11:00 AM – ENGLISH EARTH DAY PRESENTATION - ABIMBOLA 11:00 AM – 12:30 PM – CHINESE - RECREATIONAL 03:00 PM – 05:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>	<p>@ 29 ST. DENNIS DR – LIBRARY 10:00 AM – 11:30 AM Workshop on Container Gardening for Birds, Bees, & Butterflies (TPL)</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 11:30 AM – 12:30 PM FITNESS WITH JHUVON – GREEK</p> <p>@ 38 TPD – PARTY ROOM 01:00 PM – 2:30 PM – CROCHET 02:30 PM – 3:30 PM FUNCTIONAL FITNESS – JHUVON</p>	<p>@ 10 DEAUVILLE LANE 10:00 AM – 11:00 AM – ENGLISH FITNESS WITH JHUVON 11:00 AM – 12:00 PM – CHINESE RECREATIONAL SESSION</p> <p>@ 5 DEAUVILLE LANE 02:00 PM – 04:00 PM MENTAL HEALTH and WELLNESS FOR SENIORS (Register with FAZILA) 3:30 PM – 4:30 PM WELLNESS SESSION (VIRTUAL) – PRASANTA</p>	<p>@ 12 TPD – PARTY ROOM 10:00 AM – 10:45 AM (RESIDENTS) BODY STRENGTH with JHUVON 11:00 AM – 11:45 AM (NON – RESIDENTS) 12:00 PM – 02:00PM -RECREATIONAL</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 10:00 AM – 12:00 PM (REGISTRATION REQUIRED) SENIOR SELF CARE with FAZILA & HANAN @ 29 ST. DENNIS DR – GYMANSIUM 01:45 PM – 02:45 PM CARDIO FITNESS WITH JHUVON</p>



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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>@ 45 OVERLEA BLVD (Youth HUB) 22 08:30 AM – 09:30 AM – DROP – IN</p> <p>@ 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>10:00 AM – 12:00 PM – LIBRARY WOMEN'S WELLNESS CLUB</p>	<p>@ 45 OVERLEA BLVD (YOUTHUB) 23 08:00 AM – 10:00 AM – DROP IN 10:30 AM – 12:00 PM SMARTPHONE BASIC CLASSES with LEC (Registration required) @ 29 ST. DENNIS DR – DRT – AUD 09:30 AM – 11:00 AM – CHINESE & CROCHET ART, CRAFT, BOARD GAME/CROCHET 11:00 AM – 12:30 PM – ENGLISH ONLY WORKSHOP ON BLOOD PRESSURE MANAGEMENT (FHC)</p> <p>03:00 PM – 5:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>	<p>@ 29 ST. DENNIS DR LIBRARY 24 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 Integrated Mental Health Services (IMHS) @ 38 TPD – PARTY ROOM 01:00 PM – 2:30 PM -INFO SESSION ON CANADA/OLD AGE PENSION - ServiceCanada 02:30 PM – 3:30 PM FUNCTIONAL FITNESS – JHUVON</p>	<p>@ 10 DEAUVILLELANE 25 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>@ 12 TPD – PARTY ROOM 26 10:00 AM – 10:45 AM (RESIDENTS) BODY STRENGTH with JHUVON 11:00 AM – 11:45 AM (NON – RESIDENTS) 12:00 PM – 2:00 PM RECREATIONAL/ CRICUT (With Registration Only) @ 45 OVERLEA BLVD (YOUTH HUB) 10:00 AM – 12:00 PM SENIOR SELF CARE with FAZILA & HANAN (REGISTRATION REQUIRED) @ 29 ST. DENNIS DR – GYMANSIUM 01:45 PM – 02:45 PM CARDIO FITNESS WITH JHUVON</p>
<p>@ 45 OVERLEA BLVD (Youth HUB) 29 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 10:00 AM – 12:00 PM – LIBRARY WOMEN'S WELLNESS CLUB</p>	<p>@ 45 OVERLEA BLVD (YOUTHUB) 30 08:00 AM – 10:00 AM – DROP IN 10:30 AM – 12:00 PM SMARTPHONE BASIC CLASSES with LEC (Registration required) @ 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 03:00 PM – 5:00 PM VIRTUAL WELLNESS – FARSI with MATIN</p>			
<p>PLEASE CONTACT US AT OUR OFFICE 10 GATEWAY BLVD, SUITE 104, TORONTO, ON M3C 3A1 PHONE 4 1 6 – 4 2 4 – 2 9 0 0 EMAIL: SENIORS@TNO-TORONTO.ORG</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 & REFERRAL NAVIGATOR PAL – EXT. 4702</p>	<p>CALL 416-424-2900 COMMUNITY RESOURCE LIAISON TABASSUM - EXT. 4712 SCHEDULING CLERK MANIZHA AMIN – EXT. 4710 PERSONAL SUPPORT SERVICES SUPERVISOR SERAH - EXT. 4709 PROGRAM ADMINSTRATIVE WORKER HAROON – EXT. 4715</p>	<p>CALL 416-424-2900 and ask for the extension no. PROGRAM FACILITATORS ALBERTO – EXT. 4705 ARODIL@TNO-TORONTO.ORG PRASANTA - EXT. 4706 PBHUNYA@TNO-TORONTO.ORG FITNESS FACILITATOR JHUVON - 4805</p>	<p>ALL SENIORS ARE INVITED TO ATTEND TNO – ISFS PROGRAMS (CONGREGATE LUNCH IN PROGRAM) SCHEDULE & VENUES ARE SUBJECT TO CHANGE OR CANCELLATION</p>