



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>@ 45 OVERLEA BLVD (YOUTH HUB) 03 08:30 AM – 09:30 AM – SENIORS DROP – IN</p> <p>@ 48 THORNCLIFFE PARK DRIVE 09:45 AM – 10:45 AM – GYMNASIUM CARDIO – FITNESS with JHUVON 10:45 AM – 11:45 AM – LIBRARY HEALTH & WELLNESS CLUB 12:00 PM – 01:30 PM (ROOM A+B+C) RECREATIONAL – ART & CRAFTS</p> <p>02:30 PM – 04:00 PM CHINESE CHORUS CIRCLE (VIRTUAL) -PRASANTA</p>	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 04 08:00 AM – 10:00 AM – SENIORS DROP IN</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>@ 29 ST. DENNIS DR – LIBRARY 05 10:00 AM – 10:45 AM – S&S – FITNESS – JHUVON 10:45 AM – 11:45 AM – RECREATIONAL – ART @ 45 OVERLEA BLVD (YOUTH HUB) 11:00 AM – 12:30 PM (GREEK) MENTAL HEALTH and WELLNESS FHC/TNO @ 5 DEAUVILLE LANE 03:00 PM – 05:00 PM (Registration Required) Better Living/TNO's Seniors Month Event @ 38 TPD – PARTY ROOM 01:00 PM – 02:30 PM – CROCHET/ART & CRAFT 02:30 PM – 03:30 PM FUNCTIONAL FITNESS with JHUVON 03:00 PM – 5:00 PM (VIRTUAL) WELLNESS SESSION – FARSI with MATIN</p>	<p>@ 10 DEAUVILLE LANE 06 10:00 AM – 11:00 AM – ENGLISH FITNESS with JHUVON 11:00 AM – 12:30 PM – CHINESE RECREATIONAL SESSION</p> <p>03:30 PM – 04:30 PM (ID: 950 8876 4270) WELLNESS SESSION (VIRTUAL) PRASANTA</p>	<p align="center">07</p> <p align="center">NO PROGRAMME</p>
<p>@ 45 OVERLEA BLVD (YOUTH HUB) 10 08:30 AM – 09:30 AM – SENIORS DROP – IN @ 48 THORNCLIFFE PARK DRIVE 09:45 AM – 10:45 AM – GYMNASIUM CARDIO – FITNESS with JHUVON 11:00 AM – 12:00 PM WORKSHOP ON HEALTHY COOKING TIPS, FHC , Room ABC</p> <p>02:30 PM – 04:00 PM CHINESE CHORUS CIRCLE (VIRTUAL) -PRASANTA</p>	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 11 08:00 AM – 10:00 AM – SENIORS DROP IN</p> <p>@ 10 GATEWAY BLVD – (UNIT 105) HEARING SCREENING CLINIC 09:00 AM – 3:00 PM – (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>@ 29 ST. DENNIS DR – LIBRARY 12 NO PROGRAMS</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 11:30 AM – 12:30 PM (GREEK) FITNESS With Jhuvon @ 38 TPD – PARTY ROOM 01:00 PM – 02:30 PM – CROCHET/ART & CRAFT 02:30 PM – 03:30 PM FUNCTIONAL FITNESS with JHUVON 03:00 PM – 5:00 PM (VIRTUAL) WELLNESS SESSION – FARSI with MATIN</p>	<p>@ 10 DEAUVILLE LANE 13 10:00 AM – 11:30 AM – ENGLISH RECREATIONAL SESSION 11:30 AM – 12:30 PM – CHINESE FITNESS with JHUVON</p> <p>03:30 PM – 04:30 PM (ID: 950 8876 4270) WELLNESS SESSION (VIRTUAL) –PRASANTA</p>	<p>TNO's 14 “CELEBRATING SENIORS” EVENT 45 OVERLEA BOULEVARD (YOUTH HUB) (MUST BE REGISTERED)</p> <p>@ 29 ST. DENNIS DR – DRT AUDITORIUM 10:00 AM – 12:00 PM – SENIOR SELF CARE With FAZILA & HANAN (Registration Required)</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) 17 08:30 AM – 09:30 AM – SENIORS DROP – IN</p> <p>@ 48 THORNCLIFFE PARK DRIVE 09:45 AM – 10:45 AM – GYMNASIUM CARDIO – FITNESS with JHUVON 10:45 AM – 11:45 AM – LIBRARY HEALTH & WELLNESS CLUB 12:00 PM – 01:30 PM (ROOM A+B+C) RECREATIONAL – ART & CRAFTS</p> <p>02:30 PM – 04:00 PM CHINESE CHORUS CIRCLE (VIRTUAL) -PRASANTA</p>	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 18 08:00 AM – 10:00 AM – SENIORS DROP IN</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>@ 29 ST. DENNIS DR – LIBRARY 19 10:00 AM – 10:45 AM – S&S – FITNESS – JHUVON 10:45 AM – 11:45 AM – RECREATIONAL – ART</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 11:00 AM – 12:00 PM (GREEK) MENTAL HEALTH WORKSHOP – HATP @ 38 TPD – PARTY ROOM 01:00 PM – 02:30 PM – CROCHET/ART & CRAFT 02:30 PM – 03:30 PM – FUNCTIONAL FITNESS with JHUVON 03:00 PM – 5:00 PM (VIRTUAL) WELLNESS SESSION – FARSI with MATIN</p>	<p>@ 10 DEAUVILLE LANE 20 10:00 AM – 11:00 AM – ENGLISH FITNESS with JHUVON</p> <p>11:00 AM – 12:00 PM SESSION ON SENIORS PENSION (Mandarin) – Service Canada @ 45 OVERLEA BLVD (YOUTH HUB) HEARING SCREENING CLINIC 09:00 AM – 3:00 PM – (Registration Required)</p> <p>03:30 PM – 04:30 PM WELLNESS SESSION (VIRTUAL) – PRASANTA</p>	<p align="right">21</p>  <p align="center">NO PROGRAMME</p>
<p>@ 45 OVERLEA BLVD (YOUTH HUB) 24 08:30 AM – 09:30 AM – SENIORS DROP – IN</p> <p>@ 48 THORNCLIFFE PARK DRIVE 09:45 AM – 10:45 AM – GYMNASIUM CARDIO – FITNESS with JHUVON 10:45 AM – 11:45 AM – LIBRARY HEALTH & WELLNESS CLUB 12:00 PM – 01:30 PM (ROOM A+B+C) RECREATIONAL – ART & CRAFTS</p> <p>02:30 PM – 04:00 PM CHINESE CHORUS CIRCLE (VIRTUAL) -PRASANTA</p>	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 25 08:00 AM – 10:00 AM – SENIORS DROP IN</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>@ 29 ST. DENNIS DR – LIBRARY 26 10:00 AM – 10:45 AM – S&S – FITNESS – JHUVON 10:45 AM – 11:45 AM – RECREATIONAL – ART</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) 11:00 AM – 12:30 PM (GREEK) MENTAL HEALTH and WELLNESS FHC/TNO @ 38 TPD – PARTY ROOM 01:00 PM – 02:30 PM – CROCHET/ART & CRAFT 02:30 PM – 03:30 PM – FUNCTIONAL FITNESS with JHUVON 03:00 PM – 5:00 PM (VIRTUAL) WELLNESS SESSION – FARSI with MATIN</p>	<p>@ 10 DEAUVILLE LANE 27 10:00 AM – 11:00 AM – ENGLISH RECREATIONAL SESSION 11:00 AM – 12:00 PM – CHINESE FITNESS with JHUVON</p>  <p>03:30 PM – 04:30 PM WELLNESS SESSION (VIRTUAL) – PRASANTA</p>	<p>@ 12 TPD – PARTY ROOM 28 10:00 AM – 10:45 AM (RESIDENTS) BODY STRENGTH with JHUVON</p> <p>11:00 AM – 12:00 PM WORKSHOP IRON DEFICIENCY (HATP) 12:15 PM – 01:00 PM (NON – RESIDENTS) BODY STRENGTH with JHUVON</p> <p>@ 29 ST. DENNIS DR – GYMNASIUM 01:45 PM – 02:45 PM CARDIO FITNESS with JHUVON</p>
<p>PLEASE CONTACT US AT OUR OFFICE:</p> <p align="center">10 GATEWAY BLVD, SUITE 104, TORONTO, ON M3C 3A1</p> <p>PHONE: 4 1 6 – 4 2 4 – 2 9 0 0 (Ask for the extension no. For a staff to help) EMAIL: SENIORS@TNOTORONTO.ORG</p>	<p>CASE WORKERS FAZILA – EXT. 4707 MATIN – EXT. 4708 JOYCE – EXT. 4711</p> <p>OUTREACH WORKERS ADIL – EXT. 4703 ELAINE – EXT. 4704 Mental Health Intake & Referral Worker HANAN – EXT. 1216</p>	<p>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>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 JCUMMINGS@TNO-TORONTO.ORG PROGRAM ADMINISTRATIVE WORKER HAROON – EXT. 4715 M.HAROON@TNO-TORONTO.ORG</p>	<p align="center">ALL SENIORS WELCOME Our Programs are FREE</p> <p align="center">(CONGREGATE LUNCH on TUE/WED/FRI)</p> <p align="center">SCHEDULE & VENUES ARE SUBJECT TO CHANGE OR CANCELLATION</p>