



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">Save the Date: TNO Summer Festival Saturday, August 24th TIME: 12 PM to 6 PM Everyone Welcome</p>			<p align="right">01</p> <p>@ 10 DEAUVILLE LANE FITNESS with JHUVON 10:00 AM – 11:00 AM – ENGLISH RECREATIONAL SESSION 11:00 AM – 12:30 PM – CHINESE @ YOUTH CENTRE (EARLY ON) ART & CRAFT/BOARD GAMES 02:00 PM – 03:00 PM</p> <p>WELLNESS SESSION (VIRTUAL) – PRASANTA 03:30 PM – 04:30 PM</p>	<p align="right">02</p> <p>@ 12 TPD – PARTY ROOM BODY STRENGTH with JHUVON 10:00 AM – 10:45 AM (RESIDENTS – 12 TPD) RECREATIONAL/ART & CRAFT/BOARD GAMES 11:00 AM – 01:00 PM</p> <p>@ YOUTH CENTRE (EARLY ON) BODY STRENGTH with JHUVON 11:30 AM – 12:15 PM</p>
<p align="right">05</p>	<p align="right">06</p> <p>@ 29 ST. DENNIS DR – DRT – AUD ART, CRAFT, BOARD GAME/CROCHET 10:00 AM – 11:30 AM – ENGLISH ART, CRAFT & BOARD GAMES 11:30 AM – 01:00 PM – CHINESE</p> <p>@YOUTH CENTRE (EARLY ON) CHAI & CHAT 03:30 PM – 04:30 PM</p>	<p align="right">07</p> <p>@ 29 ST. DENNIS DR – LIBRARY NO PROGRAM</p> <p>@ YOUTH CENTRE (EARLY ON) SOUND OF HEALING With VIJAYA & KAREN 10:00 AM – 11:15 AM (REGIST. REQUIRED) FITNESS SESSION – VIRTUAL (GREEK) 11:30 AM – 12:30 PM</p> <p>@ 38 TPD – PARTY ROOM 01:00 PM – 02:30 PM – CROCHET/ART & CRAFT 02:30 PM – 03:30 PM – FUNCTIONAL FITNESS (VIRTUAL)</p> <p>WELLNESS SESSION – FARSI with MATIN 03:00 PM – 5:00 PM (VIRTUAL)</p>	<p align="right">08</p> <p>@ 10 DEAUVILLE LANE RECREATIONAL SESSION 10:00 AM – 11:30 AM – ENGLISH FITNESS SESSION (VIRTUAL) 11:30 AM – 12:30 PM – CHINESE @YOUTH CENTRE (EARLY ON) MENTAL HEALTH & WELLNESS (FARSI) 10:00 AM – 12:00 PM (REGIST. REQUIRED) ART & CRAFT/BOARD GAMES 02:00 PM – 03:00 PM</p> <p>WELLNESS SESSION (VIRTUAL) – PRASANTA 03:30 PM – 04:30 PM</p>	<p align="right">09</p> <p>@ 12 TPD – PARTY ROOM BODY STRENGTH SESSION (VIRTUAL) 10:00 AM – 10:45 AM (RESIDENTS – 12 TPD) RECREATIONAL/ART & CRAFT/BOARD GAMES 11:00 AM – 01:00 PM</p> <p>@ YOUTH CENTRE (EARLY ON) BODY STRENGTH SESSION (VIRTUAL) 11:30 AM – 12:15 PM</p>
<p>@YOUTH CENTRE (EARLY ON) 12</p> <p>45 OVERLEA BLVD – UNIT 108 A CARDIO/POLE WALKING – JHUVON 09:45 AM – 10:30 AM (1st SESSION) 10:45 AM – 11:30 AM (2nd SESSION) LINE DANCING With BENJIE 11:45 AM – 12:30 PM RECREATIONAL SESSION 12:30 PM – 01:30 PM</p> <p>CHINESE CHORUS CIRCLE (VIRTUAL) – PRASANTA 02:30 PM – 04:00 PM</p>	<p align="right">13</p> <p>@ 29 ST. DENNIS DR – DRT – AUD ART, CRAFT, BOARD GAME/CROCHET 10:00 AM – 11:30 AM – ENGLISH ART, CRAFT & BOARD GAMES 11:30 AM – 01:00 PM – CHINESE</p> <p>@YOUTH CENTRE (EARLY ON) NO PROGRAM</p>	<p align="right">14</p> <p>SENIORS DAY TRIP TO ELORA (REGISTRATION REQUIRED – Lottery)</p> <p>WELLNESS SESSION – FARSI with MATIN 03:00 PM – 5:00 PM (VIRTUAL)</p>	<p align="right">15</p> <p>@ 10 DEAUVILLE LANE FITNESS with JHUVON 10:00 AM – 11:00 AM – ENGLISH RECREATIONAL SESSION 11:00 AM – 12:30 PM – CHINESE</p> <p>@ YOUTH CENTRE (EARLY ON) ART & CRAFT/BOARD GAMES 02:00 PM – 03:00 PM</p> <p>WELLNESS SESSION (VIRTUAL) – PRASANTA 03:30 PM – 04:30 PM</p>	<p align="right">16</p> <p>@ 12 TPD – PARTY ROOM BODY STRENGTH with JHUVON 10:00 AM – 10:45 AM (RESIDENTS – 12 TPD) RECREATIONAL/ART & CRAFT/BOARD GAMES 11:00 AM – 12:00 PM WORKSHOP ON BRAIN HEALTH BY ALZHEIMER SOCIETY OF TORONTO 12:00 PM – 01:00 PM</p> <p>@ YOUTH CENTRE (EARLY ON) BODY STRENGTH with JHUVON 11:30 AM – 12:15 PM</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>@YOUTH CENTRE (EARLY ON) 19 45 OVERLEA BLVD – UNIT 108 A CARDIO/POLE WALKING – JHUVON 09:45 AM – 10:30 AM (1st SESSION) 10:45 AM – 11:30 AM (2nd SESSION)</p> <p>WORKSHOP ON FALLS PREVENTTION – FHC 11:30 AM – 12:30 PM RECREATIONAL SESSION 12:30 PM – 01:30 PM</p> <p>CHINESE CHORUS CIRCLE (VIRTUAL) – PRASANTA 02:30 PM – 04:00 PM</p>	<p>@ 29 ST. DENNIS DR – DRT – AUD 20 ART, CRAFT, BOARD GAME/CROCHET 10:00 AM – 11:30 AM – ENGLISH ART, CRAFT & BOARD GAMES 11:30 AM – 01:00 PM – CHINESE</p> <p>@YOUTH CENTRE (EARLY ON) CHAI & CHAT 03:30 PM – 04:30 PM</p>	<p>@ 29 ST. DENNIS DR – LIBRARY 21 S&S – FITNESS – JHUVON – 10:00 AM – 10:45 AM LINE DANCING/ART – 10:45 AM – 11:45 AM @ YOUTH CENTRE (EARLY ON) SOUND OF HEALING With VIJAYA & KAREN 10:00 AM – 11:15 AM (REGIST. REQUIRED) RECREATIONAL SESSION (GREEK) 11:30 AM – 12:30 PM @ 38 TPD – PARTY ROOM CROCHET/ART & CRAFT – 01:00 PM – 02:30 PM FUNCTIONAL FITNESS – 2:30 PM – 03:30 PM WELLNESS SESSION – FARSI with MATIN 03:00 PM – 5:00 PM (VIRTUAL)</p>	<p>@ 10 DEAUVILLE LANE 22 RECREATIONAL SESSION 10:00 AM – 11:30 AM – ENGLISH FITNESS with JHUVON 11:30 AM – 12:30 PM – CHINESE @ YOUTH CENTRE (EARLY ON) MENTAL HEALTH & WELLNESS (FARSI) 10:00 AM – 12:00 PM (REGIST. REQUIRED) ART & CRAFT/BOARD GAMES 02:00 PM – 03:00 PM</p> <p>WELLNESS SESSION (VIRTUAL) – PRASANTA 03:30 PM – 04:30 PM</p>	<p>@ 12 TPD – PARTY ROOM 23 10:00 AM – 10:45 AM (RESIDENTS – 12 TPD) BODY STRENGTH with JHUVON 11:00 AM – 01:00 PM RECREATIONAL/ART & CRAFT/BOARD GAMES</p> <p>@ YOUTH CENTRE (EARLY ON) BODY STRENGTH with JHUVON 11:30 AM – 12:15 PM</p>
<p>@YOUTH CENTRE (EARLY ON) 26 45 OVERLEA BLVD – UNIT 108 A CARDIO/POLE WALKING – JHUVON 09:45 AM – 10:30 AM (1st SESSION) 10:45 AM – 11:30 AM (2nd SESSION) LINE DANCING With BENJIE 11:45 AM – 12:30 PM RECREATIONAL SESSION 12:30 PM – 01:30 PM CHINESE CHORUS CIRCLE (VIRTUAL) – PRASANTA 02:30 PM – 04:00 PM</p>	<p>@ 29 ST. DENNIS DR – DRT – AUD 27 ART, CRAFT, BOARD GAME/CROCHET 10:00 AM – 11:30 AM – ENGLISH ART, CRAFT & BOARD GAMES 11:30 AM – 01:00 PM – CHINESE</p> <p>@YOUTH CENTRE (EARLY ON) CHAI & CHAT 03:30 PM – 04:30 PM</p>	<p>@ 29 ST. DENNIS DR – LIBRARY 28 S&S – FITNESS – JHUVON - 10:00 AM – 10:45 AM LINE DANCING/ART – 10:45 AM – 11:45 AM @ YOUTH CENTRE (EARLY ON) SOUND OF HEALING With VIJAYA & KAREN 10:00 AM – 11:15 AM (REGIST. REQUIRED) RECREATIONAL/WELLNESS SESSION (GREEK) 11:30 AM – 12:30 PM @ 38 TPD – PARTY ROOM CROCHET/ART & CRAFT – 01:00 PM – 02:30 PM FUNCTIONAL FITNESS – 02:30 PM – 03:30 PM WELLNESS SESSION – FARSI with MATIN 03:00 PM – 5:00 PM (VIRTUAL)</p>	<p>@ 10 DEAUVILLE LANE 29 FITNESS with JHUVON 10:00 AM – 11:00 AM – ENGLISH RECREATIONAL SESSION 11:00 AM – 12:30 PM – CHINESE @ YOUTH CENTRE (EARLY ON) ART & CRAFT/BOARD GAMES 02:00 PM – 03:00 PM</p> <p>WELLNESS SESSION (VIRTUAL) – PRASANTA 03:30 PM – 04:30 PM</p>	<p>@ 12 TPD – PARTY ROOM 30 10:00 AM – 10:45 AM (RESIDENTS – 12 TPD) BODY STRENGTH with JHUVON 11:00 AM – 01:00 PM RECREATIONAL/ART & CRAFT/BOARD GAMES</p> <p>@ YOUTH CENTRE (EARLY ON) BODY STRENGTH with JHUVON 11:30 AM – 12:15 PM</p>
<p>PLEASE CONTACT US AT OUR OFFICE:</p> <p>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)</p> <p>EMAIL: SENIORS@TNO-TORONTO.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 – EXT. 4805 JCUMMINGS@TNO-TORONTO.ORG PROGRAM ADMINSTRATIVE WORKER HAROON – EXT. 4715 M.HAROON@TNO-TORONTO.ORG</p>	<p align="center">ALL SENIORS WELCOME</p> <p align="center">Our Programs are FREE</p> <p align="center">SCHEDULE & VENUES ARE SUBJECT TO CHANGE OR CANCELLATION</p>