





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>01</p>	<p>02</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>@ YOUTH CENTRE (EARLY ON) 03:30 PM – 04:30 PM CHAI & CHAT</p>	<p>03</p> <p>@ 29 ST. DENNIS DR – LIBRARY 10:00 AM – 10:45 AM – S&S – FITNESS – JHUVON 10:45 AM – 11:45 AM – LINE DANCING /ART @ YOUTH CENTRE (EARLY ON) 11:00 AM – 12:00 PM (GREEK) SENIORS DENTAL WORKSHOP - U of T @ 38 TPD – PARTY ROOM 01:00 PM – 02:30 PM – CROCHET/ART & CRAFT 02:30 PM – 03:30 PM – FUNCTIONAL FITNESS 03:00 PM – 5:00 PM (VIRTUAL) WELLNESS SESSION – FARSI with MATIN</p>	<p>04</p> <p>@ 10 DEAUVILLE LANE 10:00 AM – 11:00 AM – ENGLISH FITNESS with JHUVON 11:00 AM – 12:00 PM WORKSHOP ON HEALTHY COOKING TIPS (MANDARIN) – FHC @ YOUTH CENTRE (EARLY ON) 02:00 PM – 03:00 PM ORIGAMI/ BEADING/ BOARD GAMES 03:30 PM – 04:30 PM WELLNESS SESSION (VIRTUAL) - PRASANTA</p>	<p>05</p> <p>@ 12 TPD – PARTY ROOM 10:00 AM – 11:00 AM (RESIDENTS – 12 TPD) BODY STRENGTH with JHUVON 11:00 AM – 01:00 PM RECREATIONAL/ART & CRAFT/BOARD GAMES @ 29 ST. DENNIS DR – DRT AUDITORIUM 10:00 AM – 12:00 PM – SENIORS SELF CARE With FAZILA & HANAN (REGISTRATION REQUIRED) @ YOUTH CENTRE (EARLY ON) 11:30 AM – 12:30 PM (NON – RESIDENTS– 12TPD) BODY STRENGTH with JHUVON</p>
<p>08</p> <p>@ YOUTH CENTRE (EARLY ON) 45 Overlea Blvd – Unit 108A 09:45 AM – 10:30 AM (1st SESSION) 10:45 AM – 11:30 AM (2nd SESSION) CARDIO/POLE WALKING with JHUVON 11:45 AM – 12:30 PM LINE DANCING With BENJIE 12:30 PM – 2:00 PM – RECREATIONAL SESSION 02:30 PM – 04:00 PM CHINESE CHORUS CIRCLE (VIRTUAL) -PRASANTA</p>	<p>09</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>@ YOUTH CENTRE (EARLY ON) 03:30 PM – 04:30 PM CHAI & CHAT</p>	<p>10</p> <p>NO PROGRAM @ 29 St. Dennis Dr.</p> <p>@ YOUTH CENTRE (EARLY ON) 11:30 AM - 12:30 PM (GREEK) FITNESS with JHUVON</p> <p>@ 38 TPD – PARTY ROOM 01:00 PM – 02:30 PM – CROCHET/ART & CRAFT 02:30 PM – 03:30 PM – FUNCTIONAL FITNESS 03:00 PM – 5:00 PM (VIRTUAL) WELLNESS SESSION – FARSI with MATIN</p>	<p>11</p> <p>@ 10 DEAUVILLE LANE 10:00 AM – 11:30 AM RECREATIONAL SESSION – ENGLISH 11:30 AM – 12:30 PM FITNESS with JHUVON – CHINESE</p> <p>@ YOUTH CENTRE (EARLY ON) 10:00 AM – 11:00 AM MENTAL HEALTH & WELLNESS (FARSI) 02:00 PM – 03:00 PM ORIGAMI/ BEADING/ BOARD GAMES 03:30 PM – 04:30 PM VIRTUAL WELLNESS</p>	<p>12</p> <p>@ 12 TPD – PARTY ROOM 10:00 AM – 11:00 AM (RESIDENTS – 12 TPD) BODY STRENGTH with JHUVON 11:00 AM – 01:00 PM RECREATIONAL/ART & CRAFT/BOARD GAMES @ 29 ST. DENNIS DR – DRT AUDITORIUM 10:00 AM – 12:00 PM – SENIORS SELF CARE With FAZILA & HANAN (REGISTRATION REQUIRED)</p> <p>@ YOUTH CENTRE (EARLY ON) 11:30 AM – 12:30 PM (NON – RESIDENTS– 12TPD) BODY STRENGTH with JHUVON</p>
<p>15</p> <p>@ YOUTH CENTRE (EARLY ON) 45 Overlea Blvd – Unit 108A 09:45 AM – 10:30 AM (1st SESSION) 10:45 AM – 11:30 AM (2nd SESSION) CARDIO/POLE WALKING with JHUVON</p> <p>11:45 AM – 12:30 PM LINE DANCING With BENJIE</p> <p>12:30 PM – 2:00 PM – RECREATIONAL SESSION</p> <p>02:30 PM – 04:00 PM CHINESE CHORUS CIRCLE (VIRTUAL) -PRASANTA</p>	<p>16</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>@ YOUTH CENTRE (EARLY ON) 10:00 AM – 12:00 PM SENIORS MENTAL HEALTH & WELLNESS With FAZILA & TANIA (REGISTRATION REQUIRED)</p> <p>03:30 PM – 04:30 PM CHAI & CHAT</p>	<p>17</p> <p>SENIORS DAY TRIP Limited Seats - Equitable Lottery Draw</p>  <p>03:00 PM – 5:00 PM (VIRTUAL) WELLNESS SESSION – FARSI with MATIN</p>	<p>18</p> <p>@ 10 DEAUVILLE LANE 10:00 AM – 11:00 AM – ENGLISH FITNESS with JHUVON 11:00 AM – 12:30 PM RECREATIONAL SESSION – CHINESE</p> <p>@ YOUTH CENTRE (EARLY ON) 10:00 AM – 11:00 AM MENTAL HEALTH & WELLNESS (FARSI) 02:00 PM – 03:00 PM ORIGAMI/ BEADING/ BOARD GAMES 03:30 PM – 04:30 PM WELLNESS SESSION (VIRTUAL)PRASANTA</p>	<p>19</p> <p>@ 12 TPD – PARTY ROOM 10:00 AM – 11:00 AM (RESIDENTS – 12 TPD) BODY STRENGTH with JHUVON 11:00 AM – 01:00 PM RECREATIONAL/ART & CRAFT/BOARD GAMES @ 29 ST. DENNIS DR – DRT AUDITORIUM 10:00 AM – 12:00 PM – ART of RELAXATION WITH JOYCE & KAREN (REGISTRATION REQUIRED)</p> <p>@ YOUTH CENTRE (EARLY ON) 11:30 AM – 12:30 PM (NON – RESIDENTS) BODY STRENGTH 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 align="right">22</p> <p>@ YOUTH CENTRE (EARLY ON) 45 Overlea Blvd – Unit 108A 09:45 AM – 10:30 AM (1st SESSION) 10:45 AM – 11:30 AM (2nd SESSION) CARDIO/POLE WALKING With JHUVON 11:45 AM – 12:30 PM LINE DANCING With BENJIE 12:30 PM – 2:00 PM – RECREATIONAL SESSION</p> <p>02:30 PM – 04:00 PM CHINESE CHORUS CIRCLE (VIRTUAL) -PRASANTA</p>	<p align="right">23</p> <p>@ 29 ST. DENNIS DR – DRT – AUD 09:30 AM – 11:00 AM – ENGLISH ART, CRAFT, BOARDGAME/CROCHET 11:00 AM – 12:30 PM – CHINESE ART, CRAFT & BOARD GAMES</p> <p>@ YOUTH CENTRE (EARLY ON) 03:30 PM – 04:30 PM CHAI & CHAT</p>	<p align="right">24</p> <p>@ 29 ST. DENNIS DR – LIBRARY 10:00 AM – 10:45 AM – S&S – FITNESS – JHUVON 10:45 AM – 11:45 AM – LINE DANCING / ART</p> <p>@ YOUTH CENTRE (EARLY ON) 11:30 AM – 12:30 PM (GREEK) FRAUD PREVENTION with TPS @ 38 TPD – PARTY ROOM 01:00 PM – 02:30 PM – CROCHET/ART & CRAFT 02:30 PM – 03:30 PM – FUNCTIONAL FITNESS 03:00 PM – 5:00 PM (VIRTUAL) WELLNESS SESSION – FARSI with MATIN</p>	<p align="right">25</p> <p>@ 10 DEAUVILLE LANE 10:00 AM – 11:00 AM – ENGLISH WORKSHOP ON FRAUD AND THEFTONTARIO SECURITIES COMMISSION 11:00 AM – 12:00 PM – CHINESE FITNESS with JHUVON @ YOUTH CENTRE (EARLY ON) 10:00 AM – 11:00 AM MENTAL HEALTH & WELLNESS (FARSI) 02:00 PM – 03:00 PM ORIGAMI/ BEADING/ BOARD GAMES 03:30 PM – 04:30 PM VIRTUAL WELLNESS</p>	<p align="right">26</p> <p>@ 12 TPD – PARTY ROOM 10:00 AM – 11:00 AM (RESIDENTS – 12 TPD) BODY STRENGTH with JHUVON 11:00 AM – 01:00 PM RECREATIONAL/ART & CRAFT/BOARD GAMES @ 29 ST. DENNIS DR – DRT AUDITORIUM 10:00 AM – 12:00 PM – ART of RELAXATION WITH JOYCE & KAREN (REGISTRATION REQUIRED)</p> <p>@ YOUTH CENTRE (EARLY ON) 11:30 AM – 12:30 PM (NON – RESIDENTS – 12TPD) BODY STRENGTH with JHUVON</p>
<p align="right">29</p> <p>@ YOUTH CENTRE (EARLY ON) 45 Overlea Blvd – Unit 108A 09:45 AM – 10:30 AM (1st SESSION) 10:45 AM – 11:30 AM (2nd SESSION) CARDIO/POLE WALKING With JHUVON 11:45 AM – 12:30 PM LINE DANCING With BENJIE 12:30 PM – 2:00 PM – RECREATIONAL SESSION</p> <p>02:30 PM – 04:00 PM CHINESE CHORUS CIRCLE (VIRTUAL) -PRASANTA</p>	<p align="right">30</p> <p>@ 29 ST. DENNIS DR – DRT – AUD 09:30 AM – 11:00 AM – ENGLISH ART, CRAFT, BOARDGAME/CROCHET 11:00 AM – 12:30 PM – CHINESE ART, CRAFT & BOARD GAMES</p> <p>@ YOUTH CENTRE (EARLY ON) 03:30 PM – 04:30 PM CHAI & CHAT</p>	<p align="right">31</p> <p>@ 29 ST. DENNIS DR – LIBRARY 10:00 AM – 10:45 AM – S&S – FITNESS – JHUVON 10:45 AM – 11:45 AM – LINE DANCING/ART @ YOUTH CENTRE (EARLY ON) 11:30 AM – 12:30 PM RECREATIONAL SESSION (GREEK) @ 38 TPD – PARTY ROOM 01:00 PM – 02:30 PM – CROCHET/ART & CRAFT 02:30 PM – 03:30 PM – FUNCTIONAL FITNESS 03:00 PM – 5:00 PM (VIRTUAL) WELLNESS SESSION – FARSI with MATIN</p>	<div data-bbox="1516 599 2242 985" data-label="Image">  </div> <div data-bbox="2254 599 2497 985" data-label="Image">  </div>	
<p>PLEASE CONTACT US AT OUR OFFICE:</p> <p><u>10 GATEWAY BLVD, SUITE 104,</u> <u>TORONTO, ON M3C 3A1</u></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@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</p> <p>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>