



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>HOLIDAY 02</p> <p>CANADA Labour Day</p>	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 03 08:30 AM – 09:30 AM – SENIORS DROP – IN</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>@ 29 ST. DENNIS DR – DRT – LIBRARY 04 S&S – FITNESS – JHUVON – 10:00 AM – 10:45 AM 10:45 AM – 11:45 AM – RECREATIONAL – ART @ 45 OVERLEA BLVD (YOUTH HUB) FITNESS with JHUVON(GREEK) 11:30 AM – 12:30 PM @ 38 TPD – PARTY ROOM ART & CRAFT/CROCHET – 01:00 PM – 02:30 PM FUNCTIONAL FITNESS – 02:30 PM – 03:30 PM</p> <p>WELLNESS SESSION – FARSI With MATIN 03:00 PM – 5:00 PM (VIRTUAL)</p>	<p>@ 10 DEAUVILLE LANE 05 RECREATIONAL SESSION 10:00 AM – 11:30 AM – ENGLISH FITNESS - VISUAL 11:30 AM – 12:30 PM – CHINESE</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) YOGA SESSION With JHUVON – FARSI 10:00 AM – 12:00 PM</p> <p>WELLNESS SESSION (VIRTUAL) – PRASANTA 03:30 PM – 04:30 PM</p>	<p>@ 12 TPD – PARTY ROOM 06 BODY STRENGTH With JHUVON 10:00 AM – 10:45 AM (RESIDENTS – 12 TPD)</p> <p>11:00 AM – 11:45 AM (NON – RESIDENTS)</p> <p>WORKSHOP ON ELDER ABUSE 12:00 PM– 01:00 PM – By HATP</p> <p>@ 29 ST. DENNIS DR – DRT - AUDITORIUM CARDIO FITNESS with JHUVON 01:45 PM – 02:45 PM</p>
<p>@ 45 OVERLEA BLVD (YOUTH HUB) 09 SENIORS DROP – IN - 08:30 AM – 09:30 AM CARDIO FITNESS – 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 03:00 PM – 04:30 PM</p>	<p>SENIORS DAY TRIP 10</p> <p>@ 10 GATEWAY BLVD – (UNIT 105) SMARTPHONE /TABLETS SESSION With LEC (REGISTRATION REQUIRED) 10:00 AM – 12:00 PM</p>	<p>@ 29 ST. DENNIS DR – DRT – LIBRARY 11</p> <p>NO SESSION IN MORNING (SENIOR STAFF MEETING)</p> <p>@ 38 TPD – PARTY ROOM ART & CRAFT/CROCHET – 01:00 PM – 02:30 PM FUNCTIONAL FITNESS – 02:30 PM – 03:30 PM</p> <p>WELLNESS SESSION – FARSI With MATIN 03:00 PM – 5:00 PM (VIRTUAL)</p>	<p>@ 10 DEAUVILLE LANE 12 FITNESS With JHUVON 10:00 AM – 11:00 AM – ENGLISH RECREATIONAL SESSION 11:00 AM – 12:30 PM – CHINESE</p> <p>WELLNESS SESSION (VIRTUAL) – PRASANTA 03:30 PM – 04:30 PM</p>	<p>TNO STAFF EVENT 13</p>
<p>@ 45 OVERLEA BLVD (YOUTH HUB) 16 SENIORS DROP – IN - 08:30 AM – 09:30 AM</p> <p>@ 48 THORNCLIFFE PARK DRIVE CARDIO FITNESS – JHUVON 09:45 AM – 10:45 AM – JJMCC – GYM CHAI & CHAT 10:45 AM – 11:45 AM – JJMCC - LIBRARY LINE DANCING with BENJIE 11:45 AM – 12:30 PM – JJMCC- INVAR & MB RECREATIONAL SESSION 12:30 PM – 01:30 PM – JJMCC – INVAR & MB CHINESE CHORUS CIRCLE (VIRTUAL) -PRASANTA 03:00 PM – 04:30 PM</p>	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 17 08:30 AM – 09:30 AM – SENIORS DROP – IN</p> <p>@ 10 GATEWAY BLVD – (UNIT 105) SMARTPHONE /TABLETS SESSION With LEC (REGISTRATION REQUIRED) 10:00 AM – 12:00 PM</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>@ 29 ST. DENNIS DR – DRT – LIBRARY 18 S&S – FITNESS – JHUVON – 10:00 AM – 10:45 AM 10:45 AM – 11:45 AM – RECREATIONAL – ART</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) WELLNESS SESSION (GREEK) 11:30 AM – 12:30 PM</p> <p>@ 38 TPD – PARTY ROOM ART & CRAFT/CROCHET – 01:00 PM – 02:30 PM FUNCTIONAL FITNESS – 02:30 PM – 03:30 PM</p> <p>WELLNESS SESSION – FARSI With MATIN 03:00 PM – 5:00 PM (VIRTUAL)</p>	<p>@ 10 DEAUVILLE LANE 19 RECREATIONAL SESSION 10:00 AM – 11:00 AM – ENGLISH WORKSHOP ON IRON DEFICIENCY – HATP 11:00 AM – 12:00 PM – CHINESE</p> <p>@ 48 THORNCLIFFE PARK DRIVE MENTAL HEALTH & WELLNESS (FARSI) 10:00 AM – 12:00 PM</p> <p>WELLNESS SESSION (VIRTUAL) – PRASANTA 03:30 PM – 04:30 PM</p>	<p>@ 12 TPD – PARTY ROOM 20 WORKSHOP ON FRAUD AND THEFT 10:00 AM – 11:00 AM By ONTARIO SECURITIES COMMISSION (OSC) BODY STRENGTH With JHUVON 11:00 AM – 11:45 AM (NON – RESIDENTS)</p> <p>RECREATIONAL/ART & CRAFT/BOARD GAMES 12:00 PM – 01:30 PM</p> <p>@ 29 ST. DENNIS DR – DRT - AUDITORIUM CARDIO FITNESS with JHUVON 01:45 PM – 02:45 PM</p>



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<p>@ 45 OVERLEA BLVD (YOUTH HUB) 23 SENIORS DROP – IN - 08:30 AM – 09:30 AM @ 48 THORNCLIFFE PARK DRIVE CARDIO FITNESS – JHUVON 09:45 AM – 10:45 AM – JJMCC – GYM CHAI & CHAT 10:45 AM – 11:45 AM – JJMCC - LIBRARY LINE DANCING with BENJIE 11:45 AM – 12:30 PM – JJMCC- INVAR & MB RECREATIONAL SESSION 12:30 PM – 01:30 PM – JJMCC – INVAR & MB CHINESE CHORUS CIRCLE (VIRTUAL) -PRASANTA 03:00 PM – 04:30 PM</p>	<p>@ 45 OVERLEA BLVD (YOUTH HUB) 24 08:30 AM – 09:30 AM – SENIORS DROP – IN</p> <p>@ 10 GATEWAY BLVD – (UNIT 105) SMARTPHONE /TABLETS SESSION With LEC (REGISTRATION REQUIRED) 10:00 AM – 12:00 PM</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>@ 29 ST. DENNIS DR – DRT – LIBRARY 25 S&S – FITNESS – JHUVON – 10:00 AM – 10:45 AM 10:45 AM – 11:45 AM – RECREATIONAL – ART</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) FITNESS with JHUVON(GREEK) 11:30 AM – 12:30 PM</p> <p>@ 38 TPD – PARTY ROOM ART & CRAFT/CROCHET – 01:00 PM – 02:30 PM FUNCTIONAL FITNESS – 02:30 PM – 03:30 PM</p> <p>WELLNESS SESSION – FARSI With MATIN 03:00 PM – 5:00 PM (VIRTUAL)</p>	<p>@ 10 DEAUVILLE LANE 26 FITNESS With JHUVON 10:00 AM – 11:00 AM – ENGLISH</p> <p>RECREATIONAL SESSION 11:00 AM – 12:30 PM – CHINESE</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) MENTAL HEALTH & WELLNESS – FARSI 10:00 AM – 12:00 PM</p> <p>WELLNESS SESSION (VIRTUAL) – PRASANTA 03:30 PM – 04:30 PM</p>	<p>@ 12 TPD – PARTY ROOM 27 BODY STRENGTH With JHUVON 10:00 AM – 10:45 AM (RESIDENTS – 12 TPD)</p> <p>11:00 AM – 11:45 AM (NON – RESIDENTS)</p> <p>RECREATIONAL/ART & CRAFT 12:00 PM – 01:30 PM</p> <p>@ 29 ST. DENNIS DR – DRT - AUDITORIUM CARDIO FITNESS With JHUVON 01:45 PM – 02:45 PM</p>
<p>@ 45 OVERLEA BLVD (YOUTH HUB) 30 SENIORS DROP – IN - 08:30 AM – 09:30 AM @ 48 THORNCLIFFE PARK DRIVE CARDIO FITNESS – JHUVON 09:45 AM – 10:45 AM – JJMCC – GYM</p> <p>CHAI & CHAT 10:45 AM – 11:45 AM – JJMCC - LIBRARY LINE DANCING with BENJIE 11:45 AM – 12:30 PM – JJMCC- INVAR & MB RECREATIONAL SESSION 12:30 PM – 01:30 PM – JJMCC – INVAR & MB CHINESE CHORUS CIRCLE (VIRTUAL) -PRASANTA 03:00 PM – 04:30 PM</p>				
<p align="center">OUR OFFICE <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. of a staff to help)</p> <p>Email: seniors@tno-toronto.org</p>	<p>CASE WORKERS Matin – Ext. 4708 Joyce – Ext. 4711</p> <p>OUTREACH WORKERS Adil – Ext. 4703 Elaine – Ext. 4704</p> <p>PROGRAM ADMINSTRATIVE WORKER Haroon – ext. 4715 m.haroon@tno-toronto.org</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</p> <p>Alberto – Ext. 4705 arodil@tno-toronto.org</p> <p>Prasanta – Ext. 4706 pbhunya@tno-toronto.org</p> <p>FITNESS FACILITATOR Jhuvon – Ext. 4805 icummings@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>