



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REGULAR WEEKLY PROGRAMS	REGULAR WEEKLY PROGRAMS	REGULAR WEEKLY PROGRAMS	REGULAR WEEKLY PROGRAMS	REGULAR WEEKLY PROGRAMS
JANUARY - 06, 13, 20 & 27	JANUARY - 07, 14, 21 & 28	JANUARY - 08, 15, 22 & 29	JANUARY - 02, 16 & 30	JANUARY - 03, 10, 17, 24 & 31
<p>@ 45 OVERLEA BLVD (YOUTH HUB) SENIORS PING PONG – CLIENT LED 09:00 AM – 10:00 AM</p> <p>@ 48 THORNCLIFFE PARK DRIVE CARDIO FITNESS – JHUVON– JJMCC – GYM 09:45 AM – 10:45 AM</p> <p>RECREATIONAL ACTIVITIES 10:45 AM – 11:45 AM – JJMCC – GYM</p> <p>LINE DANCING With BENJIE 11:45 AM – 12:30 PM – JJMCC – GYM</p> <p>CHINESE CHORUS CIRCLE (VIRTUAL) – PRASANTA 03:00 PM – 04:30 PM (CLIENT LED)</p>	<p>@ 45 OVERLEA BLVD (YOUTH HUB) SENIORS PING PONG – CLIENT LED 09:00 AM – 10:00 AM</p> <p>@ 29 ST. DENNIS DR – DRT – AUD ART, CRAFT/BOARD GAMES/CROCHET 10:00 AM – 11:30 AM – ENGLISH</p> <p>ART, CRAFT & BOARD GAMES 11:30 AM – 01:00 PM – CHINESE – CLIENT LED</p> <p>GEET & GHAZAL (VIRTUAL) WITH PRASANTA (SHER O SHAYARI/POETRY/SONG/KARAOKE) 03:30 PM – 04:30 PM</p>	<p>@ 29 ST. DENNIS DR – DRT – LIBRARY S&S – FITNESS – JHUVON 10:00 AM – 10:45 AM</p> <p>LINE DANCING/ART 10:45 AM – 11:45 AM</p> <p>@ 45 OVERLEA BLVD (YOUTH HUB) FITNESS With JHUVON OPEN TO 15 CLIENT (MAXIMUM) 11:30 AM – 12:30 PM</p> <p>@ 38 THORNCLIFFE PARK DR. – PARTY ROOM ART, CRAFT/BOARD GAME/CROCHET 01:00 PM – 02:30 PM</p> <p>FUNCTIONAL FITNESS With JHUVON 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 FITNESS With JHUVON 10:00 AM – 11:00 AM – ENGLISH</p> <p>RECREATIONAL SESSION 11:00 AM – 12:30 PM – CHINESE - CLIENT LED</p> <p align="center">JANUARY - 09 & 23</p> <p>@ 10 DEAUVILLE LANE RECREATIONAL SESSION 10:00 AM – 11:30 AM – ENGLISH</p> <p>FITNESS With JHUVON 11:30 AM – 12:30 PM – CHINESE - CLIENT LED</p> <p>WELLNESS SESSION (VIRTUAL) - PRASANTA 03:30 PM – 04:30 PM</p>	<p>@ 12 THORNCLIFFE PARK DR. – PARTY ROOM BODY STRENGTH With JHUVON 09:30 AM – 10:15 AM (RESIDENTS – 12 TPD) 10:30 AM – 11:15 AM (NON – RESIDENTS)</p> <p>RECREATIONAL/ART & CRAFT/BOARD GAMES 11:30 AM – 01:00 PM</p> <p>@ 29 ST. DENNIS DR – DRT – GYMNASIUM CARDIO FITNESS With JHUVON 01:45 PM – 02:45 PM</p>
SPECIAL SESSIONS	SPECIAL SESSIONS	SPECIAL SESSIONS	SPECIAL SESSIONS	SPECIAL SESSIONS
	<p>TUESDAY, JANUARY 07 @ 29 ST. DENNIS DR – DRT – AUD DEALING WITH WINTER BLUES WORKSHOP by FHC 10:00 AM – 11:00 AM</p>	<p align="center"><i>Wishing You All A Happy New Year 2025</i></p>		<p>SATURDAY, JANUARY 04 @ 45 OVERLEA BLVD (YOUTH HUB) MACRAMÉ MAGIC 11:00 AM – 1:00 PM – LIMITED SPOTS REGISTERED WITH ADIL & ELAINE</p> <p>FRIDAY, JANUARY 17 @ 12 THORNCLIFFE PARK DR. – PARTY ROOM WORKSHOP by HATP MAKING HEALTHY FOOD CHOICES 11:30 AM – 12:30 PM</p>



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
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PLEASE CONTACT US AT OUR OFFICE:
10 GATEWAY BLVD, SUITE 104,
TORONTO, ON M3C 3A1

PHONE: 416-424-2900
(Ask for the extension no. For a staff to help)

EMAIL:
SENIORS@TNO-TORONTO.ORG

CASE WORKERS
MATIN – EXT. 4708
JOYCE – EXT. 4711
ALBIN BABU – EXT. 4707

OUTREACH WORKERS
ADIL – EXT. 4703
ELAINE – EXT. 4704

COMMUNITY RESOURCE LIAISON
TABASSUM – EXT. 4712
SCHEDULING CLERK
MANIZHA AMIN – EXT. 4710

PERSONAL SUPPORT SERVICES
SUPERVISOR
SERAH - EXT. 4709
INTAKE & REFERRAL NAVIGATOR
PAL – EXT. 4702
PROGRAM ADMINISTRATIVE WORKER
HAROON – EXT. 4715

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

ALL SENIORS WELCOME

OUR PROGRAMS ARE FREE

**SCHEDULE & VENUES
ARE SUBJECT TO
CHANGE OR CANCELLATION**

*FHC – Flemingdon Health Centre

* DRT – Dennis R. Timbrell Resource & Community Centre

* JJMCC – Jenner Jean-Marie Community Centre