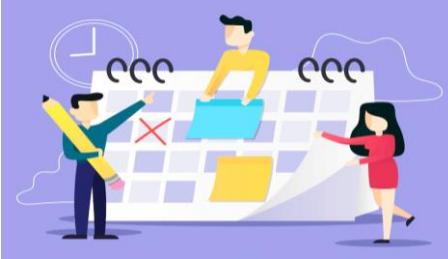




Drop in : First come – First serve with limited capacity depending upon the location (We Register Clients 55+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>THE NEIGHBOURHOOD ORGANIZATION</p> <p>in partnership with</p>  <p>Ontario Health</p> <p>tpl toronto public library</p> <p>TORONTO SENIORS HOUSING CORPORATION</p>	<h1>MARCH</h1> <p>is</p> <h1>GREEK HERITAGE MONTH</h1> 	<p>01 @ 18 TPD – PARTY RM 10:00 AM -11:00 AM COFFEE CLUB FOR WOMEN -TABASSUM 11:30 AM -12:30 PM GREEK SENIORS COFFEE & CHAT - ELAINE</p> <p>@ 38 TPD – PARTY RM NO PROGRAMS CANCELLED BY LANDLORD</p>	<p>02 Virtual on ZOOM MEETING ID – 636 1625 1098 (NO PASSWORD) 10:00AM–11:00AM - ENGLISH GROUP</p> <p>11:00 AM 12:00 PM – CHINESE GROUP WORKSHOP-ENGAGE WELL – E-HEROES</p> <p>11:00 AM-12:00 PM - FITNESS WITH CATHY @ 85/95 TPD –PARTY ROOM. (RESIDENTS ONLY)</p> <p>03:30 PM –04:30 PM-VIRTUAL WELLNESS-PB MEETING ID – 950 8876 4270 (NO PASSWORD)</p>	<p>03 @ 29 ST. DENNIS DR. (FLEMINGDON PARK LIBRARY) 09:30 AM –11:00 AM (ENGLISH) @ AUDITORIUM ART & CRAFT / BOARD GAMES/ CROCHET</p> <p>11:00 AM – 12:30 PM (CHINESE) @AUDITORIUM EXERCISE & RECREATIONAL</p> <p>02:00 PM-3:00 PM – CHINESE & ENGLISH FITNESS – CATHY LIANG @ DRT GYMNASIUM</p>
<p>06 @48 THORNCLIFFE PARK DR. (THORNCLIFFE PARK LIBRARY) 10:00 AM – 11:00 AM SHIBASHI/CHAIR YOGA – ANGELA @ REC. RM. 11:00 AM -12:00 PM ART & CRAFT / BOARD GAMES - @ REC. RM. 01:00 PM - 02:00 PM POLE WALKING- CHRISTINA @ JJMCC GYMNASIUM</p>	<p>07 @ 12 TPD –REC. ROOM 10:00 AM –11:00 AM SHIBASHI/CHAIR YOGA – ANGELA (GROUP 1) 11:00 AM – 12:30 PM ART & CRAFT /BOARD GAMES 01:00 PM –02:00PM EXERCISE / FITNESS – CHRISTINA (GROUP 2) 02:00 PM 03:00 PM WORKSHOP ON SAFE FASTING & RAMADAN BY FHC 03:00 PM – 05:00 PM - VW – FARSI - MATIN</p>	<p>08 @ 18 TPD – PARTY RM 10:00 AM -11:00 AM COFFEE CLUB FOR WOMEN -TABASSUM 11:30 AM -12:30 PM GREEK SENIORS COFFEE & CHAT - ELAINE</p> <p>@ 38 TPD – PARTY RM 01:00 PM –2:30 PM ART & CRAFT / BOARD GAMES/ CROCHET 02:30 PM – 03:30 PM SHIBASHI –CHAIR YOGA– ANGELA</p>	<p>09 Virtual on ZOOM MEETING ID – 636 1625 1098 (NO PASSWORD) 10:00AM–11:00AM - ENGLISH GROUP</p> <p>11:00 AM – 12:00 PM - CHINESE GROUP</p> <p>11:00 AM-12:00 PM - FITNESS WITH CATHY @ 85/95 TPD –PARTY ROOM. (RESIDENTS ONLY)</p> <p>03:30 PM –04:30 PM-VIRTUAL WELLNESS-PB MEETING ID – 950 8876 4270 (NO PASSWORD)</p>	<p>10 @ 29 ST. DENNIS DR. (FLEMINGDON PARK LIBRARY) 09:30 AM–11:00 AM (ENGLISH) @ AUDITORIUM ART & CRAFT / BOARD GAMES/ CROCHET 11:00 AM – 12:30 PM (CHINESE) @AUDITORIUM EXERCISE & RECREATIONAL</p> <p>02:00 PM-3:00 PM – CHINESE & ENGLISH FITNESS – CATHY LIANG @ DRT GYMNASIUM</p>
<p>13 NO PROGRAMS</p>  <p>STAFF PLANNING DAY</p>	<p>14 @ 12 TPD –REC. ROOM 10:00 AM –11:00 AM SHIBASHI/CHAIR YOGA – ANGELA (GROUP 1) 11:00 AM 12:30 PM BINGO SPECIAL</p> <p>01:30 PM –02:30PM EXERCISE / FITNESS – CHRISTINA (GROUP 2) 03:00 PM – 05:00 PM - VW – FARSI - MATIN</p>	<p>15 @ 18 TPD – PARTY RM 10:00 AM -11:00 AM COFFEE CLUB FOR WOMEN -TABASSUM 11:30 AM -12:30 PM GREEK SENIORS COFFEE & CHAT - ELAINE</p> <p>@ 38 TPD – PARTY RM 01:00 PM 02:00 PM WORKSHOP ON BRAIN & HEALTH - HATP 2:30 PM-3:30 PM LINE DANCING – ANGELA</p>	<p>16 @ 10 DEAUVILLE LANE 10:00AM–11:00AM - ENGLISH GROUP SHIBASHI -ANGELA @ PARTY ROOM</p> <p>11:00 AM – 12:00 PM - CHINESE GROUP ART /BOARD GAMES/ VIRTUAL FITNESS</p> <p>11:00 AM-12:00 PM - FITNESS WITH CATHY @ 85/95 TPD –PARTY ROOM. (RESIDENTS ONLY)</p> <p>03:30 PM –04:30 PM-VIRTUAL WELLNESS-PB MEETING ID – 950 8876 4270 (NO PASSWORD)</p>	<p>17 @ 29 ST. DENNIS DR. (FLEMINGDON PARK LIBRARY) 09:30 AM 11:00 AM – ENGLISHI GROUP BINGO SPECIAL @ AUDITORIUM 11:00 AM-12:30 PM (CHINESE) @AUDITORIUM EXERCISE & RECREATIONAL</p> <p>02:00 PM-3:00 PM – CHINESE & ENGLISH FITNESS – CATHY LIANG @ DRT GYMNASIUM</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>20 @48 THORNCLIFFE PARK DR. (THORNCLIFFE PARK LIBRARY) 10:00 AM – 11:00 AM SHIBASHI/CHAIR YOGA – ANGELA @ REC. RM. 11:00 AM -12:00 PM ART & CRAFT / BOARD GAMES - @ REC. RM. 01:00 PM - 02:00 PM POLE WALKING- CHRISTINA @ JJMCC GYMNASIUM</p>	<p>21 @ 12 TPD –REC. ROOM 10:00 AM –11:00 AM SHIBASHI/CHAIR YOGA – ANGELA (GROUP 1) 11:00 AM – 12:30 PM RECREATIONAL / ART & CRAFT 01:30 PM –02:30PM EXERCISE / FITNESS – CHRISTINA (GROUP 2) 03:00 PM – 05:00 PM - VW – FARSI - MATIN</p>	<p>22 @ 18 TPD – PARTY RM 10:00 AM -11:00 AM COFFEE CLUB FOR WOMEN -TABASSUM 11:30 AM -12:30 PM GREEK SENIORS COFFEE & CHAT - ELAINE @ 38 TPD – PARTY RM 01:00 PM –2:30 PM ART & CRAFT / BOARD GAMES/ CROCHET 02:30 PM – 03:30 PM LINE DANCING- ANGELA</p>	<p>23@ 10 DEAUVILLE LANE 10:00AM-11:00AM - ENGLISH GROUP SHIBASHI - ANGELA @ PARTY ROOM 11:00 AM 12:00 PM –CHINESE GROUP WORKSHOP ON PERSONAL SAFETY - TPS 11:00 AM-12:00 PM - FITNESS WITH CATHY @ 85/95 TPD –PARTY ROOM. (RESIDENTS ONLY) 03:30 PM -04:30 PM-VIRTUAL WELLNESS-PB MEETING ID – 950 8876 4270 (NO PASSWORD)</p>	<p>24 @ 29 ST. DENNIS DR. (FLEMINGDON PARK LIBRARY) 09:30 AM –11:00 AM (ENGLISH) @ AUDITORIUM ART & CRAFT / BOARD GAMES/ CROCHET 11:00 AM – 12:30 PM (CHINESE) @AUDITORIUM EXERCISE & RECREATIONAL 02:00 PM-3:00 PM – CHINESE & ENGLISH FITNESS – CATHY LIANG @ DRT GYMNASIUM</p>
<p>27 @48 THORNCLIFFE PARK DR. (THORNCLIFFE PARK LIBRARY) 10:00 AM – 11:00 AM SHIBASHI/CHAIR YOGA – ANGELA @ REC. RM. 11:00 AM -12:00 PM ART & CRAFT / BOARD GAMES - @ REC. RM. 01:00 PM - 02:00 PM FITNESS- CHRISTINA @ JJMCC GYMNASIUM</p>	<p>28 @ 12 TPD –REC. ROOM 10:00 AM –11:00 AM SHIBASHI/CHAIR YOGA – ANGELA (GROUP 1) 11:00 AM 12:00 PM WORKSHOP ON BRAIN & HEALTH - HATP 12:00 PM –1:30 PM RECREATIONAL / ART & CRAFT 01:30 PM –02:30PM EXERCISE / FITNESS – CHRISTINA (GROUP 2) 03:00 PM – 05:00 PM - VW – FARSI - MATIN</p>	<p>29@ 18 TPD – PARTY RM 10:00 AM -11:00 AM COFFEE CLUB FOR WOMEN -TABASSUM 11:00 AM 12:00 PM - WORKSHOP SAFETY IN COMMUNITY - TPS @ 38 TPD – PARTY RM 01:00 PM –2:30 PM ART & CRAFT / BOARD GAMES/ CROCHET 02:30 PM – 03:30 PM SHIBASHI –CHAIR YOGA- ANGELA</p>	<p>30 @ 10 DEAUVILLE LANE 10:00AM-11:00AM - ENGLISH GROUP SHIBASHI - ANGELA @ PARTY ROOM 11:00 AM – 12:00 PM - CHINESE GROUP ART /BOARD GAMES/ VIRTUAL FITNESS 11:00 AM-12:00 PM - FITNESS WITH CATHY @ 85/95 TPD –PARTY ROOM. (RESIDENTS ONLY) 03:30 PM- 04:30 PM-VIRTUAL WELLNESS-PB MEETING ID – 950 8876 4270 (NO PASSWORD)</p>	<p>31 @ 29 ST. DENNIS DR. NO PROGRAM From 09:30 AM to 12:30 PM TNO - STAFF MEETING 02:00 PM-3:00 PM – CHINESE & ENGLISH FITNESS – CATHY LIANG @ DRT GYMNASIUM</p>
<p>PLEASE CONTACT US AT OUR OFFICE 416-424-2900 10 GATEWAY BLVD, SUITE 104, TORONTO, ON M3C 3A1 EMAIL: SENIORS@TNO-TORONTO.ORG (PLEASE CALL 416-424-2900 AND SAY THE EXTENSION OF THE STAFF YOU WANT TO COMMUNICATE WITH)</p>	<p>PESONAL SUPPORT SERVICES SUPERVISOR SERAH - EXT. 4709 CASE WORKERS FAZILA - EXT. 4707 MATIN - EXT. 4708 OUTREACH WORKERS ADIL – EXT. 4703 ELAINE – EXT. 4704 INTAKE & REFERRAL NAVIGATOR PAL – EXT. 4702</p>	<p>COMMUNITY RESOURCE LIAISON TABASSUM - EXT. 4712 SCHEDULING CLERK MANIZHA AMIN – EXT. 4710 PROGRAM FACILITATORS ALBERTO – EXT. 4705 ARODIL@TNO-TORONTO.ORG PRASANTA - EXT. 4706 PBHUNYA@TNO-TORONTO.ORG</p>	<p>T N O free TAX CLINIC 2023 Registration Open To Register CALL – 416 - 421- 3054 EMAIL tnotaxclinic@tno-toronto.org</p>	<p>ALL SENIORS ARE INVITED TO ATTEND TNO – ISFS PROGRAMS FITNESS SHIBASHI/CHAIR YOGA LINE DANCING, BOARD GAMES BINGO, MANDALA, CROCHET & MANY MORE (CONGREGATE LUNCH IN PROGRAM) NOTE: Schedule & Venues are subject to change of cancellation</p>