


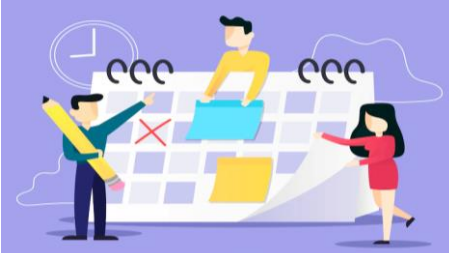





Drop in : First come – First serve with limited capacity depending upon the location ( We Register Clients 55+ )

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>THE NEIGHBOURHOOD ORGANIZATION</p> <p>in partnership with</p>  <p><b>Ontario Health</b></p>  <p>toronto public library</p> <p>TORONTO SENIORS HOUSING CORPORATION</p>	<p><b>MARCH</b></p> <p>is</p> <p><b>GREEK HERITAGE MONTH</b></p> 	<p><b>01 @ 18 TPD – PARTY RM</b> 10:00 AM -11:00 AM COFFEE CLUB FOR WOMEN -TABASSUM 11:30 AM -12:30 PM GREEK SENIORS COFFEE &amp; CHAT - ELAINE</p> <p><b>@ 38 TPD – PARTY RM</b></p> <p><b>NO PROGRAMS CANCELLED BY LANDLORD</b></p>	<p><b>02 Virtual on ZOOM</b> MEETING ID – 636 1625 1098 (NO PASSWORD) 10:00AM-11:00AM - <b>ENGLISH GROUP</b></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><b>03 @ 29 ST. DENNIS DR.</b> <b>(FLEMINGDON PARK LIBRARY)</b> 09:30 AM –11:00 AM (<b>ENGLISH</b>) @ AUDITORIUM ART &amp; CRAFT / BOARD GAMES/ CROCHET</p> <p>11:00 AM – 12:30 PM (<b>CHINESE</b>) @AUDITORIUM EXERCISE &amp; RECREATIONAL</p> <p>02:00 PM-3:00 PM – CHINESE &amp; ENGLISH FITNESS – CATHY LIANG @ DRT GYMNASIUM</p>
<p><b>06 @48 THORNCLIFFE PARK DR.</b> <b>(THORNCLIFFE PARK LIBRARY)</b> 10:00 AM – 11:00 AM SHIBASHI/CHAIR YOGA – ANGELA @ REC. RM.</p> <p>11:00 AM -12:00 PM ART &amp; CRAFT / BOARD GAMES - @ REC. RM.</p> <p>01:00 PM - 02:00 PM POLE WALKING- CHRISTINA @ JJMCC GYMNASIUM</p>	<p><b>07 @ 12 TPD –REC. ROOM</b> 10:00 AM –11:00 AM SHIBASHI/CHAIR YOGA – ANGELA ( <b>GROUP 1</b> ) 11:00 AM – 12:30 PM ART &amp; CRAFT /BOARD GAMES 01:00 PM –02:00PM EXERCISE / FITNESS – CHRISTINA ( <b>GROUP 2</b> )</p> <p>02:00 PM 03:00 PM WORKSHOP ON SAFE FASTING &amp; RAMADAN BY FHC</p> <p>03:00 PM – 05:00 PM - VW – FARSI - MATIN</p>	<p><b>08 @ 18 TPD – PARTY RM</b> 10:00 AM -11:00 AM COFFEE CLUB FOR WOMEN -TABASSUM 11:30 AM -12:30 PM GREEK SENIORS COFFEE &amp; CHAT - ELAINE</p> <p><b>@ 38 TPD – PARTY RM</b> 01:00 PM –2:30 PM ART &amp; CRAFT / BOARD GAMES/ CROCHET 02:30 PM – 03:30 PM SHIBASHI –CHAIR YOGA– ANGELA</p>	<p><b>09 Virtual on ZOOM</b> MEETING ID – 636 1625 1098 (NO PASSWORD) 10:00AM-11:00AM - <b>ENGLISH GROUP</b></p> <p>11:00 AM – 12:00 PM - <b>CHINESE GROUP</b></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><b>10 @ 29 ST. DENNIS DR.</b> <b>(FLEMINGDON PARK LIBRARY)</b> 09:30 AM-11:00 AM (<b>ENGLISH</b>) @ AUDITORIUM ART &amp; CRAFT / BOARD GAMES/ CROCHET 11:00 AM – 12:30 PM (<b>CHINESE</b>) @AUDITORIUM EXERCISE &amp; RECREATIONAL</p> <p>02:00 PM-3:00 PM – CHINESE &amp; ENGLISH FITNESS – CATHY LIANG @ DRT GYMNASIUM</p>
<p><b>13 NO PROGRAMS</b></p>  <p><b>STAFF PLANNING DAY</b></p>	<p><b>14 @ 12 TPD –REC. ROOM</b> 10:00 AM –11:00 AM SHIBASHI/CHAIR YOGA – ANGELA ( <b>GROUP 1</b> )</p> <p>11:00 AM 12:30 PM BINGO SPECIAL</p> <p>01:30 PM –02:30PM EXERCISE / FITNESS – CHRISTINA ( <b>GROUP 2</b> )</p> <p>03:00 PM – 05:00 PM - VW – FARSI - MATIN</p>	<p><b>15 @ 18 TPD – PARTY RM</b> 10:00 AM -11:00 AM COFFEE CLUB FOR WOMEN -TABASSUM 11:30 AM -12:30 PM GREEK SENIORS COFFEE &amp; CHAT - ELAINE</p> <p><b>@ 38 TPD – PARTY RM</b> 01:00 PM 02:00 PM WORKSHOP ON BRAIN &amp; HEALTH - HATP</p> <p>2:30 PM-3:30 PM LINE DANCING – ANGELA</p>	<p><b>16 @ 10 DEAUVILLE LANE</b> 10:00AM-11:00AM - <b>ENGLISH GROUP</b> SHIBASHI -ANGELA @ PARTY ROOM</p> <p>11:00 AM – 12:00 PM - <b>CHINESE GROUP</b> 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><b>17 @ 29 ST. DENNIS DR.</b> <b>(FLEMINGDON PARK LIBRARY)</b> 09:30 AM 11:00 AM – ENGLISHI GROUP BINGO SPECIAL @ AUDITORIUM</p> <p>11:00 AM-12:30 PM (<b>CHINESE</b>) @AUDITORIUM EXERCISE &amp; RECREATIONAL</p> <p>02:00 PM-3:00 PM – CHINESE &amp; ENGLISH FITNESS – CATHY LIANG @ DRT GYMNASIUM</p> <p>HAPPY <b>Saint Patrick's Day</b> - MARCH 17 -</p> 



INTEGRATED SERVICES FOR SENIORS ( I S F S )  
PROGRAM SCHEDULE – MARCH 2023



Drop in : First come – First serve 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><b>20 @48 THORNCLIFFE PARK DR.</b> <b>(THORNCLIFFE PARK LIBRARY)</b> 10:00 AM – 11:00 AM SHIBASHI/CHAIR YOGA – ANGELA @ REC. RM. 11:00 AM -12:00 PM ART &amp; CRAFT / BOARD GAMES - @ REC. RM.</p> <p>01:00 PM - 02:00 PM POLE WALKING- CHRISTINA @ JJMCC GYMNASIUM</p>	<p><b>21 @ 12 TPD –REC. ROOM</b> 10:00 AM –11:00 AM SHIBASHI/CHAIR YOGA – ANGELA ( GROUP 1) 11:00 AM – 12:30 PM RECREATIONAL / ART &amp; CRAFT</p> <p>01:30 PM –02:30PM EXERCISE / FITNESS – CHRISTINA ( GROUP 2)</p> <p>03:00 PM – 05:00 PM - VW – FARSI - MATIN</p>	<p><b>22 @ 18 TPD – PARTY RM</b> 10:00 AM -11:00 AM COFFEE CLUB FOR WOMEN -TABASSUM 11:30 AM -12:30 PM GREEK SENIORS COFFEE &amp; CHAT - ELAINE</p> <p><b>@ 38 TPD – PARTY RM</b> 01:00 PM –2:30 PM ART &amp; CRAFT / BOARD GAMES/ CROCHET 02:30 PM – 03:30 PM LINE DANCING– ANGELA</p>	<p><b>23@ 10 DEAUVILLE LANE</b> 10:00AM–11:00AM - ENGLISH GROUP SHIBASHI - ANGELA @ PARTY ROOM</p> <p>11:00 AM 12:00 PM –CHINESE GROUP WORKSHOP ON PERSONAL SAFETY - TPS</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><b>24 @ 29 ST. DENNIS DR.</b> <b>(FLEMINGDON PARK LIBRARY)</b> 09:30 AM –11:00 AM (ENGLISH) @ AUDITORIUM ART &amp; CRAFT / BOARD GAMES/ CROCHET 11:00 AM – 12:30 PM (CHINESE) @AUDITORIUM EXERCISE &amp; RECREATIONAL</p> <p>02:00 PM-3:00 PM – CHINESE &amp; ENGLISH FITNESS – CATHY LIANG @ DRT GYMNASIUM</p>
<p><b>27 @48 THORNCLIFFE PARK DR.</b> <b>(THORNCLIFFE PARK LIBRARY)</b> 10:00 AM – 11:00 AM SHIBASHI/CHAIR YOGA – ANGELA @ REC. RM.</p> <p>11:00 AM -12:00 PM ART &amp; CRAFT / BOARD GAMES - @ REC. RM.</p> <p>01:00 PM - 02:00 PM FITNESS- CHRISTINA @ JJMCC GYMNASIUM</p>	<p><b>28 @ 12 TPD –REC. ROOM</b> 10:00 AM –11:00 AM SHIBASHI/CHAIR YOGA – ANGELA ( GROUP 1)</p> <p>11:00 AM 12:00 PM WORKSHOP ON BRAIN &amp; HEALTH - HATP</p> <p>12:00 PM –1:30 PM RECREATIONAL / ART &amp; CRAFT 01:30 PM –02:30PM EXERCISE / FITNESS – CHRISTINA ( GROUP 2)</p> <p>03:00 PM – 05:00 PM - VW – FARSI - MATIN</p>	<p><b>29 @ 18 TPD – PARTY RM</b> 10:00 AM -11:00 AM COFFEE CLUB FOR WOMEN -TABASSUM</p> <p>11:00 AM 12:00 PM - WORKSHOP SAFETY IN COMMUNITY - TPS</p> <p><b>@ 38 TPD – PARTY RM</b> 01:00 PM –2:30 PM ART &amp; CRAFT / BOARD GAMES/ CROCHET 02:30 PM – 03:30 PM SHIBASHI –CHAIR YOGA– ANGELA</p>	<p><b>30 @ 10 DEAUVILLE LANE</b> 10:00AM–11:00AM - ENGLISH GROUP SHIBASHI - ANGELA @ PARTY ROOM 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><b>31 @ 29 ST. DENNIS DR.</b></p> <p><b>NO PROGRAM</b> <b>From 09:30 AM to 12:30 PM</b> <b>TNO - STAFF MEETING</b></p> <p>02:00 PM-3:00 PM – CHINESE &amp; 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</p> <p>CASE WORKERS FAZILA - EXT. 4707 MATIN – EXT. 4708</p> <p>OUTREACH WORKERS ADIL – EXT. 4703 ELAINE – EXT. 4704</p> <p>INTAKE &amp; REFERRAL NAVIGATOR PAL – EXT. 4702</p>	<p>COMMUNITY RESOURCE LIAISON TABASSUM - EXT. 4712</p> <p>SCHEDULING CLERK MANIZHA AMIN – EXT. 4710</p> <p>PROGRAM FACILITATORS ALBERTO – EXT. 4705 ARODIL@TNO-TORONTO.ORG</p> <p>PRASANTA - EXT. 4706 PBHUNYA@TNO-TORONTO.ORG</p>	<p><b>T N O</b> <b>free</b> <b>TAX CLINIC 2023</b> <b>Registration Open</b> To Register <b>CALL – 416 - 421- 3054</b> 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 &amp; MANY MORE (CONGREGATE LUNCH IN PROGRAM ) <b>NOTE: Schedule &amp; Venues are subject to change of cancellation</b></p>