

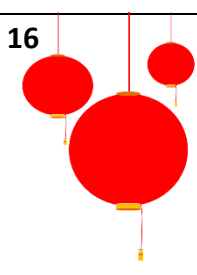






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>LEGEND:</b></p> <p>🌸 <b>Drop-In</b> – You can attend this group without registering</p> <p>★ <b>Registration required</b> – You need to register with the appropriate staff member to attend this program</p> <p>🚫 <b>Closed Group</b> – This group is currently not accepting new registrations</p>			<p><b>1</b></p> <p>★ Gentle Exercise 10:30-11:15AM</p> <p>★ SAGE 2-4PM</p>	<p><b>2</b></p> <p>🌸 Bingo 1-3PM</p> <p>★ Fit For Life 2-3PM</p> <p>★ Good Food Box 1-7PM</p>	<p><b>3</b></p> <p>🌸 Badminton 9:30-11:30AM</p>
<p><b>5</b></p> <p>★ Gentle Exercise 9:45-10:30AM</p> <p>🚫 Back to Movement 1:30-3PM</p> <p>★ Barrier-Free Advisory Committee 2-4PM</p> <p>★ Barrier-Free Physical Activity 6-7PM</p>	<p><b>6</b></p> <p>★ Gentle Exercise 10:30-11:15AM</p> <p>🌸 Adult Colouring 1:30-3PM</p> <p>★ Seniors Advisory Committee 1:30-3PM</p>	<p><b>7</b></p> <p>★ Diabetes Management 9AM-12PM</p> <p>★ Fit For Life 10:30-11:30am</p> <p>🌸 Current Affairs 10-11:30AM</p> <p>🚫 Living Life To The Full 1:30-3PM</p> <p>🌸 Spanish Senior Group 3-5PM</p> <p>🚫 POW 1-3PM</p>	<p><b>8</b></p> <p>★ Gentle Exercise 10:30-11:15AM</p> <p>★ SAGE 2-4PM</p> 	<p><b>9</b></p> <p>★ Fit For Life 2-3PM</p>	<p><b>10</b></p> <p>🌸 Badminton 9:30-11:30AM</p>
<p><b>12</b></p> <p>★ Gentle Exercise 9:45-10:30AM</p> <p>★ Barrier-Free Physical Activity 6-7PM</p> <p>🚫 Back to Movement 1:30-3PM</p> <p>★ Student Focus Group 4:30-6:30PM</p>	<p><b>13</b></p> <p>★ Gentle Exercise 10:30-11:15AM</p> <p>🌸 Adult Colouring 1:30-3PM</p> <p>🚫 WDAAG IT 5:30-8PM</p>	<p><b>14</b></p> <p>★ Diabetes Management 9AM-12PM</p> <p>🌸 Current Affairs 10-11:30AM</p> <p>★ Fit For Life 10:30-11:30am</p> <p>🚫 Living Life To The Full 1:30-3PM</p> <p>🌸 Spanish Senior Group 3-5PM</p> <p>🚫 POW 1-3PM</p>	<p><b>15</b></p> <p>★ Gentle Exercise 10:30-11:15AM</p> <p>★ SAGE 2-4PM</p> 	<p><b>16</b></p>  <p>★ Fit For Life 2-3PM</p> <p>★ Good Food Box 1-7PM</p> 	<p><b>17</b></p> 

<p><b>19</b></p>  <p>Family Day</p>	<p><b>20</b></p> <p>★ Gentle Exercise 10:30-11:15AM</p> <p>✿ Adult Colouring 1:30-3PM</p> <p>✿ Stitches of Love 11:30-1PM</p> <p>★ Volunteer Advisory Committee 4-5:30PM</p>	<p><b>21</b></p> <p>✿ Current Affairs 10-11:30AM</p> <p>★ Fit For Life 10:30-11:30am</p> <p>! Living Life To The Full 1:30-3PM</p> <p>✿ Spanish Senior Group 3-5PM</p> <p>! POW 1-3PM</p>	<p><b>22</b></p> <p>★ Gentle Exercise 10:30-11:15AM</p> <p>★ Healthy Feet Workshop 1-2:30PM</p> <p>★ SAGE 2-4PM</p>	<p><b>23</b></p> <p>★ Fit For Life Exercise 2-3PM</p>	<p><b>24</b></p> <p>✿ Badminton 9:30-11:30AM</p>
<p><b>African Heritage Month</b></p> <p>Come visit our display in the waiting room!</p>					
<p><b>26</b></p> <p>★ Gentle Exercise 9:45-10:30AM</p> <p>★ Barrier-Free Physical Activity 6-7PM</p> <p>! Back to Movement 1:30-3PM</p> <p>! Trailblazer 4-5PM</p>	<p><b>27</b></p> <p>★ Gentle Exercise 10:30-11:15AM</p> <p>✿ Adult Colouring 1:30-3PM</p> <p>✿ Stitches of Love 11:30-1PM</p>	<p><b>28</b></p> <p>✿ Current Affairs 10-11:30AM</p> <p>★ Fit For Life 10:30-11:30am</p> <p>! Living Life To The Full 1:30-3PM</p> <p>✿ Spanish Senior Group 3-5PM</p> <p>! POW 1-3PM</p>	<p><b>Barrier Free Swim Program</b></p> <p>We offer accessible swimming at City of Toronto Pools!</p> <p>For information or to register, contact:</p>  <p><b>Constantine</b> 416-690-8804 <a href="mailto:constantine.iliopoulos@tobiashouse.ca">constantine.iliopoulos@tobiashouse.ca</a></p>		

**WHO TO CONTACT:**

- **Anne at 416.486.8666 ext. 263** for information about the Barrier-Free Consumer Advisory Committee (BF CAC)
- **Shoshanah at 416.486.8666 ext. 208** to register for Diabetes Management Program or the Healthy Feet Workshop
- **Josée at 416.486. 8666 ext 215** to inquire or register for Adult Colouring, Bingo, Student Focus Group, Trailblazer, Volunteer Advisory Committee, or any other volunteer activities.
- **Lucy at 416.486.8666 ext. 226** to inquire or RSVP for WDAAG IT and Movie Nights
- **Monica at 416.486.8666 ext 228** to register for the Barrier-Free Physical Activity program
- **Sasha at 416.486. 8666 ext 299** to learn more about and register for the Back to Movement program, Current Affairs, Fit for Life Exercise, Gentle Exercise, Living Life to The Full, Seniors Advisory Committee and the Stiches of Love Knitting Group.

