















April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1  Terrific Tuesday \$5 Lunch & Qi gong Hypertension Workshop 1:30-3:30 Mindfulness in Motion (Zoom) 10 am & 6:30 pm	2  Shopping: No Frills GLAD 9 & 11 Chiropody 8-5	3 Bingo 10 am Chiropody 8-5	4 Chiropody 8-5
7  GLAD 9 & 11 Bonus Shopping: Giant Tiger	8  Terrific Tuesday \$5 Lunch & Qi gong Hypertension Workshop 1:30-3:30 Mindfulness in Motion (Zoom) 10 am & 6:30 pm	9  Shopping: Walmart GLAD 9 & 11 Chiropody 8-5	10 Bingo 10 am Chiropody 8-5	11 Chiropody 8-5
14  GLAD 9 & 11 Bonus Shopping: Food Depot International	15  Terrific Tuesday \$5 Lunch & Qi gong Hypertension Workshop 1:30-3:30 Mindfulness in Motion (Zoom) 10 am & 6:30 pm	16  Shopping: Cloverdale GLAD 9 & 11 Chiropody 8-5	17 Bingo 10 am Chiropody 8-5	18 CommunitiCare Closed
21 CommunitiCare Closed	22  Terrific Tuesday \$5 Lunch & Qi gong Hypertension Workshop 1:30-3:30 Mindfulness in Motion (Zoom) 10 am & 6:30 pm	23  Shopping: No Frills GLAD 9 & 11 Chiropody 8-5	24 Bingo 10 am Chiropody 8-5	25 Chiropody 8-5
28 GLAD 9 & 11	29  Terrific Tuesday \$5 Lunch & Qi gong Mindfulness in Motion (Zoom) 10 am & 6:30 pm	30  Shopping: Freshco GLAD 9 & 11 Chiropody 8-5	<div style="border: 2px solid purple; border-radius: 15px; padding: 10px; width: fit-content; margin: 0 auto;"> <p><i>All our programs require registration. See over for more information.</i></p> </div>	

Program and Registration Information

Community & Social

Terrific Tuesdays Lunch, a seated qi gong session, and occasional occasions \$5. To register call **Susan 416 259-4207 ext 229**

Wednesday Shopping \$8 Register with **Helena 416 259-4207 X 238**
2 April No Frills **9 April** Walmart

16 April Cloverdale Mall **23 April** No Frills **30 April** Freshco

Bonus Shopping: 7 April Giant Tiger **14 April** Food Depot International

Bingo Thursdays at 10 am. Come for fun. 25¢ per card per game. Call Susan 416-259-4207 ext. 229

Health & Wellness

GLA:D for Arthritis – Mondays & Wednesdays 9-10:30 & 11-12:30 This is an 8 week program designed to help you live a better more active life with arthritis. To register call **Kassandra 416-604-3362 ext. 6457**

Strong & Steady Wednesdays 1-3 To join this 8 week falls prevention education and activity program designed to improve your physical and mental health, call **Zahra 416 709-6064**

>>>> Strong & Steady will only be available at the Dundas location for the next session

Chiropodist Foot Clinic Wednesday - Friday 8 am -5 pm Registration forms are at Reception or call **416-259-4207**

Mindfulness in Motion via Zoom Tuesdays 10-11 am AND 6:30-7:30 p.m. Find peace through mindfulness and meditation For more information or to register call **Ori 416-788-7348**

Boosting Brain Health & Memory Mondays 1-3 This 6 week program is aimed boosting overall brain health and memory. The course includes educational presentations and activities in a supportive environment. Call **Zahra 416-709-6064**

>>>> Boosting Brain Health & Memory will only be available at the Dundas location for the next session

Hypertension Program Tuesdays 1:30-3:30. This 4 week course will educate you about high blood pressure; what dietary and lifestyle changes you can make to control the condition. Sessions include food demos and tasting and light exercise. To register call **Krystyna at 416-855-1058**

