



CommunitiCare Health

**2445 Lake Shore Blvd. W
Etobicoke ON M8V 1C5
(416) 259-4207
www.communiticare.org**

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
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4 GLAD 9 & 11	5  Terrific Tuesday \$5 Lunch & Qi gong Mindfulness in Motion (Microsoft Teams) 10 am & 6:30 pm	6  Shopping: No Frills GLAD 9 & 11 Strong & Steady 1:30 (6) Chiroprody 8:30-5	7 Bingo 10 am Chiroprody 8:30-7	8
11 GLAD 9 & 11	12  Terrific Tuesday \$5 Lunch & Qi gong Mindfulness in Motion (Microsoft Teams) 10 am & 6:30 pm	13  Shopping: Walmart GLAD 9 & 11 Strong & Steady 1:30 (7) Chiroprody 8:30-5	14 Bingo 10 am Chiroprody 8:30-7	15
18 CommunitiCare Health Closed	19  Terrific Tuesday \$5 Lunch & Qi gong Mindfulness in Motion (Microsoft Teams) 10 am & 6:30 pm	20  Shopping: FreshCo GLAD 9 & 11 Strong & Steady 1:30 (8) Chiroprody 8:30-5	22 Bingo 10 am Chiroprody 8:30-7	23
25 GLAD 9 & 11	16  Terrific Tuesday \$5 Lunch & Qi gong Mindfulness in Motion (Microsoft Teams) 10 am & 6:30 pm	27  Shopping: Cloverdale Mall GLAD 9 & 11 Chiroprody 8:30-5	28 Bingo 10 am Chiroprody 8:30-7	29

*All our programs require registration.
See over for more information.*

Program and Registration Information

Community & Social

Terrific Tuesdays \$5 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**

6 May No Frills

13 May Walmart

20 May FreshCo

27 May Cloverdale Mall

Bingo Thursdays at 10 am. Come for fun and complimentary refreshments. 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 1:30-3:30 To join this 8 week falls prevention education and activity program designed to improve your physical and mental health, call **Zahra 416 709-6064**

Chiropodist Foot Clinic Wednesdays 8:30-5, Thursdays 8:30 -7 Registration forms are at Reception or call **416-259-4207**

Mindfulness in Motion via Microsoft Teams 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 1:30-3:30 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**

**Do you have a question and you don't know who to ask?
Call the One Number.**

416-855-1066

