











Love Life!
Health and Wellness Activities
October 2011

<i>LOCATIONS</i>	<i>GENTLE EXERCISES (CHAIR-BASED)</i>	<i>EXTRA PROGRAMS</i>	
Moore Place 801 Mount Pleasant Rd. 	Mondays 10-11am CLOSED – Oct. 10 th	 Core Rhythm Dance Exercise Friday October 27 th 2:30 -3:30pm (Drop-in class \$4)	
Joseph Brown Manor 3179 Yonge St. 	Mondays 3-4pm CLOSED – Oct 10 th	Learn about LIBRARY Services Monday October 31 st 4 - 4:45pm	
Montgomery Place 130 Eglinton Ave. East 	Tuesdays 10-11am	Chair Yoga Wednesdays (October 5 th , 12 th , 19 th & 26 th) 10-11am (Drop-in class \$4)	
Janet Magee Manor 71 Merton St. 	Wednesdays 1-2pm	Low-Impact Cardio (Standing) Fridays 10:30 -11:30am	
The Sherwood 2567 Yonge St. 	Thursdays 10-11am		
George Barker Manor 384 Mount Pleasant Rd. 	Thursdays 2-3pm		
Marjory Carton Apts. 193 Wilson Ave. 	Fridays 10-11am	Low-Impact Cardio (Standing) Mondays 2:30 -3:30pm CLOSED – Oct 10 th	
St. Augustine's Church 1847 Bayview Ave. 		Yoga Thursdays (October 6 th , 13 th & 20 th) 9:30-10:30 am (Drop-in class \$4)	Book Club Wednesday Oct 26 th 2 pm Book: Heaven is for Real By Todd Burpo
SPRINT Main Office 140 Merton St., 2 nd Floor 		Tai Chi Every other Wednesdays (October 5 th & 19 th) 3-4 pm	Older LGBT Social Friday October 7 th & Thursday October 20 th 2-4 pm

Oktoberfest!!!

at North Toronto Memorial Community Centre

200 Eglinton Ave. West

Friday October 14th, 2011

1-3 pm



For more information, please call Justine,
Supervisor, Health and Wellness,
at (416) 481-6411 ext. 287

