












Love Life!

Health and Wellness Activities

September 2011

LOCATIONS	GENTLE EXERCISES (CHAIR-BASED)	EXTRA PROGRAMS
Moore Place 801 Mount Pleasant Rd. 	Mondays 10-11am CLOSED Sept 5 th	
Joseph Brown Manor 3179 Yonge St. 	Mondays 3-4pm CLOSED Sept 5 th	Learn about LIBRARY Services September 19 th 4 - 4:45pm
Montgomery Place 130 Eglinton Ave. East 	Tuesdays 10-11am	Chair Yoga Wednesdays (September 14 th , 21 st & 28 th) 9:30 -10:30am (Drop-in class \$4)
Janet Magee Manor 71 Merton St. 	Wednesdays 1-2pm	Low-Impact Cardio (Standing) Fridays (September 2 nd , 9 th & 30 th) 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 (September 26 th) 2:30 -3:30pm
St. Augustine's Church 1847 Bayview Ave. 		Yoga Thursdays (Sept 15 th , 22 nd & 29 th) 9:30-10:30 am (Drop-in class \$4)
		Book Club Wednesday Sept 28 th 2 pm Book: Fall of Giants by Ken Follett
SPRINT Main Office 140 Merton St., 2 nd Floor 		Tai Chi Wednesday (September 7 th & 21 st) 3-4 pm

Fall Harvest Café

at Joseph Brown Manor - 3179 Yonge St.
Great food and line dancing!!!

Friday September 30th, 2011
1 – 3pm



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

