

Bathurst-Finch Program Listings

Bathurst-Finch Site June 2019- Program Calendar

Bathurst-Finch
540 Finch Avenue West
Toronto, ON M2R 1N7
647-436-0385

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	4 Zumba 2pm – 3pm*	5 Mat Yoga 6:30pm – 7:30pm*	6 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	7
10 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	11 Zumba 2pm – 3pm*	12 Mat Yoga 6:30pm – 7:30pm*	13 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	14
17 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	18 Zumba 2pm – 3pm*	19 Mat Yoga 6:30pm – 7:30pm*	20 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	21
24 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	25 Zumba 2pm – 3pm* Getting Grounded 5pm – 7pm*	26 Mat Yoga 6:30pm – 7:30pm*	27 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	28

Registration Required: See back page for contact person's information.

Programs are subject to change. Please contact program staff for more information.

Chair Yoga, Mat Yoga, Tai Chi and Zumba classes
Registration required to participate in these classes. Priority is given to new registrants.
Contact: Farzana Propa at ext. 4508

Getting Grounded (Farsi Support Group)
Getting grounded is a 9 session support group for Farsi-Speaking women. Participants will practice grounding, self-regulation and self-soothing techniques to address overwhelming feelings.
Registration is required.
Contact: Sheida at ext. 4523

Prenatal Program
If you are expecting a baby, please join us for our weekly prenatal program. Connect with mothers and other women, learn about pregnancy, baby care and healthy eating. TTC tokens are available.
Contact: Sick Kids Centre for Community Mental Health at (416) 924-1164 ext. 8719

Laughter Yoga
A great way to heal & relive stress! Sessions include unique exercises that combine unconditional Laughter with yogic breathing. All Unison clients 18 & older can register by calling Avaleen Sargeant at ext. 2715

Mental Health Awareness Week
During the third week of May, Unison will be celebrating Mental Health Awareness Week. Each site will host different mental health activities, including an art class, laughter yoga, movie night, wellness workshop, and a free trip to the ROM.
Contact: Amanda at 416-645-7575 ext. 2050

We want to hear from you!
Enter for a chance to win a \$50 gift card!

Once complete, tear this section & drop this off in the client feedback box or scan the code to complete the survey online - to scan the code, you must download the QR Code Scanner App.

- How helpful do you find the program calendar?
1---2---3---4---5---6---7---8---9---10
- How have you been using the program calendar?
(Check all that apply)
 As a reminder
 To learn about new programs
 To create a routine
 Others? Please specify. _____
- How did you obtain the program calendar? (Check all that apply)
 Received from a Unison staff
 Pick up from the waiting area
 Pick up from the reception
 Others? Please specify. _____
- Please provide us with any feedback you may have about the program calendar.

Leave us your information so we can reach you.
Name: _____ Phone: _____



Royal Ontario Museum (ROM) Trip
On May 17th, 2019 all Unison members are invited to attend a day trip to the ROM. This trip is the last event of Unison's Mental Health Awareness Week celebrations. For registration call Avaleen at 416-645-7575 ext. 2715. Tokens will be provided, but spaces are limited.

Telephthamology Services Extended to All Unison Sites
This service is to provide eye exams and retinal screenings at no cost. This service is covered under OHIP for individuals with diabetes. Non-OHIP insured clients with diabetes are also accepted. If you are interested in attending, please speak to your Doctor, Nurse Practitioner, or call Stephanie at (416) 787-1661 ext. 3301.

Spring Blossoms

Bathurst-Finch Site April 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Mat Yoga 6:30pm – 7:30pm*	4 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	5 Blood Pressure Workshop Diabetes Education Program 10am – 11:30am*
8 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	9 Zumba 2pm – 3pm*	10 Mat Yoga 6:30pm – 7:30pm*	11 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	12
15 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	16 Zumba 2pm – 3pm*	17 Mat Yoga 6:30pm – 7:30pm*	18 Tai Chi 2:30pm – 3:30pm*	19 Good Friday Unison Closed
22 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	23 Zumba 2pm – 3pm*	24 Mat Yoga 6:30pm – 7:30pm*	25 Tai Chi 2:30pm – 3:30pm*	26
29 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	30 Zumba 2pm – 3pm* Getting Grounded 5pm – 7pm*	Diabetes Education Program Individual appointments & group classes for adults with Type 2 diabetes or pre-diabetes with a registered nurse or dietitian who specialize in diabetes education. Learn about risk level, risk factors, healthy eating, physical activity guidelines and more to lower your risk. Pre-registration required. Contact 416-787-1661 ext. 3301		

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Bathurst-Finch Site May 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mat Yoga 6:30pm – 7:30pm*	2 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	3
6 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	7 Zumba 2pm – 3pm*	8 Mat Yoga 6:30pm – 7:30pm*	9 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	10
13 – 17 Mental Health Awareness Week				
13 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	14 Laughter Yoga 10am – 11am* Zumba 2pm – 3pm*	15 Mat Yoga 6:30pm – 7:30pm*	16 Tai Chi 2:30pm – 3:30pm*	17 Royal Ontario Museum (ROM) Trip - MH Awareness Week All Day*
20 Victoria Day Unison Closed	21 Zumba 2pm – 3pm*	22 Mat Yoga 6:30pm – 7:30pm*	23 Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 5pm* Tai Chi 2:30pm – 3:30pm*	24
27 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	28 Zumba 2pm – 3pm* Getting Grounded 5pm – 7pm*	29 Mat Yoga 6:30pm – 7:30pm*	30	31

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