

**Keele-Rogers Site  
June 2019 - Program Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Arthritis Pain Management 10am – 12pm* Forever Young Seniors 1pm – 3pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 5pm*	4 Art Therapy 10am – 12pm Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	5 Arthritis Pain Management 10am – 12pm*	6 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	7
10 Art Beat 10am – 12pm Arthritis Pain Management 10am – 12pm* Forever Young Seniors 1pm – 3pm	11 Art Therapy 10am – 12pm Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	12 Arthritis Pain Management 10am – 12pm*	13 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	14 Diabetes Education Program Group Information Session 9am – 11am* Arthritis Clinic 9am – 5pm*
17 Forever Young Seniors 1pm – 3pm	18 Art Therapy 10am – 12pm Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	19 Social Club 10am – 2pm*	20 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	21
24 Art Beat 10am – 12pm Forever Young Seniors 1pm – 3pm	25 Art Therapy 10am – 12pm Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	26	27 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	28 Arthritis Clinic 9am – 5pm*

**Telephthalmology 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

**\*Registration Required: See back page for contact person's information.\*  
Programs are subject to change. Please contact program staff for more information.**

*Spring Blossoms*

**Keele-Rogers**   
1651 Keele Street  
Toronto, ON M6M 3W2  
416-653-5400

# Keele-Rogers Program Listings

**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: \_\_\_\_\_

**Art Beat**

A weekly therapeutic art program led by experienced instructors for adults with developmental and/or psychiatric disabilities. Registration is required.  
Contact: Tinna Truong ext. 1252 or Joseph Bataclan ext. 1260

**Art Therapy**

An ideal group to build relationships, learn mindfulness practices and use art as a means of addressing concerns, like anxiety, depression and stress.  
Contact: Amanda at 416-645-7575 ext. 2050

**Arthritis Clinic**

A physiotherapist sees clients with Arthritis one on one to provide assessment, education and support on how to control symptoms, exercise to improve strength, endurance and flexibility, and so forth.  
Welcome self-referral; please call 416-979-7228 x. 3381.

**NEW**

**Arthritis Pain Management**

This 10-week program is designed for clients who have participated in the general healthy eating and fitness programs. Program is delivered by a Registered Dietitian and a Certified Fitness Instructor. Referral is required from the primary care providers.  
Contact: Klodiana Dibra ext. 1300

**Baby & Me**

For parents or caregivers and their child from birth to one year. Each session includes singing with baby and discussion on topics such as infant health, development and nutrition or issues faced by new parents.  
Contact: Kay Vera ext. 1249

**Community Kitchen**

As a complimentary component to support Streets to Home clients and other hard-to-house clients, besides offering a nutritious breakfast and lunch, this program also provides workshops on harm reduction, employment preparation, kitchen knowledge, healthy eating and health lifestyle. Registration is not required.  
Contact: Erin Shaw ext. 1254

**Harm Reduction Kit Making**

Opportunity for service users to put together harm reduction kits and learn about what is in the packages. Volunteers in this program receive compensation for their time. Contact: Mon Martins ext. 1424

**Forever Young Seniors**

Program that promotes healthy aging. If you are seniors over the age of 55 and live within the Weston Mount Dennis communities or nearby neighborhoods, you are welcome to join our weekly program.  
Contact: Kim Nguyen at ext. 1265

**Having a Baby Drop-in for Pregnant Women**

Come meet other women, enjoy healthy snacks and learn about pregnancy, baby care and healthy eating from a Public Health Nurse and a Registered Dietitian. TTC tokens, gift certificates, childcare and interpretation services are provided to participants. Program is offered at four different locations.  
Contact: Klodiana Dibra ext. 1300

## Keele-Rogers Site April 2019 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Arthritis Pain Management 10am – 12pm* Forever Young Seniors 1pm – 3pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 5pm*	2 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	3	4 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	5 Arthritis Pain Management 10am – 12pm*
8 Art Beat 10am – 12pm Arthritis Pain Management 10am – 12pm* Forever Young Seniors 1pm – 3pm	9 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	10	11 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	12 Diabetes Education Program Group Information Session 9am – 11am* Arthritis Pain Management 10am – 12pm*
15 Arthritis Pain Management 10am – 12pm* Forever Young Seniors 1pm – 3pm	16 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	17 Social Club 10am – 2pm*	18 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	19 Good Friday Unison Closed
22 Arthritis Pain Management 10am – 12pm* Forever Young Seniors 1pm – 3pm	23 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	24 Arthritis Pain Management 10am – 12pm*	25 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	26
29 Art Beat 10am – 12pm Arthritis Pain Management 10am – 12pm* Forever Young Seniors 1pm – 3pm	30 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	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		

### 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

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## Keele-Rogers Site May 2019 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Arthritis Pain Management 10am – 12pm*	2 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	3 Arthritis Pain Management 10am – 12pm*
6 Art Beat 10am – 12pm Forever Young Seniors 1pm – 3pm Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 5pm*	7 Art Therapy 10am – 12pm Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	8 Arthritis Pain Management 10am – 12pm*	9 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	10
13 <b>Mental Health Awareness Week</b> 17				
13 Arthritis Pain Management 10am – 12pm* Forever Young Seniors 1pm – 3pm	14 Art Therapy 10am – 12pm Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm Diabetes Education Program Group Information Session 5:30pm – 7:30pm*	15 Social Club 10am – 2pm*	16 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Wellness Workshop MH Awareness Week 10:30am – 11:30am* Harm Reduction Kit Making 1pm – 2pm	17 Arthritis Clinic 9am – 5pm* Arthritis Pain Management 10am – 12pm* Royal Ontario Museum (ROM) Trip MH Awareness Week All day*
20 Victoria Day Unison Closed	21 Art Therapy 10am – 12pm Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	22 Arthritis Pain Management 10am – 12pm*	23 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	24 Arthritis Pain Management 10am – 12pm*
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