



BATHURST-FINCH SITE

647-436-0385



We would love to hear from you!!
If you have any feedback or comments about the program calendars, Unison's services and programs, please call 647-436-0385, press "7" and leave us a message.



Bathurst-Finch Site March 2020 - Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm - 3:30pm	3 Zumba 2pm - 3pm*	4 Mat Yoga 6:30pm - 7:30pm*	5 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	6 DEP Cooking class 10:30am - 1pm
9 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm - 3:30pm	10 Zumba 2pm - 3pm*	11 Mat Yoga 6:30pm - 7:30pm*	12 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	13
16 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm - 3:30pm	17 Zumba 2pm - 3pm*	18 Mat Yoga 6:30pm - 7:30pm*	19 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	20
23 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm - 3:30pm	24 Zumba 2pm - 3pm*	25 Mat Yoga 6:30pm - 7:30pm*	26 Teleophthalmology 9:30am - 5pm Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	27
30 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm - 3:30pm	31 Zumba 2pm - 3pm*			



Registration Required: See back page for contact person's information.
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<h4>Chair Yoga, Mat Yoga, Tai Chi and Zumba classes</h4> <p>Registration required to participate in these classes. Priority is given to new registrants. Contact: Karen Shaw at ext. 4502</p>	<h4>Healthy Feet, Diabetes & You</h4> <p>A program for anyone living with or giving care to someone with type 2 diabetes. This one-time workshop teaches skills needed for daily foot care. Please call (416) 787-1661 ext. 3301 to register.</p>	<h4>Healthy Living Program</h4> <p>Join our 10 weekly sessions to learn about healthy eating, mental health and learn to develop an exercise routine that fits your lifestyle. This program is led by a Registered Dietitian, Certified Fitness Instructor and Social Worker. Program is designed for participants with risk factors for chronic diseases. Please speak with your doctor or nurse for referral to the program. For more information call Karina at x.3234</p>
<h4>Massage Clinic</h4> <p>Diabetes Education Program is offering free 15 minutes, over-the-clothes massage for individuals with prediabetes or type 2 diabetes, led by a Registered Massage Therapist. Space is limited and pre-registration required. Please call (416) 787-1661 ext. 3301 to register.</p>	<h4>Prenatal Program</h4> <p>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</p>	<h4>Telephthamology Services Extended to All Unison Sites</h4> <p>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.</p>





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**Bathurst-Finch Site
 January 2020 - Program Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
2020		1 New Year's Day Unison Closed	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 PEP Talk Healthy Feet, Diabetes and You 9am - 11:30am* Mat Yoga 6:30pm - 7:30pm*	9 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	10
13 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm - 3:30pm	14 Zumba 2pm - 3pm*	15 Community Women's Group workshop 5:30pm-8:30pm* Mat Yoga 6:30pm - 7:30pm*	16 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	17
20 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm - 3:30pm	21 Zumba 2pm - 3pm*	22 Mat Yoga 6:30pm - 7:30pm*	23 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	24
27 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm - 3:30pm	28 Zumba 2pm - 3pm*	29 Mat Yoga 6:30pm - 7:30pm*	30 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	31

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**Bathurst-Finch Site
 February 2020 - Program Calendar**

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 Family Day Unison Closed	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*	26 Mat Yoga 6:30pm - 7:30pm*	27 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	28

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