



Keele-Rogers 
1651 Keele Street
Toronto, ON M6M 3W2

KEELE-ROGERS SITE
416-653-5400



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 416-653-5400, press "5" and leave us a message.

Keele-Rogers Site
March 2020 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Teleophthalmology 9:30am – 5pm Forever Young Seniors 1pm – 3pm	3 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	4 Social Club 10am – 2pm*	5 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	6
9 Forever Young Seniors 1pm – 3pm	10 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	11 	12 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	13 
16 Forever Young Seniors 1pm – 3pm	17 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	18 	19 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	20 
23 Forever Young Seniors 1pm – 3pm	24 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	25 Social Club 10am – 2pm*	26 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	27
30 Forever Young Seniors 1pm – 3pm	31 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm			

<p>Baby & Me</p> <p>For parents or caregivers and their children 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</p>	<p>Community Kitchen</p> <p>As a complimentary component to support Streets to Homes 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. Contact: Erin Shaw ext. 1254</p>	<p>Forever Young Seniors</p> <p>Program that promotes healthy aging. If you are seniors over the age of 55 and live within the Weston Mount Dennis community or nearby neighborhoods, you are welcome to join our weekly program. Contact: Kim Nguyen at ext. 1265</p>
<p>Group Lifestyle Balance Program</p> <p>This Program is designed for individuals who would like free support and education on achieving weight reduction and increasing physical activity. Registration required please call Stephanie 416.787.1661 ext. 3301</p>	<p>Harm Reduction Kit Making</p> <p>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</p>	<p>Having a Baby, Drop-In - Prenatal Program</p> <p>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</p>
<p>Healthy Eating & Fitness for Seniors</p> <p>10-week sessions are offered to seniors living in the neighbourhoods. Come learn healthy eating with a Registered Dietitian & enjoy fitness sessions led by a fitness instructor. This program is a partnership with North York Community House. Call Karina Portillo @ ext. 3234 to register.</p>	<p>Social Club for 55+</p> <p>This program is designed to provide social interactions for the seniors. Please join our monthly social activities. Come share laughter and fun times with us. Healthy snacks and meals are provided. For more information, please call Kim ext. 1265.</p>	



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





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Keele-Rogers Site January 2020 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day Unison Closed	2 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	
6 Group Lifestyle Balance Program 9am – 10:30am* Teleophthalmology 9:30am – 5pm	7 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	8	9 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	10
13 Group Lifestyle Balance Program 9am – 10:30am*	14 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	15	16 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	17
20	21 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	22 PEP Talk Healthy feet, Diabetes and you 9:30am – 12pm*	23 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	24
27 Group Lifestyle Balance Program 9am – 10:30am*	28 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	29	30 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	31

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Keele-Rogers Site February 2020 - Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Teleophthalmology 9:30am – 5pm	4 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	5 Fibre and Glycemic Index 10am -12pm*	6 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	7
10 Group Lifestyle Balance Program 9am – 10:30am*	11 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	12	13 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	14
17 Family Day Unison Closed	18 Baby & Me – Parenting Program 10 am – 12pm Having a Baby, Drop In – Prenatal Program 1pm – 3pm	19	20 Community Kitchen Breakfast 9:30am – 10am Lunch 12pm – 12:30pm Harm Reduction Kit Making 1pm – 2pm	21
24 Forever Young Seniors 1pm – 3pm	25 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
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