

Phone number: 647-436-0385



Program Listings: Bathurst-Finch

Action for Neighbourhood Change (ANC) - Our goal is to bring people who live and work in our neighbourhood together to make our neighbourhood an even better place to live.

Contact: Mandana Attarzadeh at ext. 4524

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

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 647- 436-0385 Ext 4508



Unison - Bathurst Finch

540 Finch Avenue West, Toronto



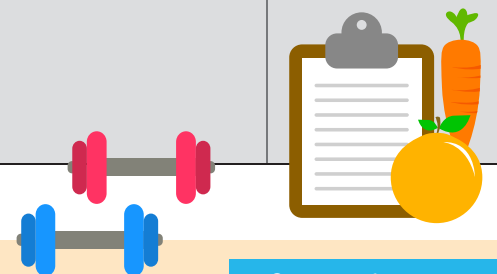
Bathurst-Finch Site

July 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Canada Day Unison Closed	3 Zumba 2pm - 3pm*	4 Fresh Produce Market 12pm - 4pm Mat Yoga 6:30pm - 7:30pm*	5 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	6
9 Prenatal Program 1:30pm - 3:30pm Chair Yoga 1:30pm - 2:30pm*	10 Zumba 2pm - 3pm*	11 Fresh Produce Market 12pm - 4pm Mat Yoga 6:30pm - 7:30pm*	12 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	Client Feedback Hotline Do you have some feedback you would like to provide about Unison's services, facilities or anything else? ❖ Now, you can leave us a voicemail message with your comments. ❖ Please tell us which site your comment is about and provide your name and phone number to follow up. 647-436-0385, Option 7
16 Prenatal Program 1:30pm - 3:30pm Chair Yoga 1:30pm - 2:30pm*	17 Zumba 2pm - 3pm*	18 Fresh Produce Market 12pm - 4pm Mat Yoga 6:30pm - 7:30pm*	19 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	
23 Prenatal Program 1:30pm - 3:30pm Chair Yoga 1:30pm - 2:30pm*	24 Zumba 2pm - 3pm*	25 Farmers' Market 12pm - 4pm Mat Yoga 6:30pm - 7:30pm*	26 Zumba 11am - 12pm* Tai Chi 2:30pm - 3:30pm*	
30 Prenatal Program 1:30pm - 3:30pm Chair Yoga 1:30pm - 2:30pm*	31 Zumba 2pm - 3pm*			



*Registration Required: see back page for contact person's information





Bathurst-Finch Site
August 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Qmentum is coming! On Sept. 17-20, 2018, Unison will host two external surveyors from Accreditation Canada. They will be conducting an organizational accreditation process called Qmentum. During this review, surveyors will be walking around speaking to clients and staff. For clients, speaking to the surveyors is OPTIONAL. But you are encouraged to do so if you feel comfortable. The information that you provide will help us towards our overall goal of improving the quality of services that we provide to you.</p>		1 Fresh Produce Market 12pm – 4pm Mat Yoga 6:30pm – 7:30pm*	2 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	<p>Qmentum is coming! What to do if you are approached: ❖ Be honest ❖ Be comfortable ❖ Speak openly Sample Questions for Clients ❖ What was the process for becoming a client? ❖ How do you find the staff at Unison? ❖ How have these services and programs helped you? ❖ How do you find the facilities at Unison – how clean, safe, accessible, etc.? ❖ How do you make a suggestion or complaint? ❖ What do you like best about Unison? Least?</p>
6 Civic Holiday Unison Closed	7 Zumba 2pm – 3pm*	8 Fresh Produce Market 12pm – 4pm Mat Yoga 6:30pm – 7:30pm*	9 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	
13 Prenatal Program 1:30pm – 3:30pm Chair Yoga 1:30pm – 2:30pm*	14 Zumba 2pm – 3pm*	15 Fresh Produce Market 12pm – 4pm Mat Yoga 6:30pm – 7:30pm*	16 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	
20 Prenatal Program 1:30pm – 3:30pm Chair Yoga 1:30pm – 2:30pm*	21 Zumba 2pm – 3pm*	22 Fresh Produce Market 12pm – 4pm Mat Yoga 6:30pm – 7:30pm*	23 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	
27 Prenatal Program 1:30pm – 3:30pm Chair Yoga 1:30pm – 2:30pm*	28 Zumba 2pm – 3pm*	29 Farmers' Market 12pm – 4pm Mat Yoga 6:30pm – 7:30pm*	30 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	31

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Bathurst-Finch Site
September 2018 • Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labour Day Unison Closed	4 Zumba 2pm – 3pm*	5 Fresh Produce Market 12pm – 4pm Mat Yoga 6:30pm – 7:30pm*	6 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	7
10 Prenatal Program 1:30pm – 3:30pm Chair Yoga 1:30pm – 2:30pm*	11 Zumba 2pm – 3pm*	12 Fresh Produce Market 12pm – 4pm Mat Yoga 6:30pm – 7:30pm*	13 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	14
17 Prenatal Program 1:30pm – 3:30pm Chair Yoga 1:30pm – 2:30pm*	18 Zumba 2pm – 3pm*	19 Fresh Produce Market 12pm – 4pm Mat Yoga 6:30pm – 7:30pm*	20 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	21
24 Prenatal Program 1:30pm – 3:30pm Chair Yoga 1:30pm – 2:30pm*	25 Zumba 2pm – 3pm*	26 Farmers' Market Finale 12pm – 4pm Mat Yoga 6:30pm – 7:30pm*	27 Teleophthalmology Clinic: Eye Screening for Diabetic clients 9:30am – 5pm* Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	28

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