

Bathurst-Finch Program Listings



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



Diabetes Education Program (DEP)

We offer individual appointments and group classes for adults with Type 2 Diabetes or pre-diabetes with a registered nurse and dietitian who specialize in diabetes education. Learn about risk level, risk factors, healthy eating, physical activity guidelines and etc. to lower your risk.



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

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



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

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.





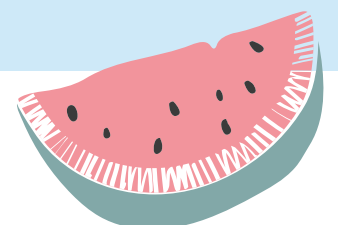
Bathurst-Finch Site July 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Canada Day Unison Closed	2 Zumba 2pm – 3pm*	3 Mat Yoga 6:30pm – 7:30pm*	4 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	5 
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 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	19  DEP Cooking Class 10:30am – 1 pm*
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 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	26
29 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	30 Zumba 2pm – 3pm* Farsi Support Group (Getting Grounded) 5pm – 7pm*	31 Mat Yoga 6:30pm – 7:30pm*		



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

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





Bathurst-Finch Site August 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	2
5 Civic Holiday Unison Closed	 6 Zumba 2pm – 3pm*	7 Mat Yoga 6:30pm – 7:30pm*	8 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	9 
12 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	13 Zumba 2pm – 3pm*	14 Mat Yoga 6:30pm – 7:30pm*	15 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	16 DEP Cooking Class 10:30am – 1pm* 
19 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	20 Zumba 2pm – 3pm*	21 Mat Yoga 6:30pm – 7:30pm*	22 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm* Teleophthalmology Clinic: Eye Screening for Diabetic Clients 9:30am – 5pm*	23
26 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	27 Zumba 2pm – 3pm* Farsi Support Group (Getting Grounded) 5pm – 7pm*	28 Mat Yoga 6:30pm – 7:30pm*	29 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	30



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

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



Bathurst-Finch Site September 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labour Day Unison Closed	3	4	5 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	6
9 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 3:30pm	10 Zumba 2pm – 3pm*	11 Laughter Yoga 10am – 11am* 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 Annual General Meeting 5:30pm	24 Zumba 2pm – 3pm* Farsi Support Group (Getting Grounded) 5pm – 7pm*	25 Mat Yoga 6:30pm – 7:30pm*	26 Zumba 11am – 12pm* Tai Chi 2:30pm – 3:30pm*	27 
30 Chair Yoga 1:30pm-2:30pm Prenatal Program 1:30pm – 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			

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

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

