



### 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.

For more information call Karina Portillo @ ext. 3234

### Baby & Me

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

### Behind the Mask

Aiming to foster conversations about self-care, community connections, culture, & wellness through arts. This group is specific to folks living with developmental disabilities & ideal for community members interested in building relationships, learning about healthy living & use of the arts as a means of taking care of their overall wellness.

### Community Kitchen

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

### Craving Change

Craving Change™ provides cognitive-behavioural tools, activities and strategies that address the universal struggle to change problematic and emotional eating behaviours. It's an ideal group for anyone wishing to build relationships and learn about mindful eating! Call ext. 2715 to register.

### Forever Young Seniors

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

### Group Lifestyle Balance Program

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

### 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

### Having a Baby, Drop-In - Prenatal Program

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

### Healthy Eating & Fitness for Seniors

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.

### Healthy Feet, Diabetes and You

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.

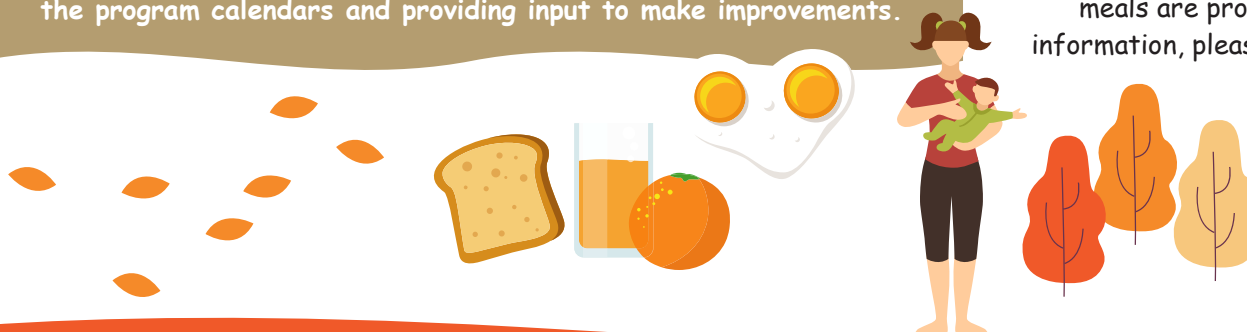
### Mindy Body & Yoga

Combines Yoga and Mindfulness to help community members reflect on their overall wellness. Call ext. 2715 to register.

### Social Club for 55+

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.

Thank you to Daniel Rose, resident of Lawrence Heights, for reviewing the program calendars and providing input to make improvements.





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 October 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm	2 <b>Healthy Feet, Diabetes and You</b> 9:30am – 12pm* <b>Healthy Eating &amp; Fitness for Seniors</b> 10am – 12pm	3 <b>Community Kitchen Breakfast</b> 9:30am – 10am <b>Lunch</b> 12pm – 12:30pm <b>Harm Reduction Kit Making</b> 1pm – 2pm	4
7 <b>Group Lifestyle Balance Program</b> 9am – 10:30am* <b>Forever Young Seniors</b> 1pm – 3pm	8 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm	9 <b>Healthy Eating &amp; Fitness for Seniors</b> 10am – 12pm	10 <b>Community Kitchen Breakfast</b> 9:30am – 10am <b>Lunch</b> 12pm – 12:30pm	11
14 <b>Thanksgiving</b> <b>Unison Closed</b>	15 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm	16 <b>Social Club</b> 10am – 2pm*	17 <b>Community Kitchen Breakfast</b> 9:30am – 10am <b>Lunch</b> 12pm – 12:30pm <b>Harm Reduction Kit Making</b> 1pm – 2pm <b>Behind the Mask</b> 2pm – 5pm	18 <b>Healthy Eating &amp; Fitness for Seniors</b> 10am – 12pm <b>DEP Group Information Session</b> 9am – 11am*
21 <b>Group Lifestyle Balance Program</b> 9am – 10:30am* <b>Forever Young Seniors</b> 1pm – 3pm	22 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm	23 <b>Healthy Eating &amp; Fitness for Seniors</b> 10am – 12pm	24 <b>Community Kitchen Breakfast</b> 9:30am – 10am <b>Lunch</b> 12pm – 12:30pm <b>Craving Change</b> 1:30pm – 3:30pm* <b>Behind the Mask</b> 2pm – 5pm	25
28 <b>Group Lifestyle Balance Program</b> 9am – 10:30am* <b>Forever Young Seniors</b> 1pm – 3pm	29 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm	30 <b>Healthy Eating &amp; Fitness for Seniors</b> 10am – 12pm	31 <b>Community Kitchen Breakfast</b> 9:30am – 10am <b>Lunch</b> 12pm – 12:30pm <b>Craving Change</b> 1:30pm – 3:30pm* <b>Behind the Mask</b> 2pm – 5pm	

**\*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 November 2019- Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Arthritis Clinic</b> 9am to 5pm <b>Mind Body &amp; Yoga</b> 12:30pm – 1:30pm*
4 <b>Group Lifestyle Balance Program</b> 9am – 10:30am* <b>Forever Young Seniors</b> 1pm – 3pm	5 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm	6 <b>Healthy Eating &amp; Fitness for Seniors</b> 10am – 12pm	7 <b>Community Kitchen</b> Breakfast 9:30am – 10am Lunch 12pm – 12:30pm <b>Harm Reduction Kit Making</b> 1pm – 2pm <b>Craving Change</b> 1:30pm – 3:30pm* <b>Behind the Mask</b> 2pm – 5pm	8 <b>Mind Body &amp; Yoga</b> 12:30pm – 1:30pm*
11 <b>Group Lifestyle Balance Program</b> 9am – 10:30am* <b>Forever Young Seniors</b> 1pm – 3pm	12 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm	13 <b>Healthy Eating &amp; Fitness for Seniors</b> 10am – 12pm	14 <b>Community Kitchen</b> Breakfast 9:30am – 10am Lunch 12pm – 12:30pm <b>Craving Change</b> 1:30pm – 3:30pm* <b>Behind the Mask</b> 2pm – 5pm	15 <b>Arthritis Clinic</b> 9am to 5pm <b>Mind Body &amp; Yoga</b> 12:30pm – 1:30pm*
18 <b>Group Lifestyle Balance Program</b> 9am – 10:30am* <b>Forever Young Seniors</b> 1pm – 3pm	19 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm <b>DEP Group Information Session</b> 1pm – 3pm*	20 <b>Social Club</b> 10am – 2pm*	21 <b>Community Kitchen</b> Breakfast 9:30am – 10am Lunch 12pm – 12:30pm <b>Harm Reduction Kit Making</b> 1pm – 2pm <b>Craving Change</b> 1:30pm – 3:30pm* <b>Behind the Mask</b> 2pm – 5pm	22 <b>Mind Body &amp; Yoga</b> 12:30pm – 1:30pm*
25 <b>Group Lifestyle Balance Program</b> 9am – 10:30am* <b>Forever Young Seniors</b> 1pm – 3pm	26 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm	27 <b>Healthy Eating &amp; Fitness for Seniors</b> 10am – 12pm	28 <b>Community Kitchen</b> Breakfast 9:30am – 10am Lunch 12pm – 12:30pm	29 

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## Keele-Rogers Site December 2019- Program Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Group Lifestyle Balance Program</b> 9am – 10:30am* <b>Forever Young Seniors</b> 1pm – 3pm	3 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm	4	5 <b>Community Kitchen Breakfast</b> 9:30am – 10am <b>Lunch</b> 12pm – 12:30pm <b>Harm Reduction Kit Making</b> 1pm – 2pm	6 <b>Arthritis Clinic</b> 9am to 5pm  
9	10 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm	11	12 <b>Community Kitchen Breakfast</b> 9:30am – 10am <b>Lunch</b> 12pm – 12:30pm	13
16 <b>Group Lifestyle Balance Program</b> 9am – 10:30am*	17 <b>Baby &amp; Me – Parenting Program</b> 10 am – 12pm <b>Having a Baby, Drop In – Prenatal Program</b> 1pm – 3pm <b>(last session before December break)</b>	18 <b>Social Club</b> 10am – 2pm*	19 <b>Community Kitchen Breakfast</b> 9:30am – 10am <b>Lunch</b> 12pm – 12:30pm <b>Harm Reduction Kit Making</b> 1pm – 2pm	20 <b>DEP Information Session</b> 9am – 11am* <b>Arthritis Clinic</b> 9am to 5pm
23 	24	25 <b>Christmas</b> <b>Unison Closed</b>	26 <b>Boxing Day</b> <b>Unison Closed</b>	27
30	31			

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