





Christie Ossington Neighbourhood Centre
 850/854 Bloor Street West
 Toronto, ON M6G-1M2
 (416)792-8941 Ext. 222
www.conccommunity.org

Drop-in Program Calendar February 2018

- LIFE MANAGEMENT PROGRAMS
- HEALTH AND WELLNESS PROGRAMS
- EMPLOYMENT PROGRAMS
- SUSTAINABLE HOUSING PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 DC – Blood Pressure Clinic 10am-3:30p DC - Lunch 12-1pm DC - Acupuncture 2pm-2:30pm DC - Senior Social Club 2-3:30pm	2 DC - Lunch 12-1pm DC – Knitting Club 2-3:30pm	3 DC - Lunch 12-1pm DC - Open Recreational Time 10am-4pm
4 CLOSED	5 DC - Lunch 12-1pm DC - Life Management 12pm-4p DC – Art Therapy 2 – 3pm DC - Employment & Resume Assistance 10am-4pm	6 DC – Blood Pressure Clinic 10am-3:30pm DC- Falls Prevention Workshop 10:30 am-11:30a DC - Lunch 12-1pm DC - Women’s Support Group 2- 3pm DC - Seniors Social Club 2:30 3:30pm DC – Computer Classes for Seniors 2:30 – 4pm	7 DC –Blood Pressure Clinic 10am-3:30pm DC – Special Lunch 12-1pm DC- Movie Afternoon 1:30-2:30pm DC - Book Club 3-4pm DC - Yoga Class 6-7pm	8 DC – Blood Pressure Clinic 10am-3:30p DC - Lunch 12-1pm DC – Acupuncture 2pm-2:30pm DC - Senior Social Club 2-3:30pm	9 DC - Lunch 12-1pm DC – Knitting Club 2-3:30pm	10 DC - Lunch 12-1pm DC - Open Recreational Time 10am-4pm
11 CLOSED	12 DC - Lunch 12-1pm DC - Life Management 12pm-4p DC – Art Therapy 2 – 3pm DC - Employment & Resume Assistance 10am-4pm	13 DC – Blood Pressure Clinic 10am-3:30pm DC - Lunch 12-1pm DC - Women’s Support Group 2- 3pm DC - Seniors Social Club 2:30 3:30pm DC – Computer Assistance 10 to 11pm DC – Computer Classes for Seniors 2:30 – 4pm	14 DC – Blood Pressure Clinic 10am-3:30pm DC – Special Lunch 12-1pm DC- Movie Afternoon 1:30-2:30pm DC- Zumba Class 1:30-2:30pm DC – Healthy Heart Workshop 10:30am DC - Book Club 3-4pm DC - Yoga Class 6-7pm HAPPY VALENTINES DAY ♥♥♥♥	15 DC – Blood Pressure Clinic 10am-3:30p DC - Lunch 12-1pm DC – Acupuncture 2pm-2:30pm DC - Senior Social Club 2-3:30pm	16 DC - Lunch 12-1pm DC – Knitting Club 2-3:30pm	17 DC - Lunch 12-1pm DC - Open Recreational Time 10am-4pm
18 CLOSED	19 CLOSED  Family Day	20 DC – Blood Pressure Clinic 10am-3:30pm DC - Lunch 12-1pm DC - Women’s Support Group 2- 3pm DC - Seniors Social Club 2:30 3:30pm DC – Computer Assistance 10am to 11am DC – Computer Classes for Seniors 2:30 – 4pm	21 DC – Blood Pressure Clinic 10am-3:30pm DC – Special Lunch 12-1pm DC- Movie Afternoon 1:30-2:30pm DC- Zumba Class 1:30-2:30pm DC - Book Club 3-4pm DC - Yoga Class 6-7pm	22 DC – Blood Pressure Clinic 10am-3:30p DC - Lunch 12-1pm DC – Acupuncture 2pm-2:30pm DC - Senior Social Club 2-3:30pm	23 DC - Lunch 12-1pm DC – Knitting Club 2-3:30pm	24 DC - Lunch 12-1pm DC - Open Recreational Time 10am-4pm
25 CLOSED	26 DC - Lunch 12-1pm DC - Life Management 12pm-4pm DC – Art Therapy 2 – 3pm DC - Employment & Resume Assistance 10am-4pm	27 DC – Blood Pressure Clinic 10am-3:30pm DC - Lunch 12-1pm DC - Women’s Support Group 2- 3pm DC - Seniors Social Club 2:30 3:30pm DC – Personal Hygiene/Self Care 2pm-3pm DC – Computer Assistance 10am to 11am DC – Computer Classes for Seniors 2:30 – 4pm	28 DC – Blood Pressure Clinic 10am-3:30pm DC – Special Lunch 12-1pm 12-1pm DC- Movie Afternoon 1:30-2:30pm DC- Zumba Class 1:30-2:30pm DC - Book Club 3-4pm DC - Yoga Class 6-7pm			

LOCATION:

Drop-in Centre, 854 Bloor St W Toronto,
 ON M6G 1M2



Hours:

Monday to Saturday doors open from 10am to 4pm
 Sundays Drop-In is Closed
 Showers from 10am to 2pm
 Laundry from 10am to 1pm (by appointment only)

