

SENIORS ACTIVITIES

Tuesday, November 13th
2:00 - 3:30pm
679 Queens Quay W

You are invited to a fun & free afternoon of activities! Light refreshments will be provided.

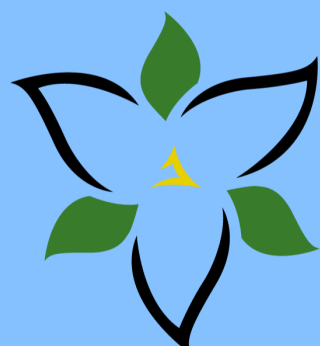
Discussion Topic: Mental Health

679 Queens Quay W - 5th floor Rec Room

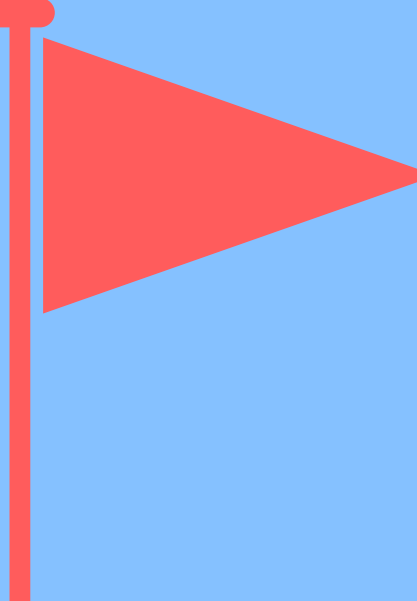
**FOR MORE INFO CONTACT STEPHANIE:
416.392.1509 EXT 326**



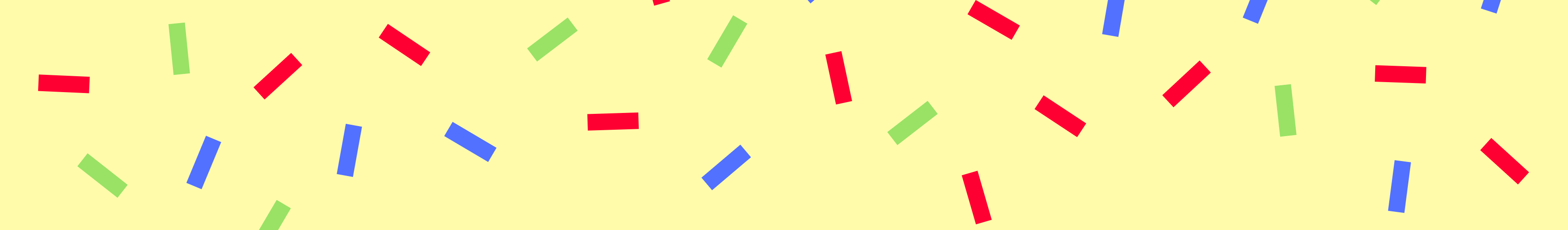
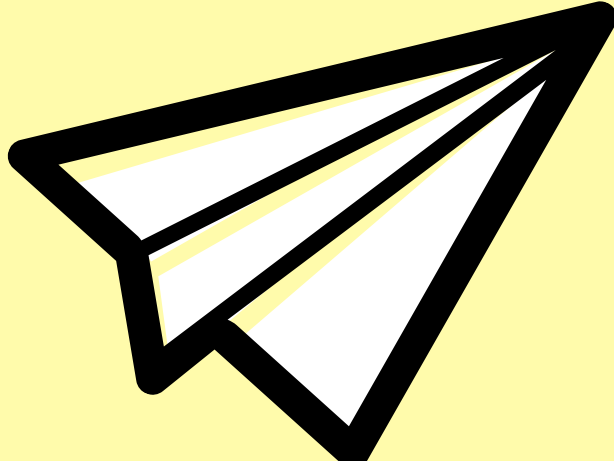
Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

SENIORS ACTIVITIES

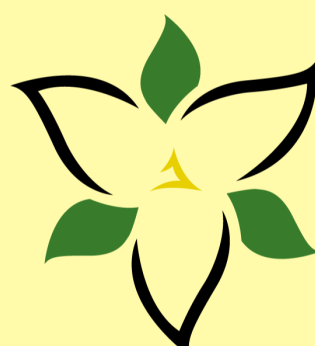
Wednesday, November 28th
2:00 - 3:30pm
679 Queens Quay W

You are invited to a fun & free afternoon of activities! Light refreshments will be provided.
Discussion Topic: Fluid Intake & Bladder Health
679 Queens Quay W - 5th floor Rec Room

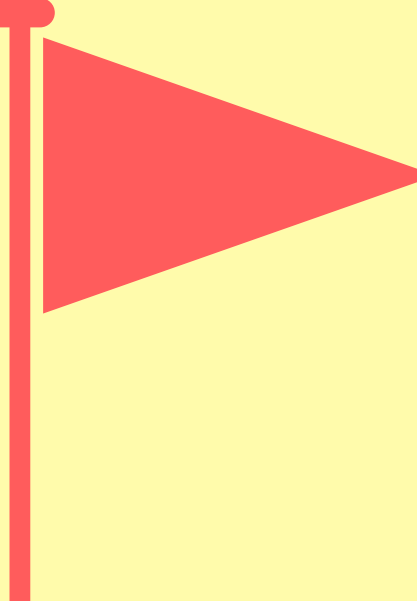
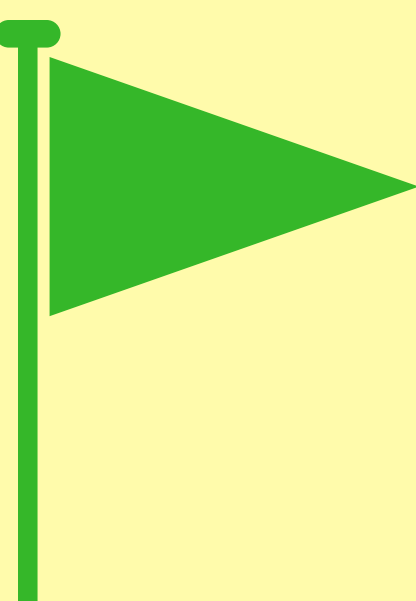
**FOR MORE INFO CONTACT STEPHANIE:
416.392.1509 EXT 326**



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario



An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario