

Community Engagement Activities
Monthly Calendar 2024

February

Please Contact

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**Health Access
Thorncliffe Park**
Community Health, Close to Home.

Seniors 55+ 11:00 am - 12:00 pm

Ageless Grace is a revolutionary brain fitness program consisting of 21 simple exercise tools designed for all ages and abilities. These seated exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and brain.

Weekly and virtually for 8 sessions



New Parents

Introduction to Solid Food

These workshops are for 4–8 months old babies primarily. Topics will cover: Picky eating, Breastfeeding, Textures, How to prepare family foods

The Neighbourhood Organization

Dr. Catherine Pestl - **Registered Dietitian** Johnny Zhao



Women Only 11:30 am - 1:30 pm

Taking Care of Your Holistic Health
Essentials of Workplace Mental Health + Arts and Crafts Activities

The Neighbourhood Organization @10 Gateway Blvd

Social Worker: Vaitheki Sivaram



General 10:00 am - 12:00 pm

Label Reading

Toronto Public Library - Thorncliffe Branch

By **Registered Dietitian** Johnny Zhao

Seniors 55+ 11:00 am - 2:00 pm

Seniors Active Living: Health and Wellness Fair

Jenner Jean Marie Community Center

Registered Dietitian: Johnny Zhao - **Registered Nurse:** Biniam Zerie



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Ageless Grace #3 Introduction to Solid Food #1	2	3
4	5 Label Reading	6	7	8 Ageless Grace #4 Introduction to Solid Food #2	9	10
11	12	13 Essentials of Workplace Mental Health	14	15 Ageless Grace #5 Introduction to Solid Food #3	16	17
18	19 HAPPY family DAY	20	21	22 Cancer Screening Presentation Ageless Grace #6 Introduction to Solid Food #4	23	24
25	26	27	28 Health and Wellness Fair	29 Ageless Grace #7 Introduction to Solid Food #5		

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