

# COMMUNITY PROGRAMS AND SERVICES

## “Feet to Keep” Foot Clinics

Service is provided by a certified VHA foot care nurse. It includes treatment of corns and calluses, toenail cutting and education on preventing foot problems.

Please book your appointment for the “Feet to Keep” Foot Clinics at 416-248-2050 x5237.

The cost is \$15.

Please note: space is limited.



### Offered at the following locations:

Date	Location
<b>Tuesday</b> April 3 May 1	Doug Saunders 1775 Eglinton Avenue West
<b>Tuesday</b> April 10 May 8	Outlook Manor 55 Outlook Avenue
<b>Tuesday</b> April 17 May 15	Reconnect 2562 Eglinton Avenue West
<b>Thursdays</b> April 19 May 17	Roselawn-Marlee 855 Roselawn Avenue
<b>Tuesdays</b> April 24 May 22	Louise Towers 130 Vaughan Road

## Frozen Meal Delivery

Delivered weekly **every** Tuesday.

Supplied by *apetito*. Large range of menu items, minced, pureed and renal available. Order frozen meals by Wednesday, **every** week at 416-248-2050 x5203.

## Fruit & Vegetable Delivery

Delivered bi-weekly on Thursdays. Supplied by the *Good Food Box*. Options offered include the Fruit Basket, the Organic Food Box and the Wellness Box.

Please order your fruit and vegetable baskets at 416-248-2050 x5203, at least eight days before delivery.

Thursday, April 5  
Thursday, April 19  
Thursday, May 3  
Thursday, May 17  
Thursday, May 31



## MAPP\* for Caribbean Seniors:

A welcoming social and recreational program geared to Caribbean culture.

Tuesday, April 3—33 Gabian Way

Tuesday, May 15—55 Outlook Avenue



Weekly Exercise Class with Norma  
Weston Mount Dennis Hub—1765 Weston Rd  
Tuesdays 10:30 a.m.—11:30 a.m.

## MAPP\* for Muslim Seniors:

A welcoming social and recreational program geared to Muslim culture.

Wednesday, April 4—33 Gabian Way

Wednesday, April 11—1901 Weston Road

Wednesday, April 18—55 Outlook Avenue

Wednesday, April 24—1775 Eglinton Avenue W

Wednesday, May 23—**Iftar** at 1901 Weston Road 7-10 p.m.



We will break for the month of June and resume on a once-monthly basis in July. Stay tuned for details.

## Seniors' Month Event

Thursday, June 14, 2018

Learning Enrichment  
Foundation

116 Industry Street

11 a.m. –3 p.m.

Transportation Provided

Call **416-248-2050**



For the Community Program hours or if you're interested in joining activities, please contact **416-248-2050**.

**Please call for pricing and eligibility for all programs.**

## Mall Group Shopping

Join us for Group Shopping trips from specific apartment buildings, within our service boundaries, to Dufferin Mall and Cloverdale Mall.

Call 416-248-2050 x5202 to book a seat on the bus for the shopping trips.



### 31 Tichester-Dufferin Mall

1st and 3rd Wed. of each month  
April 4, 18  
May 2, 16

### 55 Outlook Avenue-Dufferin Mall

Monday, April 9

### 55 Outlook Avenue-Cloverdale Mall

Monday, May 7