

# F.R.E.S.H.

## **Art Gallery of Ontario**

or

## **Royal Ontario Museum**

Fridays 2:30pm - 4:30pm

**Admission, tokens and guided tour by a FRESH staff member are provided**

For details or to register for the museum visits, contact (647) 880-1336

## **High Park Walking Group**

Wednesdays at 2:00pm

Fridays at 2:00pm

Beginning and ending at High Park's main entrance, take a long, leisurely walk with our friendly group. We don't go fast, but we do go far.

Michael can arrange for a FRESH staff to meet you and introduce you to the High Park group.

## **Bike Group**

Thursdays at 2:30pm

Join us for a ride along the shore of Lake Ontario and other safe bike paths separated from cars. Bring your own bike or use one of our Bike Share Rentals. Helmets **MUST** be worn.

## **Coming Soon:**

A new additional YMCA Group for all participants.



## **One to One Fitness Support**

Participants will be connected with a FRESH staff member once per week to work on a fitness plan and then carry it out.

## **Women's Exercise Group**

Mondays at 11:30am

Wednesdays at 11:30am

The group now focuses on outdoor group exercise in Christie Pits Park.

## **Women's Aquafit/Gym Group**

Thursdays 9am

Join us at the West End YMCA for the Aquafit class or to do other fitness activities on your own.

## **Rouge Valley Hike**

Every other Saturday

We take the TTC to Scarborough to enjoy a long, peaceful walk in nature.

## **Zoom Chair Yoga**

Mondays

**For details or to register for anything on this page, contact**

**Michael**

**(647) 462-9601**

**maucoin@gersteincentre.org**

# GET F.R.E.S.H. AT THE LIBRARY

## **The Reference Library**

789 Yonge St.

### **Music Appreciation Class**

Wednesdays 11am-1pm

Join us to listen and talk about music that has been impactful in your life.

### **Come Join Us at the Craft Table**

Fridays 4:30—6:30

### **FRESH Movie Afternoon**

Saturdays 2pm-4pm

## **The Sanderson Library**

327 Bathurst St.

### **Movie Afternoon**

Tuesdays 2-4

### **Music Therapy**

Wednesdays 2-3

### **Afternoon Tea and Discussion**

Wednesday 3-4

### **Music Appreciation Class**

Or

### **Join Us at the Craft Table**

Thursday 2-4

## **Lillian H. Smith Library**

239 College St.

### **Music Appreciation Class**

Tuesdays 11 -1

Join us to listen and talk about music that has been impactful in your life.

### **Music Therapy Class**

Tuesdays 1-2

Come join a discussion with a registered music therapist. Music will be played and small instruments can be provided.

### **Join Us at the Craft Table**

Fridays 11-1

And/Or

### **Exercise Class**

Fridays 11:30-12:30

## **Fort York Library**

190 Fort York Blvd.

### **Assorted Activities**

Thursday 2-4

### **Assorted Activities**

Saturday 11-1

**For details or to register for  
anything on this page,  
contact**

**Michael**

**(647) 462-9601**

**[maucoin@gersteincentre.org](mailto:maucoin@gersteincentre.org)**