

Art Gallery of Ontario
or
Royal Ontario Museum
Second and Last Thursdays
2:30pm - 4:30pm

Admission and guided tour
by a FRESH staff member.

High Park Walking Group
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.

History/Ravine Walk
Wednesdays at 2:00pm

Locations vary across Toronto.
Best to call or email for location on
the day before.

Bike Group
Mondays at 11am

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.

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 Gym Group
Thursdays 11:00-12:00

Join us at the West End YMCA for
fitness activities.

West End YMCA Group
Thursdays at 9:30am

For all participants.

Rouge Valley Hike
2-3 times a year
We take the TTC to
Scarborough for a leisurely
walk in nature.

**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

V25.1

The Reference Library
789 Yonge St.

Movie and Chat
Wednesdays 11:00 to 1:00
Join Us at the Games Table
Fridays 4:30 to 6:30

Therapy Dog Visit
Every other Friday
5:30-6:30

FRESH Movie Afternoon
Saturdays 2:30 to 4:30

The Sanderson Library
327 Bathurst St.

Crafts Table and Engagement
Tuesdays 2:00 to 4:00

Therapy Dog Visit
Every other Tuesday 2-3:00

Music Therapy
Wednesdays 2:00 to 3:00

**Afternoon Refreshment and
Discussion**
Wednesdays 3:00 to 4:00

Music Appreciation Class
Thursdays 2:00 to 4:00

Lillian H. Smith Library
239 College St.

Join us at the Crafts Table
Tuesdays 11:00 to 1:00

Music Therapy Class
Tuesdays 1:00 to 2:00

Come discuss and play music with a
registered music therapist.

Join us at the Crafts Table
Fridays 11:00 to 1:00

And/Or

Exercise Class
Fridays 11:30 to 12:30

Ozzy the Therapy Dog
Every other Friday 11:00 to 11:45

Chair Yoga
Tuesdays 11:30 to 12:30

Fort York Library
190 Fort York Blvd.

Movie and Engagement
Saturdays 11:00 to 1:00

Therapy Dog Visit
Every other Saturday
11:30 to 12:30

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