

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 10:30 AM.

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.

**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.

Join Us at the Games Table

Fridays 4:30 to 6:30

Uno, Crazy Eights, Rummy,
Trivia games and more.

FRESH Movie Afternoon

Saturdays 2:00 to 4:00

The Sanderson Library

327 Bathurst St.

Crafts Table and Engagement

Tuesdays 2:00 to 4:00

Diamond Painting

Wednesdays 2:00-4:00

Join us and let your
creative instincts flow.

Music Appreciation

Thursdays 2:00 to 4:00

Listen to and discuss your
favorite music.

Lillian H. Smith Library

239 College St.

Join us at the Crafts Table

Tuesdays 11:00 to 1:00

Chair Yoga

Tuesdays 11:30 to 12:30

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

Fort York Library

190 Fort York Blvd.

Movie and Engagement

Saturdays 11:00 to 1:00

Therapy Dog Visit

Every other Saturday

11:30-12:30

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