



Wellness, Lunchout & Diversity Calendar

<p style="text-align: center;">Wellness</p> <p style="text-align: center;">3 to 4 hour program incorporating gentle exercise, balanced and nutritious meal, education & activities. Price includes transportation.</p>	<p style="text-align: center;">Diversity</p> <p style="text-align: center;">Culturally and linguistically specific, programs include all Wellness Program components plus ESL for new immigrants. Transportation is provided where available.</p>	<p style="text-align: center;">Community Lunch</p> <p style="text-align: center;">Volunteer drivers provide transportation to and from various community lunch programs which are generally 1 to 1 ½ hours in length.</p>
<p><u>Bradford - 448 Holland St. West</u> Held every Thursday from 10:00 to 1:00. Cost \$8.00. Max attendance 30.</p> <p><u>Holland Landing – Golden Anchor Seniors Club</u> 19513 Yonge St. Held every Tuesday from 10:00 to 1:00. Cost \$8.00. Max attendance 30</p> <p><u>Georgina – 6456 Smith Blvd., Egypt, L0E 1N0</u> Held every Wednesday. Cost \$8.00. Max attendance 40.</p> <p><u>Keswick – Keswick Gardens, 43 Queensway N.</u> Held on the first and third Monday of the month; Cost \$8.00. Max attendance 25.</p> <p><u>Markham – 20 Water Street</u> Held on the second and fourth Tuesday of the month. Cost \$8.00. Max attendance 30.</p> <p><u>Mount Albert – 40 Royal Oak Road.</u> Held on the first Thursday of the month, 11:00am to 2:00pm. Cost \$7.00. Max attendance 30.</p>	<p><u>Chinese: Richmond Hill – St Justin Martyr Church, 3898 Hwy 7 East</u> Held once a month on a Monday. Cost \$6.00 + transportation. Max attendance 17.</p> <p><u>Chinese: Markham – Armadale Community Centre, 2401 Denison</u> Held every Thursday. Cost \$8.00 + transp. Max attendance 32.</p> <p><u>Italian: Woodbridge – St Peters Church, 100 Bainbridge</u> Held on the first and third Thursday of the month. Cost \$7.00. Max attendance 35.</p> <p><u>Italian: Woodbridge – Pine York Seniors Club, 7700 Highway 7, Unit 8.</u> Held on the first Tuesday of the month. Cost \$6.00. Max attendance 20.</p> <p><u>Italian: Maple – Maple Lions Club, 8 Merino Road</u> Held on the third Tuesday of the month. Cost \$8.00. Max attendance 50.</p> <p><u>Iranian: Aurora United Church: 15186 Yonge St</u> Held every Tuesday of the month. Cost \$2.00 Max attendance 30.</p>	<p><u>Aurora – Aurora Legion, 105 Industrial Pkwy N.</u> Held on the first Wednesday of the month; Cost varies. Max attendance 40.</p> <p><u>Markham - Grace Anglican Church 19 Parkway Avenue</u> Held on the third Tuesday of the month. (From Sept to June) Cost \$5.00. No max attendance.</p> <p><u>Markham (Chinese) – various restaurants</u> Held every Tuesday. Cost varies. Max attendance 7.</p> <p><u>North area restaurants</u> Held on the third Wednesday of the month; Cost varies.</p> <p><u>Richmond Hill – various Richmond Hill Retirement Homes</u> Held on the first Tuesday of the month. Cost: \$5. Max attendance 20.</p> <p><u>Richmond Hill (Chinese) – various restaurants</u> Held three time a month on a Monday. Cost varies. Max attendance 16.</p>

Newmarket – 200 Doug Duncan Drive

Held on the 1st Tuesday of the month.
Cost \$8.00. Max attendance 50.

Richmond Hill - 76-78 Dunlop Street

Held on the third Wednesday of the month. Cost
\$7.00. Max attendance 20.

Schomberg – Kitchen Breeden Manor, 40 Rosalina

Held on the second Thursday of the month;
Cost \$8.00. Max attendance 30.

Stouffville – Latham Hall, 8 Park Drive South –

Held on the first and third Monday of the month.
Cost \$8.00. Max attendance 40

Stouffville – Parkview Village, 12184 Ninth Line

Held on the second Thursday of the month.
Cost \$8.00. Max attendance 24

Thornhill – Thornhill Seniors Centre, 7700

Bayview Ave. Held on the second and fourth
Tuesday of the month. Cost \$7.00.
Max attendance 25.

**Unionville – Unionville Community Centre for
Seniors, 17 Anna Russell Way**

Held the second Wednesday of the month. Cost:
\$8.00. Max attendance 20.

**Woodbridge – Chancellor Community Centre, 350
Ansley Grove**

Held on the second and fourth Thursday of the
month. Cost \$7.00. Max attendance 40.

**Iranian: Richmond Hill – Langstaff Community
Centre, 155 Red Maple Road**

Held every Friday of the month. Cost \$5.00. Max
attendance 60.

**Russian: Richmond Hill – Richmond Hill United
Church, 10201 Yonge Street**

Held every Thursday of the month from 10:30 to
2:30. Cost \$5.00. Max attendance 50

**Russian: Healthy Aging program – Richmond Hill,
76 – 78 Dunlop Street**

Held on the second Monday of the month from
9:30 to 12:00. Cost \$3.00. Max attendance 20.

**South Asian: Woodbridge – Vellore Village
Community Centre, 1 Villa Royale Avenue**

Held every Tuesday and Thursday of the
month. Cost: no charge. Max attendance 45

South Asian: Maple – 10610 Jane Street

Held every Wednesday from 12:00 to 2:30pm
Cost: no charge . Max attendance 40

South Asian: Thornhill – 1441 Clark Avenue

Held every Monday from 1:00 to 4:00pm.
Cost: no charge. Max attendance 50

**Tamil – Markham – Wilclay Public School, 60
Wilclay Ave., Markham, ON, L3S 1R4**

Held every Saturday. Cost: \$2.00.
Max attendance 70.

Stouffville – various restaurants

Held on the fourth Wednesday of the month. Cost
varies. Max attendance 16.

Woodbridge – various restaurants

Held on the third Tuesday of the month. Cost
\$15.00. Max attendance 30.

**For more information please call:
CHATS
905-713-6596 or 1-877-452-4287**



CHATS
Community & Home
Assistance to Seniors

live well, age well, be well