


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1	2	3	1	2/3
				10-12: SENIOR ARTS 1-3: DANCE GROUP (2) 1-4: SENIORS BAND <b>4-6: COOKING HEALTHY TOGETHER</b>	Sat : 1-2pm: STEM
4	5	6	7	8	9/10
10-2PM: MAH JONG 10-12PM: PING PONG 1-4PM: TAI CHI <b>4-6PM: HOMEWORK CLUB</b>	9.30-12PM: FOCUS TABLE 12-2PM: UNITY GARDEN 1-4PM: DANCE GROUP <b>3.30-6PM BASKETBALL</b>	10-3PM: CHINESE OPERA 4-6PM- SHOES FOR SUCCESS 5-7PM: DO THE KNOWLEDGE <b>3.30-6PM BASKETBALL</b>	10.30-11.30AM: SENIORS YOGA <b>3.30-6PM BASKETBALL</b>	10-12: SENIOR ARTS 1-3: DANCE GROUP (2) 1-4: SENIORS BAND <b>4-6: COOKING HEALTHY TOGETHER</b>	Sat : 1-2pm: STEM
11	12	13	14	15	16/17
10-2PM: MAH JONG 10-12PM: PING PONG 1-4PM: TAI CHI <b>4-6PM: HOMEWORK CLUB</b>	9.30-12PM: FOCUS TABLE 12-2PM: UNITY GARDEN 1-4PM: DANCE GROUP <b>3.30-6PM BASKETBALL</b>	10-3PM: CHINESE OPERA 5-7PM: DO THE KNOWLEDGE <b>3.30-6PM BASKETBALL</b>	10AM: SENIORS YOGA <b>3.30-6PM BASKETBALL</b>	10-12: SENIOR ARTS 1-3: DANCE GROUP (2) 1-4: SENIORS BAND <b>4-6: COOKING HEALTHY TOGETHER</b>	Sat : 1-2pm: STEM
18	19	20	21	22	23/24
	9.30-12PM: FOCUS TABLE 12-2PM: UNITY GARDEN 1-4PM: DANCE GROUP 4-6PM TYES WORKSHOP <b>3.30-6PM BASKETBALL</b>	10-3PM: CHINESE OPERA 4-6PM- SHOES FOR SUCCESS 5-7PM: DO THE KNOWLEDGE <b>3.30-6PM BASKETBALL</b>	10.30-11.30AM: SENIORS YOGA <b>3.30-6PM BASKETBALL</b>	10-12: SENIOR ARTS 1-3: DANCE GROUP (2) 1-4: SENIORS BAND <b>4-6: COOKING HEALTHY TOGETHER</b>	Sat : 1-2pm: STEM
25	26	27	28		
10-2PM: MAH JONG 10-12PM: PING PONG 1-4PM: TAI CHI <b>4-6PM: HOMEWORK CLUB</b>	9.30-12PM: FOCUS TABLE 12-2PM: UNITY GARDEN 1-4PM: DANCE GROUP 4-6PM TYES WORKSHOP <b>3.30-6PM BASKETBALL</b>	10-3PM: CHINESE OPERA 5-7PM: DO THE KNOWLEDGE <b>3.30-6PM BASKETBALL</b>	10.30-11.30AM: SENIORS YOGA <b>3.30-6PM BASKETBALL</b>		

PLEASE NOTE ALL ITEMS THAT ARE IN THE **COLOR RED** ARE OFF SITE AND WILL NOT BE HELD IN THE CHESTER LE COMMUNITY CORNER . PLEASE CONTACT (416)-491-3456 FOR MORE INFORMATION

## Youth Programs

**Youth Drop – IN** for youth ages 13 to 24. Youth are welcome to consult workers in the space. This service is offered during operation hours. Participant registration upon drop-in.

**Provincial Youth Outreach Program (YOW)** workers facilitate multiple programs in various communities within the Steeles L'Amoreaux area for youth ages 13 – 24. Youths are also able to access workers for one-on-one support.

**Do the Knowledge** is an Afrocentric program facilitated by Blackstone Foundation Library for youth ages 14 – 19. DTK seeks to empower its participants to establish understanding of their cultural and self-identity in relation to the world around them.

**Off Site Basketball** enjoy a program of pick up basketball for Youth 13-19 Located at First Alliance Church (3250 Finch Ave E, Scarborough ,ON, M1W 2Y1)

**Youth Drop In Nights** a program for youth ages 13-19 where they can lounge and relax with other youth from the community. Enjoy free workshops as well as games and activities

## Children Programs

**After School Program** at Chester Le Public School provides children ages 6-12 a structured environment with homework help, fostering creativity and play. Healthy snacks provided.

**Shoes for Success** is a program led by Toronto Police to inspire and guide youth through the love of shoes. Through the program youth will be able to learn beneficial life skills.

**Art Starts** is a program for children and youth that hope to bridge art and learning together. This is a year long program and the art medium and workshop changes by season. Currently they are doing Spoken Word

## Seniors Programs

**Seniors Dancing** is hosted by Pingfanren Chinese Community Center.

**Tai Chi** for beginners, to register contact Chester Le front reception.

**Mah Jong** Seniors get together to play this mental game of skill, strategy, and calculations. Great for exercising mental fitness.

**Toronto Chinese Senior Band** is a rehearsal group that performs with musical instruments in multiple venues across the city.

**Chinese Senior Opera** is a rehearsal group that performs in multiple venues across the city.

**Seniors Yoga** is facilitated by a certified yoga instructor, to provide yoga poses modified for seniors

**Seniors Art Program** is a program ran by seniors in the community to provide arts and craft activities for other seniors in the community

## Adult Programs

**Toronto Police Monthly Meeting** is a time for residents in the community to ask and get familiar with the officers and the division that watches over them.

**Food Security Program** provides a series of food sustainability, food safety, good food access and cooking healthy workshops. Residents have the Opportunity to grow their own food in the community garden and can rent a plot during the growing season.

**Cooking Healthy Together** is a program that teaches residents how to cook healthy and look at food nutrition

**SSIP** subcommittee monthly meeting connects residents and services together and strengthens resident voice with in their community. SSIP provides training and capacity building, mentorships and outreach activities for resident in Steeles L'Amoreaux