



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p>2 Chronic Pain Self Management Workshop 10:00 AM -12:30 PM SETTLEMENT & GENERAL Counseling</p>	<p>3 Exercise for Seniors &Older Adults 1:00 PM - 2:00 PM Drop – In Supportive Counseling 3PM – 4PM</p>	<p>4 Muslim Senior Circle 2375 St. Clair Avenue West 11:00AM - 2:00PM Health Workshops/ Talks Exercise &Lunch</p>	<p>5 EXERCISE FOR OLDER ADULTS/SENIORS & Lunch 1:00 PM - 2:00 PM FOOD SECURITY –FREE Market 12:30 PM - 4:30 PM</p>	<p>7 QURAN & ARABIC 12:00 PM - 2:00 PM ISLAMIC STUDIES 2:00 PM – 4:00 PM Drop in Homework Help 2PM - 4PM</p>
<p>9 Chronic Pain Self Management Workshop 10:00 AM -12:30 PM SETTLEMENT & GENERAL Counseling</p>	<p>10 Older Adults & Seniors 1:00 PM - 2:00 PM Drop – In Supportive Counseling 3PM – 4PM</p>	<p>11 Muslim Senior Circle 2375 St. Clair Avenue West 11:00AM - 2:00PM Health Workshops/ Talks Exercise &Lunch</p>	<p>12 EXERCISE FOR OLDER ADULTS/SENIORS & Lunch 1:00 PM - 2:00 PM FOOD SECURITY – FREE FOOD MARKET 12:30 PM - 4:30 PM</p>	<p>14 QURAN , ARABIC & ISLAMIC STUDIES 12:00 PM - 2:00 PM Volunteer Appreciation 3:00 P.M.--6:00 P.M</p>
<p>16 Chronic Pain Self Management Workshop 10:00 AM -12:30 PM SETTLEMENT & GENERAL Counseling 1:00PM - 4:00PM</p>	<p>17 Mental Health Workshop 11:00 AM – 100PM Exercise for Seniors &Older Adults 1:00 PM - 2:00 PM</p>	<p>18 Muslim Senior Circle 2375 St. Clair Avenue West 11:00AM - 2:00PM Health Workshops /Talks Exercise &Lunch</p>	<p>19 EXERCISE FOR OLDER ADULTS/SENIORS & Lunch 1:00 PM - 2:00 PM FOOD SECURITY – FREE FOOD MARKET 12:30 PM - 4:30 PM</p>	<p>21 QURAN & ARABIC 12:00 PM - 2:00 PM ISLAMIC STUDIES 2:00 PM – 4:00 PM Drop in Homework Help 2PM - 4PM</p>
<p>23&30 23/ Chronic Pain Self Management Workshop 10:00AM -12:30 PM 30/ Office Closed</p>	<p>24&31 Office is closed December 24 -- January 1, 2020</p>	<p>25 Christmas Day Office Closed</p>	<p>26 Boxing Day Office Closed No Free Food Market</p>	<p>28 Office Closed</p>

Partnership/Collaboration ---- Reconnect Community Services / Second Harvest / NiZAM / Friends Grow

For Information & Registration Call: 416-767-1531 Email: issra@issra.ca 2375 St. Clair Ave. West, Toronto, Ontario, M6N

1K9  FREE - EVERYONE WELCOME – FREE