<table>
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<th>Monday</th>
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<tr>
<td>(AA) English Conversation Circle 3:30 p.m. - 5:00p.m. <strong>Rooms: 1, 2</strong></td>
<td>(O) Independent Quilters 9:00 a.m. - 12:00 p.m. <strong>Rooms: 1, 2</strong></td>
<td>(EYET) EarlyON CFC Drop-in 9:00 a.m. - 12:00 p.m. <strong>Rooms: EYET space</strong></td>
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<td>(O) Girls Guides 11:00 a.m. - 12:30 p.m. <strong>Rooms: 1 2</strong> (No Program June 29)</td>
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<td>(EYET) EarlyON CFC Small Group Playtime 10:00 a.m. - 12:00 p.m. <strong>Room: EYET space</strong> July 8 - Aug 19</td>
<td>(AA) Seniors program - Rooms: 4, 5, 6 Exercise - 9:15 a.m. - 10:15 a.m. (NO Jul 2) Women Exercise - 10:45 a.m. - 11:45 a.m. - Man’s Fit Mix - 2:00 p.m. - 3:00 p.m Sing &amp; Dance - 3:15 p.m. - 4:30p.m (<strong>NO Jul 2 &amp; 9</strong>)</td>
<td>(AA) Healthy Living for Immigrant Women 1:00 p.m. - 3:00p.m. <strong>Rooms: 1, 2, 3</strong> (<strong>July 10 &amp; 24</strong>)</td>
<td>(AA) Seniors Exercise 9:15 a.m. - 10:15 a.m. <strong>Rooms: 1, 2, 3</strong></td>
<td>(AA) Seniors Tai Chi 10.00 a.m. - 10.45 a.m. <strong>Rooms: 1, 2, 3</strong></td>
<td>(O) BCS Free After School Program 2:30 p.m. - 4:30 p.m. <strong>Rooms: 1, 2, 3</strong> (No Program June 29)</td>
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<td>(EYET) EarlyON CFC Toddling Time 2:00p.m. - 3:00p.m. (9 - 18 month) <strong>Rooms: EYET space</strong></td>
<td>(EYET) EarlyON CFC Talk &amp; Read with ME 10:00 a.m. - 11:30 a.m. <strong>Room: EarlyON Pre - Registration Required.</strong> Jul 16 - Aug 13</td>
<td>(EYET) EarlyON CFC Book Corner 3:00 p.m. - 4:00 p.m. <strong>Rooms: EYET space</strong></td>
<td>(EYET) EarlyON CFC Baby and Me 2:00 p.m. - 4:00 p.m. <strong>Rooms: EYET space</strong></td>
<td>(EYET) EarlyON CFC Active Play—Outdoors 9:00a.m. - 12:00p.m. <strong>Rooms: Dentonia Park</strong></td>
<td>(AA) Rooftop Garden Program Room: Rooftop <strong>Call for Registration &amp; details</strong></td>
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<td>(EYET) EarlyON CFC Drop-in</td>
<td>(AA) Youth Program 4:00p.m. - 6p.m. <strong>Rooms: Youth Space</strong></td>
<td>(AA) Chat with a Settlement worker 1:00 p.m. - 4:30 p.m. <strong>Rooms: CRC</strong></td>
<td>(AA) Seniors Arts and Crafts 1:30 p.m. - 3:30 p.m. <strong>Rooms: 1, 2, 3</strong></td>
<td>(AA) Seniors Coffee N’ Chat Monthly Lunch (Jul 26) 1:30 p.m. - 3:00 p.m. <strong>Rooms: 4, 5, 6 (NO Jul 5)</strong></td>
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<td>(AA) Independent Quilters 9:00 a.m. - 12:00 p.m.</td>
<td>(O) DECCNET Pre-Diabetes Class 4:30 p.m. - 7:30 p.m. <strong>Rooms: 6 (July 2)</strong></td>
<td>(EYET) EarlyON CFC Book Corner 3:00 p.m. - 4:00 p.m. <strong>Rooms: EYET space</strong></td>
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<td>(AA) Wild Bee Club 5:00 p. m - 6:00 p.m. <strong>Room: Rooftop garden</strong></td>
<td>(AA) Community Reference Group 6:00p.m. - 7:30p.m. (July 16) <strong>Rooms: 1, 2, 3</strong></td>
<td>(AA) Seniors Arts and Crafts 1:30 p.m. - 3:30 p.m. <strong>Rooms: 1, 2, 3</strong></td>
<td>(AA) Seniors Tai Chi 10.00 a.m. - 10.45 a.m. <strong>Rooms: 1, 2, 3</strong></td>
<td>(AA) Rooftop Garden Program Room: Rooftop <strong>Call for Registration &amp; details</strong></td>
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<td>(AA) Movie Night 5:00 p.m. - 7:30 p.m. <strong>Rooms: 1, 2, 3 (July 23rd)</strong></td>
<td>(AA) Community Reference Group 6:00p.m. - 7:30p.m. (July 16) <strong>Rooms: 1, 2, 3</strong></td>
<td>(AA) Summer Splash (July 30) 3:00p. m - 6p.m. <strong>Taylor Creek Park</strong></td>
<td>(AA) Low Impact Exercise 3:30 p.m. - 4:15 p.m. <strong>Rooms: 4, 5, 6</strong></td>
<td>(AA) Community Dining Program 12:30 p.m. - 2:00 p.m. <strong>Rooms: 1, 2, 3</strong></td>
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<td><strong>Access Alliance will be closed on Monday July 1st, for Canada Day</strong></td>
<td>(AA) Drop In DIY Bike Repair 4:00 p.m. - 7:00 p.m. <strong>Rooms: 4, 5 / Bike Hub</strong></td>
<td>CRC Hours 9.00 a.m. - 4.45 p.m.</td>
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Access Alliance MHCS

Access Alliance Multicultural Health and Community Services provides accessible, community-governed, inter-professional, primary health care services, including health promotion, illness prevention and treatment, chronic disease management, and individual and community capacity building. Our goal is for all people who face barriers to good health to have access to high quality primary health care within an integrated system of care.

We invite you to become a member of Access Alliance

As a member of Access Alliance, you will:
- Have the opportunity to give feedback to us about how we are doing
- Receive our annual report on a yearly basis
- Be invited to attend our Annual General Meeting
- Be part of decision making to elect our new Board Member

To become a member complete a registration form and send it back to the Office Manager by regular mail with your $2 dollar membership fee, or you can drop it off at any of our locations:

**Central Office:** 340 College Street, Suite 500
**East Offices:** 3079 Danforth Avenue; 91 Barrington Avenue.
**West Office:** 761 Febe Street, 2nd Floor

As a member of Access Alliance, you will receive:
- Be invited to attend our Annual General Meeting
- Have the opportunity to give feedback to us about how we are doing
- Receive our annual report on a yearly basis
- Be part of decision making to elect our new Board Member

If you are not comfortable speaking English, there are free interpretation services available through Access Alliance Language Services.

**East York East Toronto Family Resources and the EarlyON CFC - Danforth**

The EarlyON Child and Family Centre is a place for children up to the age of six and their parents and caregivers to take part in programs and activities together. It also brings together a number of agencies throughout the area serving families with children 0-6 to efficiently and effectively serve local communities and neighbourhoods.

For more information call: 647-258-9783

**Action for Neighbourhood Change Taylor Massey**

Action for Neighbourhood Change Taylor Massey is a United Way Toronto Funded Initiative that is trusted by Neighbourhood Link Support Services. ANC Staff believes that in order for neighbourhoods to thrive, change must come from the community itself. For this reason, ANC works with residents to turn their ideas for positive change into action. ANC supports several neighbourhood associations, service networks and small grassroots initiatives.

For more information call: 416-752-8159

**Access Alliance MHCS –Barrington Site (former Neighbourhood Centre)**

This site provides wellness-oriented programs to newcomers, low income families and seniors at different locations including: an active seniors program on different social and recreational activities such as Coffee n’ Chat, Chai and Chat, Arts & Crafts, Monthly lunch, Games, Bingo Outings and Yoga, an array of community services and family programs such as career and life skills workshops, parenting workshops and playgroups, volunteer and leadership, a free income tax clinic, snow removal services, good food box and holiday hampers.

For more information call: 416-698-1626