



North York

Family Health Team

240 Duncan Mill Road, Suite 707, Toronto, ON M3B 3S6
Tel: 416.494.3003 Fax: 416.494.8525

Virtual Programs for Older Adults by different Agencies

Better Living

<https://mybetterliving.ca/better-living-is-keeping-you-staying-strong-and-healthy-during-covid-19/>

Circle of Care

<https://www.circleofcare.com/exercise-and-falls-prevention/>

North York Seniors Centre

They have both live streaming video programs as well as telephone programs

<https://www.nyseniors.org/active-living-centre/>

<https://www.flipsnack.com/NYSENIORS/jan-4th-2021-du9qj3mzhm.html>

<https://www.facebook.com/NYSCentre>

Mosaic Home Care

<https://www.mosaichomecare.com/wp-content/uploads/2020/12/winter-ZOOM-Mosaic-Events-Flyer.pdf>

Bernard Betel Centre

<https://betelcentre.org/online-programs/>

<https://betelcentre.files.wordpress.com/2020/12/virtual-programming-calendar-january-2021-2.pdf>

Senior Persons Living Connected

<https://www.splc.ca/events>



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WoodGreen Seniors Active Living Centre

<https://6ku921wl579rzaku16mzhn7r-wpengine.netdna-ssl.com/wp-content/uploads/2021/01/January-Virtual-Calendar.pdf>

Access Alliance

<https://accessalliance.ca/program-calendar/>

Sunshine Centres for Seniors

<https://sunshinecentres.com/events/>

Malvern Family Resource Centre

<https://mfrc.org/seniors-online/>

Scarborough Centre for Healthy Communities (SCHC)

SCHC Active Living Centre

https://www.schcontario.ca/uploads/8/3/7/1/83718020/alc_jan_2021_calendar.pdf

SCHC Older adults & Caregiver Wellness (2020-2021 programs)

https://www.schcontario.ca/uploads/8/3/7/1/83718020/flyers_as_of_12212020.pdf

Unison Health & Community Services

http://unisonhcs.org/wp-content/uploads/2020/11/UH112020-virtual-program-calendar_Winter-r2-5.pdf