

# Seniors Active Living Centre Bengali Program



## November, 2018

Crescent Town Club  
2A The Marketplace  
Contact: (416) 693-5300

| Monday<br>9am-5pm                                      | Tuesday<br>9am-5pm  | Wednesday<br>9am-5pm  | Thursday<br>9am-5pm  | Friday<br>9am-5pm                                  |
|--|---|---|--|--|
|  |   |   | 1<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm<br>Dance Class 12-1pm  | 2<br>Tai Chi 9:30-10:30am<br>Yoga 11:30am-12:30pm  |
| 5<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm  | 6<br>Tai Chi 9:30-10:30am<br>Meditation 10:30-11:30am<br>Tea & Chat 11:30am-12:30pm<br>Computer Class 12:30-1:30pm  | 7<br>Yoga 11:30am-12:30pm<br><b>Bengali Diabetes Management<br/>Support Group 1:00-3:00pm</b>   | 8<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm<br>Dance Class 12-1pm  | 9<br>Tai Chi 9:30-10:30am<br>Yoga 11:30am-12:30pm  |
| 12<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm | 13<br>Tai Chi 9:30-10:30am<br>Meditation 10:30-11:30am<br>Tea & Chat 11:30am-12:30pm<br>Computer Class 12:30-1:30pm | 14<br>Yoga 11:30am-12:30pm<br><b>Diwali Celebration 12:00-2:00</b><br>Singing Class 1:00-2:00pm | 15<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm<br>Dance Class 12-1pm | 16<br>Tai Chi 9:30-10:30am<br>Yoga 11:30am-12:30pm |
| 19<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm | 20<br>Tai Chi 9:30-10:30am<br>Meditation 10:30-11:30am<br>Tea & Chat 11:30am-12:30pm<br>Computer Class 12:30-1:30pm | 21<br>Yoga 11:30am-12:30pm<br>Write & Chat 12:30-2pm<br>Singing Class 1:00-2:00pm               | 22<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm<br>Dance Class 12-1pm | 23<br>Tai Chi 9:30-10:30am<br>Yoga 11:30am-12:30pm |
| 26<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm | 27<br>Tai Chi 9:30-10:30am<br>Meditation 10:30-11:30am<br>Tea & Chat 11:30am-12:30pm<br>Computer Class 12:30-1:30pm | 28<br>Yoga 11:30am-12:30pm<br><b>Workshop and Lunch<br/>11:00am-2:00pm</b>                      | 29<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm<br>Dance Class 12-1pm | 30<br>Tai Chi 9:30-10:30am<br>Yoga 11:30am-12:30pm |

- Programs are at Crescent Town Club - 2A The Marketplace unless otherwise noted
- HH - Harmony Hall Centre for Seniors, 2 Gower Street
- Special events are indicated in red.

## PROGRAM DESCRIPTIONS

For more information call (416) 693-5300, Cell (647) 233-4898

### SPECIAL EVENTS

**Dewali Celebration - Nov 14, 12-2pm**  
**Diwali**, or Deepavali, is the festival of lights, which is celebrated every autumn in Bangladesh. Diwali symbolises the spiritual "victory of light over darkness, good over evil and knowledge over ignorance".

### HEALTH AND WELL-BEING

**Bengali Diabetes Management Support Group - Nov 7, 1-30pm**  
Program offers group sessions and individual counselling to help individuals with diabetes to achieve better knowledge and awareness of diabetes and its implications. It empowers clients to manage their own health. The program offers access to a multidisciplinary health team, including: diabetes educator, nurse, and dietitian.

**Workshop and Lunch - Nov 28, 11am-2pm** Workshop topic is 'Cancer Prevention and Screening' provided by a Peer Educator from Toronto Public Health. The session is followed by healthy Bengali lunch. Registration required.

**Dance Class** - Dance class can be emotionally and socially beneficial for seniors by helping to bring people out of isolation and enjoying a socially engaging activity, frequent dancing provides a 76% reduced risk of dementia.

**Gentle Fitness** - This exercise program is developed to encourage seniors to become more active, participate in a social network, reduce the risk of injuries and falls, as well as enhance self-esteem and independence. All classes include a light exercise and are designed to increase balance, strength and flexibility.

**Meditation** - Meditation is a practice where an individual uses a relaxation technique, such as focusing mind on a particular object, thought or activity, to achieve a mentally clear and emotionally calm state. Meditation is an easy and accessible activity that anyone may undertake to improve their physical and mental well being.

**Singing Class** - Bengali singing class gives seniors emotional pleasure of mind. Singing has remarkable roles to play in improving the psychological and neurological wellness to individuals.

**Tai Chi** - An art embracing the mind, body and spirit – Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. A gentle peaceful way to tone and strengthen body as well as improves concentration, coordination and balance.

**Yoga** - Specially designed yoga classes for seniors include stretching, breathing, meditation, gentle yoga poses and relaxation to balance flexibility and spirit. With regular yoga practises, seniors develop better mobility and range of motion in their joints and spine.

**Tea & Chat** - Seniors drop-in socializing program helps to reduce loneliness and social isolation. A friendly and welcoming environment, perfect for meeting and talking with other seniors, sharing their stories from life and favourite topics with tea, coffee and light snacks.

### SPECIAL INTEREST/ CLASSES

**Computer Class** - Seniors can learn basic computer keyboarding skills, MS Word and how to use a smartphone, e-mail and social media.

**Write & Chat** - Seniors can come and share their creative writing with others and get feedback to make their writing stronger. And also get an opportunity to share it in quarterly published in-house Bengali magazine.