

திங்கள் 9am-5pm	செவ்வாய் 9am-5pm	புதன் 9am-5pm	வியாழன் 9am-5pm	வெள்ளி 9am-5pm
			1 யோகாசனம் STC 9-10am உடற்பயிற்சி CTC 11am-12pm	2 யோகாசனம் CTC 11:30am-12:30pm சீன மக்களின் கூட்டம் 9:30am-4pm
5 உடற்பயிற்சி HH 9:15-10:15am உடற்பயிற்சி CTC 11am-12pm	6 தீபாவளி நிகழ்ச்சிகள் - மதிய உணவும், கலை நிகழ்ச்சிகளும் 10:30am – 3:30 pm	7 யோகாசனம் 9:30-10:30am யோகாசனம் CTC 11:30am-12:30pm நடன வகுப்பு 12:30-2pm	8 யோகாசனம் STC 9-10am உடற்பயிற்சி CTC 11-12am	9 யோகாசனம் CTC 11:30am-12:30pm சீன மக்களின் கூட்டம் 9:30am-4pm
12 உடற்பயிற்சி HH 9:15-10:15am உடற்பயிற்சி CTC 11am-12pm	13 யோகாசனம் 10:15-11:15am கணனி (basic) 11:30am-12:30pm ஆங்கிலவகுப்பு 11:30am-12:30pm பாட்டுப் பயிற்சி 11:30am-12:30pm மதியஉணவு 12:30-1:30pm கலை நிகழ்ச்சிகள் 1:30-2:30pm கரம்,காட்,ஸ்னூாக்கர் 1:30-2:30pm நாடகப் பயிற்சி 2-3pm	14 யோகாசனம் 9:30-10:30am யோகாசனம் CTC 11:30am-12:30pm நடன வகுப்பு 12:30-2pm	15 யோகாசனம் STC 9-10am உடற்பயிற்சி CTC 11am-12pm	16 யோகாசனம் CTC 11:30am-12:30pm சீன மக்களின் கூட்டம் 9:30am-4pm
19 உடற்பயிற்சி HH 9:15-10:15am உடற்பயிற்சி CTC 11am-12pm	20 யோகாசனம் 10:15-11:15am கணனி (basic) 11:30am-12:30pm ஆங்கிலவகுப்பு 11:30am-12:30pm பாட்டுப் பயிற்சி 11:30am-12:30pm மதியஉணவு 12:30-1:30pm பிங்கோ 1:30 -2:30pm கரம்,காட்,ஸ்னூாக்கர் 1:30-2:30pm நாடகப் பயிற்சி 2-3pm	21 யோகாசனம் 9:30-10:30am யோகாசனம் CTC 11:30am-12:30pm நடன வகுப்பு 12:30-2pm	22 யோகாசனம் STC 9-10am உடற்பயிற்சி CTC 11am-12pm	23 யோகாசனம் CTC 11:30am-12:30pm சீன மக்களின் கூட்டம் 9:30am-4pm
26 உடற்பயிற்சி HH 9:15-10:15am உடற்பயிற்சி CTC 11am-12pm	27 யோகாசனம் 10:15-11:15am கணனி (basic) 11:30am-12:30pm ஆங்கிலவகுப்பு 11:30am-12:30pm பாட்டுப் பயிற்சி 11:30am-12:30pm பிறந்தநாள் மதியஉணவு 12:30-1:30pm பாட்டுக்குப்பாட்டு 1:30-2:30pm கரம்,காட்,ஸ்னூாக்கர் 1:30-2:30pm நாடகப் பயிற்சி 2-3pm	28 யோகாசனம் 9:30-10:30am யோகாசனம் CTC 11:30am-12:30pm நடன வகுப்பு 12:30-2pm	29 யோகாசனம் STC 9-10am உடற்பயிற்சி CTC 11am-12pm	30 யோகாசனம் CTC 11:30am-12:30pm சீன மக்களின் கூட்டம் 9:30am-4pm

- Programs are at **Harmony Hall** - 2 Gower Street unless otherwise noted
- **CTC** - Crescent Town Club - 2A The Marketplace
- **STC** - Senior Tamils Centre - 5200 Finch Ave E, #203
- Special events are indicated in red.



Seniors Active Living Centre Tamil Program

2 Gower Street
Contact: (416) 752-0101

November, 2018

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 Yoga STC 9-10am Gentle Fitness CTC 11-12	2 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
5 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	6 Diwali Celebration (Special Lunch & Cultural Programs) 10:30am – 3:30 pm	7 Yoga 11:30am-12:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	8 Yoga STC 9-10am Gentle Fitness CTC 11-12	9 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
12 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	13 Yoga 10:15-11:15am Computer (basic) 11:30am-12:30pm English Class 11:30am-12:30pm Singing Club 11:30am-12:30pm Lunch 12:30-1:30pm Cultural Program – 1:30-2:30pm Board games 1:30-2:30pm Drama Club – 2:00 – 3:00pm	14 Yoga 11:30am-12:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	15 Yoga STC 9-10am Gentle Fitness CTC 11-12	16 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
19 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	20 Yoga 10:15-11:15am Computer (basic) 11:30am-12:30pm English Class 11:30am-12:30pm Singing Club 11:30am-12:30pm Lunch 12:30-1:30pm Bingo – 1:30-2:30pm Board games 1:30-2:30pm Drama Club – 2:00 – 3:00pm	21 Yoga 11:30am-12:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	22 Yoga STC 9-10am Gentle Fitness CTC 11-12	23 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
26 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	27 Yoga 10:15-11:15am Computer (basic) 11:30am-12:30pm English Class 11:30am-12:30pm Singing Club 11:30am-12:30pm BirthDay Lunch 12:30-1:30pm Sing along-1:30- 2:30pm Board games 1:30-2:30pm Drama Club – 2:00pm – 3:00pm	28 Yoga 11:30am-12:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	29 Yoga STC 9-10am Gentle Fitness CTC 11-12	30 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm

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PROGRAM DESCRIPTIONS

For more information call (416) 752-0101

SPECIAL EVENTS

Diwali Celebration (Festival of lights)

November 6 – 10:30am-3:30 pm - Special Lunch & Cultural Programs -Diwali is celebrated every autumn in the northern hemisphere. It is also major cultural event from the Indian subcontinent. It symbolizes the spiritual "victory of light over darkness, good over evil and knowledge over ignorance".

BIRTHDAY LUNCH

Birthday celebration for the members who were born this month

HEALTH AND WELL-BEING

Dance Class – Semi Classical dance- This type of dance adopts a more contemporary feel and steps. All along the ethos of the basic dance remains intact. Participants will perform for special events.

Gentle Fitness- Gentle Fitness is a very vibrant series of exercises involving cardio therapy, therabands and dumbbells. It is an ideal form of exercises for those of middle age and beyond. This class can help participants to stay healthy and active.

Singing club – Semi-classical or “light classical music” takes the basics of classical music but in a simplified style making it more accessible and more popular. Train participants to sing for special events.

Yoga -Hatha Yoga is typically understood as asanas (postures) – pranayama – involving deep breathing which can make the participants experiencing the joy of stretching and stillness of mind. This session is tailored to the needs of the participants which can suits their age.

Drama Club- Drama Club builds community through performances. Train participants to perform for special events

Cultural Programs - Different cultural activities - Sing along, Dance, Debates

SPECIAL INTEREST CLASSES

Computer Class - The basic steps for using the computer. Turning on the computer and becoming familiar with using the mouse, keyboard, desktop, start menu, Microsoft Word and typing, learning to use the internet, email, websites, search engines like Google, and Facebook.