



Seniors Active Living Centre Bengali Program

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

December, 2018

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	4 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Computer Class 12:30-1:30pm	5 Yoga 11:30am-12:30pm Write & Chat 12:30-2pm Singing Class 1:00-2:00pm	6 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	7 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
10 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	11 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Computer Class 12:30-1:30pm	12 Yoga 11:30am-12:30pm Holiday Shopping Trip 10:00-2:00	13 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	14 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
17 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	18 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Computer Class 12:30-1:30pm	19 Yoga 11:30am-12:30pm Christmas Party 11:00-2:00	20 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	21 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
24 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	25 Christmas Day Closed	26 Boxing Day Closed	27 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	28 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
31 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm				

- 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

Holiday Shopping Trip:

Dec 12-2pm A day trip to Pickering Town Centre Mall for Holiday Shopping. Mode of transportation will be by GO Transit.

Christmas Party: Dec 19, 11am-2pm

Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. Christmas Day is a public holiday in many of the world's nations is celebrated religiously by a majority of Christians, as well as culturally by many non-Christians and forms an integral part of the holiday season centered around it.

HEALTH AND WELL-BEING

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

These exercise programs are 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 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 give seniors the 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 programme, which 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 key boarding skills, MS Word and also how to use smartphone, Email 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.