

திங்கள் 9am-5pm	செவ்வாய் 9am-5pm	புதன் 9am-5pm	வியாழன் 9am-5pm	வெள்ளி 9am-5pm
3	4 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 கரம்,காட்,ஸ்னூக்கர் 1:30-3:00pm நாடகப் பயிற்சி - 2:00 - 3:00pm Bagua தியானம் - 3:00 - 4:00pm	5 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் 12:30 - 2:00 நடன வகுப்பு	6 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC	7 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC
10 11:00-12:00 உடற்பயிற்சி-CTC	11 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 கரம்,காட்,ஸ்னூக்கர் 1:30-3:00pm நாடகப் பயிற்சி - 2:00 - 3:00pm Bagua தியானம் - 3:00 - 4:00pm	12 11:30 -12:30 CTC-யோகாசனம் 12:30 - 2:00 நடன வகுப்பு	13 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC	14 11:30-12:30 CTC-யோகாசனம் 9:30-4:00 சீன மக்களின் கூட்டம்
17 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC	18 நத்தார் நிகழ்ச்சிகளும் பிறந்தநாள் உணவும் 11:30am -3:30pm	19 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் 12:30 - 2:00 நடன வகுப்பு	20 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC	21 11:30-12:30 CTC-யோகாசனம் 9:30-4:00 சீன மக்களின் கூட்டம்
24 10-11:30 -ஆரம்ப யூக்கர்	25 அலுவலகம் மூடப்பட்டிருக்கும்	26 அலுவலகம் மூடப்பட்டிருக்கும்	27 பொழுதுபோக்கு நிகழ்ச்சி 10-12 கைவேலை வகுப்பு 1-3	28 கைவேலை வகுப்பு 1:15-2:15
31 10-11:30 -ஆரம்ப யூக்கர்				

• ஹார்மனி நிலையம் - 2 Gower Street / CTC-2A
TheMarketplace , STC-5200 Finch Ave E. #203



Seniors Active Living Centre Tamil Program

December - 2018

2 Gower Street
Contact: (416) 752-0101

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3	4 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 Board games 1:30-2:30pm Drama Club – 2:00 – 3:00pm Energy Bagua – 3:00 – 4:00pm	5 Yoga 11:30am-12:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	6 Yoga STC 9-10am Gentle Fitness CTC 11-12	27Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
10 Gentle Fitness CTC 11am-12pm	11 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 Board games 1:30-2:30pm Drama Club – 2:00 – 3:00pm Energy Bagua – 3:00 – 4:00pm	12 Yoga 11:30am-12:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	13 Yoga STC 9-10am Gentle Fitness CTC 11-12	14 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
17 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	18 Christmas Celebration & Birthday Lunch 11:30am-3:30pm	19 Yoga 11:30am-12:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	20 Yoga STC 9-10am Gentle Fitness CTC 11-12	21 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
24 10 – 11:30 Beginner’s Euchre	25 Office Closed	26 Office Closed	27 Cribbage 10am-12pm Knit & Chat 1-3 pm	28 Bead Class 1:15-2:15
31 10 – 11:30 Beginner’s Euchre				
<ul style="list-style-type: none"> • 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 				

PROGRAM DESCRIPTIONS

For more information call (416) 752-0101

SPECIAL EVENTS

Christmas Celebration –December 18th
11:00am-3:30 pm - Special Lunch & Cultural Programs -Christmas is an annual festival celebrated by people around the world. It is a public holiday & many Canadians exchange gifts and enjoy festive meals.

BIRTHDAY LUNCH

Birthday celebration for the members who were born this month

HEALTH AND WELL-BEING

Dance Class - Semi Classical 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 exercise 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 experience the joy of stretching and stillness of mind. These sessions are tailored to the needs of the participants which suits their age.

Drama Club - Builds community through performances and trains participants to perform for special events.

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

Energy Bagua – A Walking Meditation
Gentle exercise - introduction session

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, typing, the internet, email, websites, search engines like Google, and Facebook.