



# Seniors Active Living Centre Bengali Program

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

## January, 2019

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	1 <b>Happy New Year Closed</b>	2 Yoga 11:30am-12:30pm Singing Class 1:00-2:00pm	3 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	4 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
7 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	8 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Computer Class 12:30-1:30pm	9 Yoga 11:30am-12:30pm <b>Bengali Diabetes Management Support Group 1:00pm-3:00pm</b>	10 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	11 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
14 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	15 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Computer Class 12:30-1:30pm	16 Yoga 11:30am-12:30pm <b>Alzheimer Awareness 12:30-1:30pm</b>	17 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	18 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
21 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	22 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Computer Class 12:30-1:30pm	23 Yoga 11:30am-12:30pm <b>New Year's Party 11:00am-2:00pm</b>	24 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	25 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
28 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	29 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Computer Class 12:30-1:30pm	30 Yoga 11:30am-12:30pm	31 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	
<ul style="list-style-type: none"> <li>• Programs are at Crescent Town Club - 2A The Marketplace unless otherwise noted</li> <li>• HH - Harmony Hall Centre for Seniors, 2 Gower Street</li> <li>• Special events are indicated in red.</li> </ul>				

# PROGRAM DESCRIPTIONS

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

## SPECIAL EVENTS

### **Bengali Diabetes Management Support**

**Group: 9<sup>th</sup> January 2019, 1pm-3pm** 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.

### **Alzheimer's Awareness: 16th**

**January 2019, 12:30pm-1:30pm**, January is Alzheimer's Awareness Month, an opportunity for all Canadians to increase their awareness of dementia, including Alzheimer's disease. We will show a Bengali short film about Alzheimer and dementia.

### **New year's Party: 23<sup>rd</sup>**

**January 2019, 11am-2pm** Seniors will welcome the New Year with delicious Bengali foods and cultural program.

## 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**

This 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 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 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-