







திங்கள் 9am-5pm	செவ்வாய் 9am-5pm	புதன் 9am-5pm	வியாழன் 9am-5pm	வெள்ளி 9am-5pm
	1 அலுவலகம் முடப்பட்டிருக்கும் 	2 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் 12:30 - 2:00 நடன வகுப்பு	3 11-12 உடற்பயிற்சி CTC	4 11:30-12:30 - யோகாசனம் CTC 9:30-4:00 சீன மக்களின் கூட்டம்
7 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC	8 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,ஸ்னூாக்கர் 1:30-3:00pm நாடகப் பயிற்சி - 2:00 - 3:00pm Bagua தியானம் - 3:00 - 4:00pm	9 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் 12:30 - 2:00 நடன வகுப்பு	10 11-12 உடற்பயிற்சி CTC	11 11:30-12:30 - யோகாசனம் CTC 9:30-4:00 சீன மக்களின் கூட்டம்
14 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC	15 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,ஸ்னூாக்கர் 1:30-3:00pm நாடகப் பயிற்சி - 2:00 - 3:00pm Bagua தியானம் - 3:00 - 4:00pm	16 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் 12:30 - 2:00 நடன வகுப்பு	17 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC	18 11:30-12:30 CTC-யோகாசனம் 9:30-4:00 சீன மக்களின் கூட்டம்
21 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC	22 தைப்பொங்கல் நிகழ்ச்சிகள்  11:30am-3:30pm	23 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம்	24 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC	25 11:30-12:30 CTC-யோகாசனம் 9:30-4:00 சீன மக்களின் கூட்டம்
28 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC	29 யோகாசனம் 10:15-11:15am கணனி (basic) 11:30am-12:30pm ஆங்கிலவகுப்பு 11:30am-12:30pm பிறந்தநாள் மதியஉணவு 12:30-1:30pm கரம்,காட்,ஸ்னூாக்கர் 1:30-3:00 பாட்டுக்குப்பாட்டு - 1:30 - 2:30pm Bagua தியானம் -3:00 - 4:00pm 	30 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம்	31 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC	
<ul style="list-style-type: none"> ஹார்மனி நிலையம் - 2 Gower Street / CTC-2A TheMarketplace , STC-5200 Finch Ave E. #203 				



Seniors Active Living Centre Tamil Program

2 Gower Street
Contact: (416) 752-0101

January- 2019

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	1 Office Closed 	2 Yoga 9:30am-10:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	3 Gentle Fitness CTC 11-12	4 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
7 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	8 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	9 Yoga 9:30am-10:30pm Yoga CTC 11:30am-12:30am Dance Class 12:30-2:30pm	10 Gentle Fitness CTC 11-12	11 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
14 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	15 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	16 Yoga 9:30am-10:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	17 Yoga STC 9-10am Gentle Fitness CTC 11-12	18 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
21 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	22 Thai Pongal Programs 12:00am to 3:30pm 	23 Yoga 9:30am-10:30pm Yoga CTC 11:30am-12:30pm	24 Yoga STC 9-10am Gentle Fitness CTC 11-12	25 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
28 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	29 Yoga 10:15-11:15am Computer (basic) 11:30am-12:30pm English Class 11:30am-12:30pm Birthday Lunch 12:30-1:30pm Board games 1:30-2:30pm Sing along – 1:30 – 2:30pm Energy Bagua – 3:00 – 4:00pm 	30 Yoga 9:30am-10:30am Yoga CTC 11:30am-12:30pm	31 Yoga STC 9-10am Gentle Fitness CTC 11-12	
<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

Thai Pongal(harvest Festival) Celebration - January 22nd 10:30am-3:30pm - Special Lunch & Cultural Programs –Thai Pongal is a harvest festival dedicated to the Sun God. One of the most important festivals celebrated by Tamil people in the Indian state and the country of Sri Lanka as well as Tamils worldwide.

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

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.