

February, 2019

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				1 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
4 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	5 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Computer Class 12:30-1:30pm	6 Yoga 11:30am-12:30pm Singing Class 1:00-2:00pm	7 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	8 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
11 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	12 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Computer Class 12:30-1:30pm	13 Yoga 11:30am-12:30pm Potluck and Bingo 12:00-2:00pm	14 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	15 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
18 Family Day Closed	19 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Computer Class 12:30-1:30pm	20 Yoga 11:30am-12:30pm Dance Class 12-1pm	21 Tai Chi 9:30-10:30am Gentle Fitness (Cancelled) International Mother language Day 11:00-2:00	22 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
25 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	26 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Computer Class 12:30-1:30pm	27 Yoga 11:30am-12:30pm Write & Chat 12:30-2pm Singing Class 1:00-2:00pm	28 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	
<ul style="list-style-type: none"> • 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 EVEN

Potluc&Bingo:
13thFebruary2019,12pm-2pm

Seniors can bring any main course lunch or dessert of their choice. After the meal , they can try their luck at bingo to win a prize. Registration required.

International Mother Language Day:
21st February2019, 11am-2pm

International Mother Language Day has been observed annually since 2000 to promote peace and multilingualism around the world and to protect all mother languages. It is observed on February 21 to recognize the 1952 Bengali Language Movement in Bangladesh.

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 & Cha

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.