


| திங்கள் 9am-5pm | செவ்வாய் 9am-5pm | புதன் 9am-5pm | வியாழன் 9am-5pm | வெள்ளி 9am-5pm |
|--|---|--|--|---|
| | | | | 1 11:30-12:30 CTC-யோகாசனம் 9:30-4:00சீன மக்களின் கூட்டம் |
| 4 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC | 5 யோகாசனம் 10:15-11:15am கணனி (basic) 11:30am-12:30pm ஆங்கிலவகுப்பு11:30am-12:30pm மதியஉணவு 12:30-1:30pm கரம்,காட்,ஸ்னூாக்கர்1:30-3:00pm Bagua தியானம் – 3:00 – 4:00pm | 6 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் | 7 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC | 8 11:30-12:30 CTC-யோகாசனம் 9:30-4:00சீன மக்களின் கூட்டம் |
| 11 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC | 12 யோகாசனம் 10:15-11:15am கணனி (basic) 11:30am-12:30pm ஆங்கிலவகுப்பு11:30am-12:30pm மதியஉணவு 12:30-1:30pm கரம்,காட்,ஸ்னூாக்கர்1:30-3:00pm பிங்கோ – 1:30 -2:30 pm Bagua தியானம் – 3:00 – 4:00pm | 13 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் | 14 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC | 15 11:30-12:30 CTC-யோகாசனம் 9:30-4:00சீன மக்களின் கூட்டம் |
| 18 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC | 19 யோகாசனம் 10:15-11:15am கணனி (basic) 11:30am-12:30pm ஆங்கிலவகுப்பு11:30am-12:30pm மதியஉணவு 12:30-1:30pm கரம்,காட்,ஸ்னூாக்கர்1:30-3:00pm Bagua தியானம் – 3:00 – 4:00pm | 20 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் | 21 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC | 22 11:30-12:30 CTC-யோகாசனம் 9:30-4:00சீன மக்களின் கூட்டம் |
| 25 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC | 26 யோகாசனம் 10:15-11:15am கணனி (basic) 11:30am-12:30pm ஆங்கிலவகுப்பு11:30am-12:30pm பிறந்தநாள்மதியஉணவு 12:30-1:30pm கரம்,காட்,ஸ்னூாக்கர்1:30-3:00pm பாட்டுக்குப்பாட்டு – 2:00 – 3:00pm Bagua தியானம் – 3:00 – 4:00pm | 27 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் | 28 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC | |
| <p>• ஹார்மனி நிலையம் - 2 Gower Street / CTC-2A TheMarketplace , STC-5200 Finch Ave E. #203</p> | | | | |



Seniors Active Living Centre Tamil Program

February - 2019

2 Gower Street
Contact: (416) 752-0101

| Monday 9am-5pm | Tuesday 9am-5pm | Wednesday 9am-5pm | Thursday 9am-5pm | Friday 9am-5pm |
|--|--|--|---|---|
| | | | | 1 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm |
| 4 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm | 5 Yoga 10:15-11:15am Computer (basic) 11:30am-12:30pm English Class 11:30am-12:30pm Lunch 12:30-1:30pm Board games 1:30-2:30pm Energy Bagua – 3:00 – 4:00pm | 6 Yoga 11:30am-12:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm | 7 Yoga STC 9-10am Gentle Fitness CTC 11-12 | 8 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm |
| 11 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm | 12 Yoga 10:15-11:15am Computer (basic) 11:30am-12:30pm English Class 11:30am-12:30pm Lunch 12:30-1:30pm Board games 1:30-2:30pm Bingo – 1:30-2:30 Energy Bagua – 3:00 – 4:00pm | 13 Yoga 11:30am-12:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm | 14 Yoga STC 9-10am Gentle Fitness CTC 11-12 | 15 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm |
| 18 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm | 19 Yoga 10:15-11:15am Computer (basic) 11:30am-12:30pm English Class 11:30am-12:30pm Lunch 12:30-1:30pm Board games 1:30-2:30pm Energy Bagua – 3:00 – 4:00pm | 20 Yoga 11:30am-12:30pm Yoga CTC 11:30am-12:30pm | 21 Yoga STC 9-10am Gentle Fitness CTC 11-12 | 22 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm |
| 25 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm | 26 Yoga 10:15-11:15am Computer (basic) 11:30am-12:30pm English Class 11:30am-12:30pm BirthdayLunch 12:30-1:30pm Board games 1:30-2:30pm Sing along-1:30- 2:15pm Energy Bagua – 3:00 – 4:00pm  | 27 Yoga 11:30am-12:30pm Yoga CTC 11:30am-12:30pm | 28 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

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.



 South Riverdale Community Health Centre - SRCHC

 @SRiverdaleCHC

 srchc.ca

SRCHC programs are on a separate calendar or you can find more info on www.srchc.ca