

திங்கள் 9am-5pm	செவ்வாய் 9am-5pm	புதன் 9am-5pm	வியாழன் 9am-5pm	வெள்ளி 9am-5pm
1 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC	2 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 நாடகப் பயிற்சி - 2:00 - 3:00pm கரம்,காட்,ஸ்னூாக்கர் 1:30-3:00pm Bagua தியானம் - 3:00 - 4:00pm	3 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் 12:30-2:30- நடன வகுப்பு	4 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC	5 11:30-12:30 CTC-யோகாசனம் 9:30-4:00சீன மக்களின் கூட்டம்
8 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC	9 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 நாடகப் பயிற்சி - 2:00 - 3:00pm கரம்,காட்,ஸ்னூாக்கர் 1:30-3:00pm Bagua தியானம் - 3:00 - 4:00pm	10 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் 12:30-2:30- நடன வகுப்பு	11 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC	12 11:30-12:30 CTC-யோகாசனம் 9:30-4:00சீன மக்களின் கூட்டம்
15 9:15-10:15 -உடற்பயிற்சி-CTC 11:00-12:00 உடற்பயிற்சி-CTC	16 தமிழ்ப் புத்தாண்டு நிகழ்ச்சிகள் 11:30 - 3:30	17 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் 12:30-2:30- நடன வகுப்பு	18 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC	19 11:30-12:30 CTC-யோகாசனம் 9:30-4:00சீன மக்களின் கூட்டம்
22 11:00-12:00 உடற்பயிற்சி-CTC 9:15 - 10:15 உடற்பயிற்சி-H.H	23 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 Bagua தியானம் - 3:00 - 4:00pm	24 9:30-10:30 யோகாசனம் 11:30 -12:30 CTC-யோகாசனம் 12:30-2:30- நடன வகுப்பு	25 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC	26 11:30-12:30 CTC-யோகாசனம் 9:30-4:00சீன மக்களின் கூட்டம்
29 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 உடற்பயிற்சி-CTC	30 யோகாசனம் 10:15-11:15am கணனி (basic) 11:30am-12:30pm ஆங்கிலவகுப்பு 11:30am-12:30pm பிறந்தநாள்மதியஉணவு 12:30-1:30pm கரம்,காட்,ஸ்னூாக்கர் 1:30-3:00pm பாட்டுக்குப்பாட்டு - 2:00 - 3:00pm Bagua தியானம் - 3:00 - 4:00pm			

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

April - 2019

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	2 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 Drama Club – 2:00 – 3:00pm Board games 1:30-2:30pm Energy Bagua – 3:00 – 4:00pm	3 Yoga 9:30am-10:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	4 Yoga STC 9-10am Gentle Fitness CTC 11-12	5 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
8 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	9 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 Drama Club – 2:00 – 3:00pm Board games 1:30-2:30pm Energy Bagua – 3:00 – 4:00pm	10 Yoga 9:30am-10:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	11 Yoga STC 9-10am Gentle Fitness CTC 11-12	12 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
15 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	16 Tamil New Year Celebration 11:30—3:30	17 Yoga 9:30am-10:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	18 Yoga STC 9-10am Gentle Fitness CTC 11-12	19 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
22 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	23 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 Drama Club – 2:00 – 3:00pm Board games 1:30-2:30pm Bingo – 1:30-2:30 Energy Bagua – 3:00 – 4:00pm	24 Yoga 9:30am-10:30pm Yoga CTC 11:30am-12:30pm Dance Class 12:30-2:30pm	25 Yoga STC 9-10am Gentle Fitness CTC 11-12	26 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
29 Gentle Fitness 9:15-10:15am Gentle Fitness CTC 11am-12pm	30 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- 2:15pm Energy Bagua 3:00 -4:00pm			

- Programs are at Harmony Hall - 2 Gower Street
- 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

Tamil New Year Celebration –April 16th

11:00am-3:30 pm - Special Lunch & Cultural Programs

The Tamil New Year which usually falls on April 14th is an occasion that calls for celebration for Tamilians all over the world. People exchange greetings with great fervor on this day.

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.

