

June, 2019

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm	Saturday/Sunday 9am-5pm
					1 Community Market 10:00am-5:00pm
3 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	4 Tai Chi 9:30-10:30am Meditation 10:30am-11:30am Tea & Chat 11:30am-12:30pm Indoor Games 10:00-:00pm	5 Yoga 11:30am-12:30pm Singing Class 1:00-2:00	6 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	7 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm	9 Toronto Challenge 8:00am-1:00pm
10 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	11 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30-12:30pm Indoor Games 10:00-:00pm	12 Yoga 11:30am-12:30pm Eid Reunion 11:00-2:00pm	13 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	14 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm	
17 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	18 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30-12:30pm Indoor Games 10:00-:00pm	19 Yoga 11:30am-12:30pm Singing Class 1:00-2:00pm Write & Chat 12:30-2pm	20 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	21 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm	
24 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	25 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30-12:30pm Indoor Games 10:00-:00pm	26 Yoga 11:30am-12:30pm Day Trip:10:00-4:00pm	27 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm	28 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm	
					<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 EVENTS

Community Market: June 1st

IT is a community engagement fund raising program partnership with crescent town club. Our mission is to give local business, and the residence of crescent town surroundings to sell their product and enjoy a fun day with friends, family and community.

Toronto Challenge:

Run or walk 5K or 1K at the Toronto challenge to raise funds for seniors and older adults.

Eid Reunion: June 12

We will celebrate Eid Reunion with delicious food and cultural program contain music, dance and recitation of poem.

Day Trip: June 26th We will go for a day trip to any park in Toronto or around and have our lunch there.

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-house Bengali magazine.

Afternoon Games: A drop- in seniors program variety of Indore games of choice e.g. Carom, chess, card and mini golf.