

## May, 2019

| Monday<br>9am-5pm  | Tuesday<br>9am-5pm  | Wednesday<br>9am-5pm   | Thursday<br>9am-5pm   | Friday<br>9am-5pm   |
|--|---|--|---|---|
|  |   | 1<br>Yoga 11:30am-12:30pm<br><b>Bengali Diabetes Management<br/>Support Group 01:00pm-3:00pm</b> | 2<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm<br>Dance Class 12-1pm<br><b>Multicultural Night 4:00-7:30<br/>At Crescent Town School</b> | 3<br>Tai Chi 9:30-10:30am<br>Yoga 11:30am-12:30pm                               |
| 6<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm<br><b>Table Registration for<br/>Community Market<br/>10:00am-4:00pm</b>   | 7<br>Tai Chi 9:30-10:30am<br>Meditation 10:30-11:30am<br>Tea & Chat 11:30am-12:30pm<br>Indoor Games 10:00am-1:00pm<br><b>Table Registration</b> | 8<br>Yoga 11:30am-12:30pm<br>Singing Class 1:00-2:00pm<br><br><b>Table Registration</b>          | 9<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm<br>Dance Class 12-1pm<br><b>Table Registration</b>  | 10<br>Tai Chi 9:30-10:30am<br>Yoga 11:30am-12:30pm<br><b>Table Registration</b> |
| 13<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm   | 14<br>Tai Chi 9:30-10:30am<br>Meditation 10:30-11:30am<br>Tea & Chat 11:30am-12:30pm<br>Indoor Games 10:00am-1:00pm                             | 15<br>Yoga 11:30am-12:30pm<br><b>Iftar Party<br/>7:00pm-9:30pm</b>                               | 16<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm<br>Dance Class 12-1pm  | 17<br>Tai Chi 9:30-10:30am<br>Yoga 11:30am-12:30pm                              |
| 20<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm   | 21<br>Tai Chi 9:30-10:30am<br>Meditation 10:30-11:30am<br>Tea & Chat 11:30am-12:30pm<br>Indoor Games 10:00am-1:00pm                             | 22<br>Yoga 11:30am-12:30pm<br>Write & Chat 12:30-2pm   | 23<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm<br>Dance Class 12-1pm  | 24<br>Tai Chi 9:30-10:30am<br>Yoga 11:30am-12:30pm                              |
| 27<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm   | 28<br>Tai Chi 9:30-10:30am<br>Meditation 10:30-11:30am<br>Tea & Chat 11:30am-12:30pm<br>Indoor Games 10:00am-1:00pm                             | 29<br>Yoga 11:30am-12:30pm   | 30<br>Tai Chi 9:30-10:30am<br>Gentle Fitness 11am-12pm<br>Dance Class 12-1pm  | 31<br>Tai Chi 9:30-10:30am<br>Yoga 11:30am-12:30pm                              |
| <ul style="list-style-type: none"> <li>• Programs are at Crescent Town Club - 2A The Marketplace unless otherwise noted</li> <li>• HH - Harmony Hall Centre for Seniors, 2 Gower Street</li> <li>• Special events are indicated in red.</li> </ul> |   |  |   |   |

# PROGRAM DESCRIPTIONS

For more information call (416) 693-5300, Cell#647-233-4898

## SPECIAL EVENTS

### **Bengali Diabetes Management Support Group: May 01 2019, 1pm-3pm**

Program offers group sessions and individual counselling to help individuals with diabetes to achieve better knowledge and awareness of diabetes and its implications. It empowers clients to manage their own health. The program offers access to a multidisciplinary health team, including: diabetes educator, nurse, and dietitian.

**Iftar Party: May 15 2019, 7pm-9:30pm-** Iftar is the event in which Muslims break their fast after a day of fasting from dawn to dusk. During Ramadan people organize parties where community people are invited to do iftar with them.

### **Multicultural Night May 2nd, 4pm-**

**7:30pm** Harmony Hall - Bengali program and Crescent Town Elementary school organizing multicultural night and community fair. Our seniors will perform cultural activities to show case Bengali culture.

## 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.