















திங்கள் 9am-5pm	செவ்வாய் 9am-5pm	புதன் 9am-5pm	வியாழன் 9am-5pm	வெள்ளி 9am-5pm
		<b>1</b> 9:30 -10:30 யோகாசனம் <b>H.H</b> 11:30- 12:30 யோகாசனம் <b>CTC</b> 12:30-2:30 நடன வகுப்பு 	<b>2</b> 9-10 யோகாசனம் <b>STC</b> 11-12 உடற்பயிற்சி <b>CTC</b>	<b>3</b> 11:30-12:30 யோகாசனம் <b>CTC</b> 9:30-4:00சீன மக்களின் கூட்டம்
<b>6</b> 9:15 - 10:15 உடற்பயிற்சி- <b>H.H</b> 11:00-12:00 உடற்பயிற்சி- <b>CTC</b>	<b>7</b> யோகாசனம் 10:15 - 11:15am ஆங்கிலவகுப்பு 11:30 -12:30pm பாட்டுப் பயிற்சி 11:30 -12:30pm மதியஉணவு 12:30 - 1:30pm நாடகப் பயிற்சி 2:00 – 3:00pm கரம்,காட்,ஸ்னூக்கர்1:30 - 3:00pm Bagua தியானம் 3:00 – 4:00pm	<b>8</b> 9:30-10:30 யோகாசனம் <b>H.H</b> 11:30 -12:30 யோகாசனம் <b>CTC</b> 12:30 -2:30 நடன வகுப்பு 	<b>9</b> 9-10 யோகாசனம் <b>STC</b> 11-12 உடற்பயிற்சி <b>CTC</b>	<b>10</b> 11:30-12:30 யோகாசனம் <b>CTC</b> 9:30-4:00சீன மக்களின்கூட்டம்
<b>13</b> 9:15-10:15 உடற்பயிற்சி- <b>H.H</b> 11:00-12:00 உடற்பயிற்சி- <b>CTC</b>	<b>14</b> யோகாசனம் 10:15 - 11:15am ஆங்கிலவகுப்பு 11:30 -12:30pm பாட்டுப் பயிற்சி 11:30 -12:30pm மதியஉணவு 12:30 - 1:30pm நாடகப் பயிற்சி 2:00 – 3:00pm கரம்,காட்,ஸ்னூக்கர்1:30 - 3:00pm Bagua தியானம் 3:00 – 4:00pm	<b>15</b> 9:30-10:30 யோகாசனம் <b>H.H</b> 11:30 -12:30 யோகாசனம் <b>CTC</b> 12:30-2:30 நடன வகுப்பு 	<b>16</b> 9-10 யோகாசனம் <b>STC</b> 11-12 உடற்பயிற்சி <b>CTC</b>	<b>17</b> 11:30-12:30 யோகாசனம் <b>CTC</b> 9:30-4:00சீன மக்களின்கூட்டம்
<b>20</b> 11:00-12:00 உடற்பயிற்சி- <b>H.H</b> 9:15 - 10:15 உடற்பயிற்சி- <b>CTC</b>	<b>21</b> யோகாசனம் 10:15 - 11:15am கணணி (basic) 11:30 -12:30pm ஆங்கிலவகுப்பு 11:30 - 12:30pm பாட்டுப் பயிற்சி 11:30 -12:30pm மதியஉணவு 12:30 -1:30pm கரம்,காட்,ஸ்னூக்கர்1:30 -3:00pm Bagua தியானம் – 3:00 – 4:00pm	<b>22</b> 9:30-10:30 யோகாசனம் <b>H.H</b> 11:30 -12:30 யோகாசனம் <b>CTC</b>  12:30 -2:30 நடன வகுப்பு	<b>23</b> 9-10 யோகாசனம் <b>STC</b> 11-12 உடற்பயிற்சி <b>CTC</b>	<b>24</b> 11:30-12:30 யோகாசனம் <b>CTC</b> 9:30-4:00 சீனமக்களின் கூட்டம்
<b>27</b> 9:15 - 10:15 உடற்பயிற்சி- <b>H.H</b> 11:00-12:00 உடற்பயிற்சி- <b>CTC</b>	<b>28</b> யோகாசனம் 10:15 -11:15am கணணி (basic) 11:30 - 12:30pm ஆங்கிலவகுப்பு 11:30 - 12:30pm <b>பிறந்தநாளமதியஉணவு12:30-1:30pm</b> கரம்,காட்,ஸ்னூக்கர்1:30-3:00 பாட்டுக்குப்பாட்டு 1:30 – 2:15pm  Bagua தியானம் 3:00 – 4:00pm	<b>29</b> 12:30 - 2:30 நடன வகுப்பு 	<b>30</b> 9-10 யோகாசனம் <b>STC</b> 11-12 உடற்பயிற்சி <b>CTC</b>	<b>31</b> 11:30-12:30 யோகாசனம் <b>CTC</b> 9:30-4:00 சீனமக்களின் கூட்டம் <b>வசந்த விழா</b> <b>6:30pm-10:00pm</b> <b>Cardinal Newman High School</b> 

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

## May - 2019

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		<b>1</b> Yoga <b>H.H</b> 9:30am-10:30pm Yoga <b>CTC</b> 11:30am-12:30pm Dance Class 12:30-2:30pm 	<b>2</b> Yoga <b>STC</b> 9-10am Gentle Fitness <b>CTC</b> 11-12	<b>3</b> Yoga <b>CTC</b> 11:30am-12:30pm Chinese Social 9:30am-4pm
<b>6</b> Gentle Fitness <b>H.H</b> 9:15-10:15am Gentle Fitness <b>CTC</b> 11-12pm	<b>7</b> Yoga 10:15-11:15am 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	<b>8</b> Yoga <b>H.H</b> 9:30am-10:30pm Yoga <b>CTC</b> 11:30am-12:30pm Dance Class 12:30-2:30pm 	<b>9</b> Yoga <b>STC</b> 9-10am Gentle Fitness <b>CTC</b> 11-12	<b>10</b> Yoga <b>CTC</b> 11:30am-12:30pm Chinese Social 9:30am-4pm
<b>13</b> Gentle Fitness <b>H.H</b> 9:15-10:15am Gentle Fitness <b>CTC</b> 11-12pm	<b>14</b> Yoga 10:15-11:15am 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	<b>15</b> Yoga <b>H.H</b> 9:30am-10:30pm Yoga <b>CTC</b> 11:30am-12:30pm Dance Class 12:30-2:30pm 	<b>16</b> Yoga <b>STC</b> 9-10am Gentle Fitness <b>CTC</b> 11-12	<b>17</b> Yoga <b>CTC</b> 11:30am-12:30pm Chinese Social 9:30am-4pm
<b>20</b> Gentle Fitness <b>H.H</b> 9:15-10:15am Gentle Fitness <b>CTC</b> 11-12pm	<b>21</b> 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	<b>22</b> Yoga <b>H.H</b> 9:30am-10:30pm Yoga <b>CTC</b> 11:30am-12:30pm Dance Class 12:30-2:30pm 	<b>23</b> Yoga <b>STC</b> 9-10am Gentle Fitness <b>CTC</b> 11-12	<b>24</b> Yoga <b>CTC</b> 11:30am-12:30pm Chinese Social 9:30am-4pm
<b>27</b> Gentle Fitness <b>H.H</b> 9:15-10:15am Gentle Fitness <b>CTC</b> 11-12pm	<b>28</b> Yoga 10:15-11:15am Computer (basic) 11:30am-12:30pm English Class 11:30am-12:30pm <b>Birthday Lunch 12:30-1:30pm</b> Drama Club – 2:00 – 3:00pm Board games 1:30-2:30pm <b>Sing along-1:30- 2:15pm</b> Energy Bagua – 3:00 – 4:00pm 	29 Dance Class 12:30-2:30pm 	30 Yoga <b>STC</b> 9-10am Gentle Fitness <b>CTC</b> 11-12	31 Yoga <b>CTC</b> 11:30am-12:30pm Chinese Social 9:30am-4pm <b>(Vasantha Vizha) Cultural Event</b> <b>6:30pm-10:00pm</b> Cardinal Newman High School 

• Programs are at Harmony Hall - 2 Gower Street



South Riverdale  
COMMUNITY  
HEALTH CENTRE



A program of  
South Riverdale Community Health Centre

# Seniors Active Living Centre Tamil Program

2 Gower Street  
Contact: (416) 752-0101

- 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

**Vasantha Vizha -Cultural Event - May 31<sup>st</sup>, 6:30 pm-9:30pm - Cardinal Newman High School**

Tamil Intergenerational Cultural Event - Participants engaged in singing, dance, drama etc. Refreshments will be served

## 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.