



Seniors Active Living Centre Bengali Program

Crescent Town Club
2A The Marketplace
Contact: (416) 693-5300

September, 2019

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
2 Labour Day Office closed	3 Senior Support Services	4 Senior Support Services	5 Senior Support Services	6 Senior Support Services
9 Senior Support Services	10 Senior Support Services	11 Lunch & Trip 10:00-3:00	12 Senior Support Services	13 Senior Support Services
16 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Open House 10:00am-2:00pm	17 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Indoor Games 10:00am-1:00pm	18 Yoga 11:30am-12:30pm Workshop & Lunch 11:00-2:00	19 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm Social Media Class:1:00-:2:00pm	20 Tai Chi 9:30-10:30am Yoga 11:30am-12:30pm
23 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm	24 Tai Chi 9:30-10:30am Meditation 10:30-11:30am Tea & Chat 11:30am-12:30pm Indoor Games 10:00am-1:00pm	25 Yoga 11:30am-12:30pm Write & Chat 12:30-2pm	26 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm Dance Class 12-1pm Social Media Class:1:00-:2:00pm	27 Tai Chi 9:30-10:30am Yoga 11:30 am-12:30pm
30 Tai Chi 9:30-10:30am Gentle Fitness 11am-12pm				

- 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

Lunch & Trip: 11 Sept 2019, 10am-3pm:

Seniors will spend a day at a Toronto park or outside Toronto. Lunch will be provided by us. Preregistration is required.

Open House: 16 Sept 2019, 10am-2pm

We will be open our information booth at the club lobby for the community to inform seniors program.

Workshop & Lunch: 18 Sept

201911am-2pm: A mental health awareness workshop will be organized jointly with Woodgreen Community Services. The workshop will be followed by lunch.

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

Social media Class: Seniors can learn 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.

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