

திங்கள் 9am-5pm	செவ்வாய் 9am-5pm	புதன் 9am-5pm	வியாழன் 9am-5pm	வெள்ளி 9am-5pm
3 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 - உடற்பயிற்சி-CTC	4 யோகாசனம் 10:15 - 11:15am ஆங்கிலவகுப்பு 11:30 -12:30pm பாட்டுப் பயிற்சி 11:30am-12:30pm மதியஉணவு 12:30 - 1:30pm கரம்,காட்,ஸ்னூக்கர்1:30 – 3:00pm கை வேலை - 2:00 - 3:00pm	5 9:30-10:30 யோகாசனம் H.H 11:30 -12:30 யோகாசனம் CTC	6 9-10 யோகாசனம் STC 11-12யோகாசனம் CTC Dance Together 11:15 -12:45	7 11:30-12:30 யோகாசனம் CTC 9:30-4:00சீன மக்களின்கூட்டம்
10 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 - உடற்பயிற்சி-CTC	11 யோகாசனம் 10:15 - 11:15am ஆங்கிலவகுப்பு 11:30 -12:30pm பாட்டுப் பயிற்சி 11:30am-12:30pm மதியஉணவு 12:30 - 1:30pm கரம்,காட்,ஸ்னூக்கர்1:30 – 3:00pm கை வேலை - 2:00 - 3:00pm	12 9:30-10:30 யோகாசனம் H.H 11:30 -12:30 யோகாசனம் CTC	13 9-10 யோகாசனம் STC 11-12யோகாசனம் CTC Dance Together 11:15 -12:45	14 11:30-12:30 யோகாசனம் CTC 9:30-4:00சீன மக்களின்கூட்டம்
17 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 - உடற்பயிற்சி-CTC	18 யோகாசனம் 10:15 - 11:15am ஆங்கிலவகுப்பு 11:30 -12:30pm பாட்டுப் பயிற்சி 11:30am-12:30pm மதியஉணவு 12:30 - 1:30pm நீரிழிவு நோய் தகவல் குழு-1:30-2:30pm கரம்,காட்,ஸ்னூக்கர்1:30 – 3:00pm கை வேலை - 2:00 - 3:00pm	19 9:30-10:30 யோகாசனம் H.H 11:30 -12:30 யோகாசனம் CTC	20 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC Dance Together 11:15 -12:45	21 11:30-12:30 யோகாசனம் CTC 9:30-4:00சீன மக்களின்கூட்டம்
24 9:15 - 10:15 உடற்பயிற்சி-H.H 11:00-12:00 - உடற்பயிற்சி-CTC	25 யோகாசனம் 10:15 - 11:15am ஆங்கிலவகுப்பு 11:30 -12:30pm பாட்டுப் பயிற்சி 11:30am-12:30pm பிறந்த நாள் மதியஉணவு 12:30 - 1:30pm பாட்டுக்குப் பாட்டு - 1:30-2:30pm கரம்,காட்,ஸ்னூக்கர்1:30 – 3:00pm கை வேலை - 2:00 - 3:00pm	26 9:30-10:30 யோகாசனம் H.H 11:30 -12:30 யோகாசனம் CTC	27 9-10 யோகாசனம் STC 11-12 உடற்பயிற்சி CTC Dance Together 11:15 -12:45	28 11:30-12:30 யோகாசனம் CTC 9:30-4:00சீன மக்களின்கூட்டம்

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



Seniors Active Living Centre Tamil Program

2 Gower Street
Contact: (416) 752-0101

February- 2020

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 Gentle Fitness H.H 9:15-10:15am Gentle Fitness CTC 11-12pm	4 Yoga 10:15-11:15am English Class 11:30am-12:30pm Singing Club 11:30-12:30pm Lunch 12:30-1:30pm Board games 1:30-2:30pm Craft Class – 2:00- 3:00 pm	5 Yoga H.H 9:30am-10:30pm Yoga CTC 11:30am-12:30pm	6 Yoga STC 9-10am Gentle Fitness CTC 11-12 Dance Together -11:15 – 12:45	7 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
10 Gentle Fitness H.H 9:15-10:15am Gentle Fitness CTC 11-12pm	11 Yoga 10:15-11:15am English Class 11:30am-12:30pm Singing Club 11:30-12:30pm Lunch 12:30-1:30pm Board games 1:30-2:30pm Craft Class – 2:00- 3:00 pm	12 Yoga H.H 9:30am-10:30pm Yoga CTC 11:30am-12:30pm	13 Yoga STC 9-10am Gentle Fitness CTC 11-12 Dance Together -11:15 – 12:45	14 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
17 Gentle Fitness H.H 9:15-10:15am Gentle Fitness CTC 11-12pm	18 Yoga 10:15-11:15am English Class 11:30am-12:30pm Singing Club 11:30-12:30pm Lunch 12:30-1:30pm Diabetes Focus Group – 1:30-2:30pm Board games 1:30-2:30pm Craft Class – 2:00- 3:00 pm	19 Yoga H.H 9:30am-10:30pm Yoga CTC 11:30am-12:30pm	20 Yoga STC 9-10am Gentle Fitness CTC 11-12 Dance Together -11:15 – 12:45	21 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
24 Gentle Fitness H.H 9:15-10:15am Gentle Fitness CTC 11-12pm	25 Yoga 10:15-11:15am English Class 11:30am-12:30pm Singing Club 11:30-12:30pm Birthday Lunch 12:30-1:30pm Sing along -1:30-2:30pm Board games 1:30-2:30pm Craft Class – 2:00- 3:00 pm	26 Yoga H.H 9:30am-10:30pm Yoga CTC 11:30am-12:30pm	27 Yoga STC 9-10am Gentle Fitness CTC 11-12 Dance Together -11:15 – 12:45	28 Yoga CTC 11:30am-12:30pm Chinese Social 9:30am-4pm
<ul style="list-style-type: none"> • 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

BIRTHDAY LUNCH

Birthday celebration for the members who were born this month

HEALTH AND WELL-BEING

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.

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.

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.

Craft Classes - Craft ideas that are easy to learn (Flower making & simple art)

Cultural Programs - Different cultural activities - Sing along, Dance, Debates

Bingo

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.



 South Riverdale Community Health Centre - SRCHC

 @SRiverdaleCHC

 srchc.ca

SRCHC programs are on a separate calendar or you can find more info on www.srchc.ca