

## December, 2020

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	1 Dance Class 1:00-2:00pm (Virtual)	2 Yoga with Raji 9:30-10:30am (Virtual)  Meditation 1:00-2:00pm (Virtual)	3 Gentle Fitness with Raji 11:15am-12:15pm (Virtual)  One-on-One support 2:00-3:00pm (Virtual)	4 One-on-One support 2:00-3:00pm (Virtual)
7 Gentle Fitness with Raji 9:30 -10:30am (Virtual)	8 Sing Along 1:00-2:00pm (Virtual)	9 Yoga with Raji 9:30-10:30am (Virtual)  Wellness Session 1:00-2:00pm (Virtual)	10 Gentle Fitness with Raji 11:15am-12:15pm (Virtual)  One-on-One support 2:00-3:00pm (Virtual)	11 One-on-One support 2:00-3:00pm (Virtual)
14 Gentle Fitness with Raji 9:30 -10:30am (Virtual)	15 Dance Class 1:00-2:00pm (Virtual)	16 Yoga with Raji 9:30-10:30am (Virtual)  <b>Christmas Party 1:00pm-2:00pm</b>	17 Gentle Fitness with Raji 11:15am-12:15pm (Virtual)  One-on-One support 2:00-3:00pm (Virtual)	18 One-on-One support 2:00-3:00pm (Virtual)
21 Gentle Fitness with Raji 9:30 -10:30am (Virtual)	22 Sing Along 1:00-2:00pm (Virtual)	23 Yoga with Raji 9:30-10:30am (Virtual)  Wellness Session 1:00-2:00pm (Virtual)	24 One-on-One support 2:00-3:00pm (Virtual)	25 <b>Christmas Day Closed</b>
28 <b>Boxing Day Closed</b>	29 Dance Class 1:00-2:00pm (Virtual)	30 Meditation 1:00-2:00pm (Virtual)	31 One-on-One support 2:00-3:00pm (Virtual)	



# PROGRAM DESCRIPTIONS

For more information call 647-233-4898

All our activities are run by phone and virtually

Please make an appointment for one-on-one virtual support at 647-233-4898

## HEALTH AND WELL-BEING

### 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.

### 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.

### Wellness Session

Sessions are designed to keep seniors active and stress-free during the pandemic time. Also encouraged seniors to be connected virtually to reduce isolation.

### 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.

### 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.

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.

### Sing Along

A spontaneous group singing promotes seniors overall positive health. Also, those listen music frequently have a better sleep at night and reduced pain.