



April 2021

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
9:00am-4:00pm One-on-One Support (Virtual, by appointment only)	9:00am-4:00pm One-on-One Support (Virtual, by appointment only)	9:00am-4:00pm One-on-One Support (Virtual, by appointment only)	9:00am-4:00pm One-on-One Support (Virtual, by appointment only)	9:00am-4:00pm One-on-One Support (Virtual, by appointment only)
Gentle Fitness 9:30 -10:30am		Yoga with Raji 9:30-10:30am	Gentle Fitness 11:15am -12.15pm	Line Dancing 10:30-11:30am
Spring Virtual Kitchen 1:00pm- 3:00pm April 5- May 17		11:00am-12:00pm Virtual Social Support Group (Video/Audio)	Medication Safety Workshop April 15 th 10:45-11:45am	
		4:00-5:30pm Community Meal Drop-in, Hot meal for takeout		

Gentle Fitness

Mondays 9:30-10:30am

Thursdays 11:15am -12:15pm

To register call Raji at
416-752-0101

Virtual Social Support Group

Wednesdays 11am-12pm

To register call Selvy at
416-752-0101

Yoga with Raji

Wednesdays 9:30-10:30am
 Yoga involving breathing exercises, meditation and the adoption of simple body postures.

To register call Raji at
416-752-0101

Community Meal

Wednesdays 4:00-5:30pm:
 Drop-In, hot meal takeout

For more detail:
 Marishka: 416-752-8868
 mradwanski@srchc.com

**Line Dancing
(Intermediate level only)**

Fridays 10:30-11:30am

For more detail:

**Billy: 416-752-0101
ext: 223**

PROGRAM DESCRIPTIONS

For more information call (416) 752-0101

One-on-one support sessions are provided for

- Coordinating services including food access, transportation, assistance with filling out forms
- Intervention and assistance services for seniors facing challenges accessing various healthcare support
- Referrals to other community support services, if needed

Virtual Support Group

Virtual Social Support Group sessions are held once a week virtually to promote social integration, provide opportunities to share their experience and knowledge, and to motivate each other by sharing their coping strategies to face the challenges associated with the new normal life. The sessions are held every Wednesday from 11:00 AM-12:00 PM on Zoom.

Gentle Fitness

Join our Gentle Fitness to

- Prevent fall
- Enhance energy level
- Improve balance and flexibility
- Remain active and fit

Yoga with Raji

Join Yoga with Raji to

- Relieve stress and anxiety
- Increase flexibility and muscle strength
- Boost your immune system
- Improve short term memory and overall quality of life

Spring Virtual Kitchen

Join Marishka via zoom for our 7 –week session of Spring Virtual Kitchen to learn how to cook healthy, delicious and budget friendly meal. Registration Required. For registration and further inquiries please contact Marishka at MRadwanski@srhc.com