

January 2022

Seniors Active Living Centre – Tamil Program
2 Gower Street
Urmila Selvanayagam, EPC Program Facilitator
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Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 Office will be closed	4 Yoga: 9:45-10:45am Virtual Tamil Support Group: 11:15am – 12:45pm One on one support by phone	5 Yoga: 9:30am-10:30 pm One on one support by phone	6 Yoga STC: 9:30 -10:30 am Virtual Tamil Support Group : 10-11am Virtual Dance Class: 11:15-12:15 Gentle Fitness: 11:15 -12:15	7 Virtual Tamil Sing along –10:30-11:30 Virtual Tamil Support Group : 11:30 am-12:30pm
10 Gentle Fitness: 9:30 -10:30am One on one support by phone	11 Yoga: 9:45-10:45am Virtual Tamil Support Group: 11:15am – 12:45pm One on one support by phone	12 Yoga: 9:30am-10:30 pm One on one support by phone	13 Yoga STC: 9:30 -10:30 am Virtual Tamil Support Group: 10-11am Virtual Dance Class: 11:15-12:15 Gentle Fitness: 11:15 -12:15	14 Virtual Tamil Sing along –10:30-11:30 am Virtual Tamil Support Group : 11:30 am-12:30pm
17 Gentle Fitness: 9:30 -10:30am One on one support by phone	18 Yoga: 9:45-10:45am Virtual Pongal & Tamil Heritage Month Celebration 11:15 -12:45	19 Yoga: 9:30am-10:30 pm One on one support by phone	20 Yoga STC: 9:30 -10:30 am Virtual Tamil Support Group : 10-11am Gentle Fitness: 11:15 -12:15 One on one support by phone	21 Virtual Tamil Sing along –10:30-11:30 am Virtual Tamil Support Group : 11:30 am-12:30pm
24 Gentle Fitness: 9:30 -10:30am One on one support by phone	25 Yoga: 9:45-10:45am Virtual Tamil Support Group & Fall prevention workshop - 11:15am – 12:45pm One on one support by phone	26 Yoga: 9:30am-10:30 pm One on one support by phone	27 Yoga STC: 9:30 -10:30 am Virtual Tamil Support Group : 10-11am Gentle Fitness: 11:15 -12:15 One on one support by phone	28 Virtual Tamil Sing along –10:30-11:30 am Virtual Tamil Support Group: 11:30 am-12:30pm
31 Gentle Fitness: 9:30 -10:30am One on one support by phone				