

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
2 Gentle Fitness with Raji 9:30 -10:30am (Virtual)	3	4 Yoga with Raji 9:30-10:30am (Virtual)  Zumba Dance 1:00-2:00pm (Virtual)	5 Gentle Fitness with Raji 11:15am-12:15pm (Virtual)  One-on-One support 2:00-3:00pm (Virtual)	6 One-on-One support 2:00-3:00pm (Phone)
9 Gentle Fitness with Raji 9:30 -10:30am (Virtual)	10 <b>Eid reunion 1:00-2:00pm (In-person and Virtual)</b>	11 Yoga with Raji 9:30-10:30am (Virtual)  Zumba Dance 1:00-2:00pm (Virtual)	12 <b>Gentle Fitness with Raji 11:15am-12:15pm (In-person and Virtual)</b> One-on-One support 2:00-3:00pm (Virtual)	13 One-on-One support 2:00-3:00pm (Phone)
16 Gentle Fitness with Raji 9:30 -10:30am (Virtual)	17 <b>Meditation 1:00-2:00pm (In-person and Virtual)</b>	18 Yoga with Raji 9:30-10:30am (Virtual)  <b>Show and Tell 1:00-2:00pm (Virtual)</b>	19 <b>Gentle Fitness with Raji 11:15am-12:15pm (In-person and Virtual)</b>  One-on-One support 2:00-3:00pm (Virtual)	20 One-on-One support 2:00-3:00pm (Phone)
23 <b>Victoria Day Office closed</b>	24 <b>Meditation 1:00-2:00pm (In-person and Virtual)</b>	25 Yoga with Raji 9:30-10:30am (Virtual)  <b>Diabetes Management 1:00-2:00pm (Virtual)</b>	26 <b>Gentle Fitness with Raji 11:15am-12:15pm (In-person and Virtual)</b> One-on-One support 2:00-3:00pm (Virtual)	27 <b>Indigenous Led Forest Walk Taylor Creek Park (In-person) 260 Dawes Rd. 10:00-11:00AM</b>
30 Gentle Fitness with Raji 9:30 -10:30am (Virtual)	31 <b>Meditation 1:00-2:00pm (In-person and Virtual)</b>			



# PROGRAM

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. Sessions encouraged seniors to be connected virtually to reduce social isolation.

### Show and Tell

This session will provide participants an opportunity to share their life experiences, interests and recycle craft ideas with the group.

### Zumba Dance

Zumba Dance with a unique twist which can be emotionally and socially beneficial for seniors by helping to bring people out of isolation and enjoying a 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. Mediation 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.