

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<p><b>2</b> 9:30 -10:30am Gentle Fitness (Virtual &amp; In-person) <b>Bingo 1:00-2:30pm</b> (In-person)</p> <p>One-on-One Support (Virtual, by appointment only)</p>	<p><b>3</b> One-on-One Support (Virtual, by appointment only)</p>	<p><b>4</b> 9:30-10:30am Yoga with Raji (Virtual &amp; In-person) <b>11:00am-12:00pm</b> Virtual Social Support Group (Video/Audio) <b>3:30-5:00pm</b> Community Meal Drop-in, Hot meal for takeout</p>	<p><b>5</b> 9:30-10:30am Tai Chi (in-person)</p> <p><b>11:15am -12.15pm</b> Gentle Fitness (Virtual)</p>	<p><b>6</b> 10:30-11:30am Line Dancing (Virtual)</p>
<p><b>9</b> 9:30 -10:30am Gentle Fitness (Virtual &amp; In-person) One-on-One Support (Virtual, by appointment only)</p>	<p><b>10</b> One-on-One Support (Virtual, by appointment only)</p>	<p><b>11</b> 9:30-10:30am Yoga with Raji (Virtual &amp; In-person) <b>11:00am-12:00pm</b> Virtual Social Support Group (Video/Audio) <b>3:30-5:00pm</b> Community Meal Drop-in, Hot meal for takeout</p>	<p><b>12</b> 9:30-10:30am Tai Chi (in-person)</p> <p><b>11:15am -12.15pm</b> Gentle Fitness (Virtual)</p>	<p><b>13</b> 10:30-11:30am Line Dancing (Virtual)</p>
<p><b>16</b> No Gentle Fitness</p>	<p><b>17</b> One-on-One Support (Virtual, by appointment only)</p>	<p><b>18</b> No Yoga <b>11:00am-12:00pm</b> Virtual Social Support Group (Video/Audio) <b>3:30-5:00pm</b> Community Meal Drop-in, Hot meal for takeout</p>	<p><b>19</b> No Virtual Gentle Fitness 9:30-10:30am Tai Chi (in-person) <b>11:15am -12.15pm</b> Gentle Fitness (Virtual)</p>	<p><b>20</b> 10:30-11:30am Line Dancing (Virtual)</p>
<p><b>23</b> 9:30 -10:30am Gentle Fitness (Virtual &amp; In-person) One-on-One Support (Virtual, by appointment only)</p>	<p><b>24</b> One-on-One Support (Virtual, by appointment only)</p>	<p><b>25</b> No Yoga <b>11:00am-12:00pm</b> Virtual Social Support Group (Video/Audio) <b>3:30-5:00pm</b> Community Meal Drop-in, Hot meal for takeout</p>	<p><b>26</b> No Virtual Gentle Fitness 9:30-10:30am Tai Chi (in-person) <b>11:15am -12.15pm</b> Gentle Fitness (Virtual)</p>	<p><b>27</b> 10:30-11:30am Line Dancing (Virtual)</p>
<p><b>30</b> 9:30 -10:30am Gentle Fitness (Virtual &amp; In-person) <b>Bingo 1:00-2:30pm</b> (In-person) One-on-One Support (Virtual, by appointment only)</p>	<p><b>31</b> One-on-One Support (Virtual, by appointment only)</p>			

<p><b>Gentle Fitness</b></p> <p><u><b>Mondays 9:30-10:30am</b></u> (Virtual/in-person)</p> <p><u><b>Thursdays 11:15am -12:15pm</b></u> (Virtual Only)</p> <p>To register call Raji at 416-752-0101</p>	<p><b>Virtual Social Support Group</b></p> <p><u><b>Wednesdays 11am-12pm</b></u></p> <p>To register call Selvy at 416-752-0101 ext:4224</p>	<p><b>Yoga with Raji</b> (Virtual/in-person)</p> <p><u><b>Wednesdays 9:30-10:30am</b></u></p> <p>This yoga session involves breathing exercises, meditation and the adoption of simple body postures.</p> <p>To register call Raji at 416-752-0101</p>	<p><b>Community Meal</b></p> <p><u><b>Wednesdays 3:30-5:00pm:</b></u> Drop-In, hot meal takeout</p> <p>For more detail: Marishka: 416-752-8868 mradwanski@srhc.com</p>	<p><b>Yoga</b></p> <p><u><b>Thursday, 9:30-10:30am:</b></u> In-person</p> <p>To register call Selvy at 416-752-0101 ext:4224</p>	<p><b>Line Dancing</b> (Intermediate level only)</p> <p><b>Fridays 10:30-11:30am</b></p> <p>For more detail:</p> <p>Billy: 416-752-0101 ext: 4223</p>
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## PROGRAM DESCRIPTIONS

**For more information call Selvy at (416) 752-0101 Ext: 4224**

### 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