

# May 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
<b>2</b> <b>Gentle Fitness - Indoor &amp; Virtual: 9:30 -10:30am</b>  One on one support by phone	<b>3</b> <b>Yoga - Indoor &amp; Virtual -9:30 – 10:15 am</b> <b>Indoor Support group – 10:15- 11:00</b> <b>Virtual Tamil Support Group: 11:30am – 12:45pm</b>	<b>4</b> <b>Yoga-Indoor &amp; Virtual - 9:30am-10:30 pm</b>  One on one support by phone	<b>5</b> <b>Yoga STC: 9:30 -10:30 am</b> <b>Gentle Fitness: 11:15 -12:15</b>  One on one support by phone	<b>6</b>  <b>Virtual Tamil Support Group: 11:30 am-12:30pm</b>
<b>9</b> <b>Gentle Fitness- Indoor &amp; Virtual: 9:30 -10:30am</b>  One on one support by phone	<b>10</b> <b>Yoga – Indoor &amp; Virtual -9:30 – 10:15 am</b>  <b>Virtual Tamil Support Group: 11:30am – 12:45pm</b>	<b>11</b> <b>Yoga: Indoor &amp; Virtual- 9:30am-10:30 pm</b>  One on one support by phone	<b>12</b> <b>Yoga STC: 9:30 -10:30 am</b> <b>Gentle Fitness: 11:15 -12:15</b>  One on one support by phone	<b>13</b>  <b>Virtual Tamil Support Group: 11:30 am-12:30pm</b>
<b>16</b> <b>Gentle Fitness- Indoor &amp; Virtual: 9:30 -10:30am</b>  One on one support by phone	<b>17</b> <b>Yoga – Indoor &amp; Virtual -9:30 – 10:15 am</b>  <b>Virtual Tamil Support Group: 11:30am – 12:45pm</b>	<b>18</b> <b>Yoga -Indoor &amp; Virtual-9:30am-10:30 pm</b>  One on one support by phone	<b>19</b> <b>Yoga STC: 9:30 -10:30 am</b> <b>Virtual Tamil Support Group: 10 -11am</b> <b>Gentle Fitness: 11:15 -12:15</b> One on one support by phone	<b>20</b> <b>Virtual Tamil Sing along –10:30-11:30 am</b>  <b>Virtual Tamil Support Group: 11:30 am-12:30pm</b>
<b>23</b>  <b>Victoria Day</b>	<b>24</b> <b>Yoga – Indoor &amp; Virtual -9:30 – 10:15 am</b> <b>Indoor Support group – 10:15- 11:00</b> <b>Virtual Tamil Support Group: 11:30am – 12:45pm</b>	<b>25</b> <b>Yoga: Indoor &amp; Virtual - 9:30am-10:30 pm</b>  One on one support by phone	<b>26</b> <b>Yoga STC: 9:30 -10:30 am</b> <b>Virtual Tamil Support Group: 10 -11am</b> <b>Gentle Fitness: 11:15 -12:15</b> One on one support by phone	<b>27</b> <b>Virtual Tamil Sing along –10:30-11:30 am</b>  <b>Virtual Tamil Support Group: 11:30 am-12:30pm</b>
<b>30</b> <b>Gentle Fitness - Indoor &amp; Virtual: 9:30 -10:30am</b> One on one support by phone	<b>31</b> <b>Yoga – Indoor &amp; Virtual -9:30 – 10:15 am</b> <b>Indoor Support group – 10:15- 11:00</b> <b>Virtual Tamil Support Group: 11:30am – 12:45pm</b>			

## PROGRAM DESCRIPTIONS

For more information call (416) 752-0101

### HEALTH AND WELL-BEING

**Gentle Fitness - Indoor & Virtual-** Gentle Fitness is a very vibrant series of exercises involving cardio therapy, therabands and dumbbells. This class can help participants to stay healthy and active.

**Virtual Support Group - Indoor & Virtual –** This support group connect seniors and provide support to them.

**Virtual Singing Club -** Semi-classical takes the basics of classical music but in a simplified style making it more accessible. Train participants to sing for special events.

**Yoga - Indoor & Virtual -** Hatha Yoga is typically understood as asanas (postures) – pranayama – involving deep breathing which can make the participants experience the joy of stretching and stillness of mind.