

June 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
		1 Yoga-Indoor & Virtual - 9:30am-10:30 pm One on one support by phone	2 Yoga STC: 9:30 -10:30 am Gentle Fitness: 11:15 -12:15 One on one support by phone	3 Virtual Tamil Sing along –10:30-11:30 am Virtual Tamil Support Group: 11:30 am-12:30pm
6 Gentle Fitness- Indoor & Virtual: 9:30 -10:30am One on one support by phone	7 Yoga – Indoor & Virtual -9:30 – 10:15 am Indoor Support group – 10:15-11:00 Virtual Tamil Support Group: 11:30am – 12:45pm	8 Yoga: Indoor & Virtual- 9:30am-10:30 pm One on one support by phone	9 Yoga STC: 9:30 -10:30 am Gentle Fitness: 11:15 -12:15 One on one support by phone	10 Virtual Tamil Sing along –10:30-11:30 am Virtual Tamil Support Group: 11:30 am-12:30pm
13 Gentle Fitness- Indoor & Virtual: 9:30 -10:30am One on one support by phone	14 Yoga – Indoor & Virtual -9:30 – 10:15 am Indoor Support group – 10:15-11:00 Virtual Tamil Support Group: 11:30am – 12:45pm	15 Yoga -Indoor & Virtual-9:30am-10:30 pm One on one support by phone	16 Yoga STC: 9:30 -10:30 am Gentle Fitness: 11:15 -12:15 “Vasantha Vizha” (Annual Cultural Event) – 4:30 – 6:30 pm	17 Virtual Tamil Sing along –10:30-11:30 am Virtual Tamil Support Group: 11:30 am-12:30pm
20 Gentle Fitness- Indoor & Virtual: 9:30 -10:30am One on one support by phone	21 Yoga – Indoor & Virtual -9:30 – 10:15 am Indoor Support group – 10:15-11:00 Virtual Tamil Support Group: 11:30am – 12:45pm	22 Yoga: Indoor & Virtual - 9:30am-10:30 pm One on one support by phone	23 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	24 Virtual Tamil Sing along –10:30-11:30 am Virtual Tamil Support Group: 11:30 am-12:30pm
27 Gentle Fitness - Indoor & Virtual: 9:30 -10:30am One on one support by phone	28 Yoga – Indoor & Virtual -9:30 – 10:15 am Indoor Support group – 10:15-11:00 Virtual Tamil Support Group: 11:30am – 12:45pm	29 Yoga: Indoor & Virtual - 9:30am-10:30 pm One on one support by phone	30 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	

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.

Vasantha Vizha (Annual Cultural Event) - An evening of music, dance & plays will be presented by our members as well as performances by community members.

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.