

## August 2022

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 <b>Office Closed Civic Holiday</b>	2 Meditation 1:00-2:00pm (In-person and Virtual)	3 <b>Sing Along 1:00-2:00pm (Virtual)</b>	4 One-on-One support 2:00-3:00pm (In-person and Virtual)	5 One-on-One support 2:00-3:00pm (Phone)
8 One-on-One support 1:00am-4:00pm (Phone)	9 Meditation 1:00-2:00pm (In-person and Virtual)	10 Zumba Dance 1:00-2:00pm (Virtual)	11 <b>Picnic at Rosetta McClain Garden 10:00am-1:00pm</b>	12 One-on-One support 2:00-3:00pm (Phone)
15 One-on-One support 1:00am-4:00pm (Phone)	16 <b>Show and Tell 1:00-2:00pm (In-person and Virtual)</b>	17 Zumba Dance 1:00-2:00pm (Virtual)	18 One-on-One support 2:00-3:00pm (In-person and Virtual)	19 One-on-One support 2:00-3:00pm (Phone)
22 One-on-One support 1:00am-4:00pm (Phone)	23 Meditation 1:00-2:00pm (In-person and Virtual)	24 Zumba Dance 1:00-2:00pm (Virtual)	25 One-on-One support 2:00-3:00pm (In-person and Virtual)	26 One-on-One support 2:00-3:00pm (Phone)
29 One-on-One support 1:00am-4:00pm (Phone)	30 Meditation 1:00-2:00pm (In-person and Virtual)	31 Zumba Dance 1:00-2:00pm (Virtual)		



## PROGRAM DESCRIPTIONS

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

#### 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. Meditation 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.

