

September 2022

Seniors Active Living Centre – Tamil Program
2 Gower Street
Urmila Selvanayagam, EPC Program Facilitator
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 Email: USelvanayagam@srhc.com

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 Virtual Tamil Support Group: 10 -11am One on one support by phone	2 Virtual Tamil Sing Along 10:30-11:30 am Virtual Tamil Support Group 11:30 am-12:30pm
5 Stat Holiday	6 Gentle Fitness – Indoor 9:30 – 10:00 am Indoor Support Group 10:00-11:00 Virtual Tamil Support Group 11:30am – 12:45pm	7 One on one support by phone	8 Virtual Tamil Support Group: 10 -11am One on one support by phone	9 Virtual Tamil Sing Along 10:30-11:30 am Virtual Tamil Support Group 11:30 am-12:30pm
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19 One on one support by phone	20 Gentle Fitness – Indoor 9:30 – 10:00 am Indoor Support Group 10:00-11:00 Virtual Tamil Support Group 11:30am – 12:45pm	21 One on one support by phone	22 Virtual Tamil Support Group: 10 -11am One on one support by phone	23 Virtual Tamil Sing along –10:30- 11:30 am Virtual Tamil Support Group: 11:30 am-12:30pm
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PROGRAM DESCRIPTION

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. This class can help participants to stay healthy and active.

Virtual Support Group (Indoor & Virtual)

This support group connect seniors and provides support to them.

Virtual Singing Club

Semi-classical takes the basics of classical music but in a simplified style making it more accessible. Training participants that may sing for special events.