

November 2022

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	1 Meditation 1:00-2:00pm (In-person)	2 Zumba Dance 1:00-2:00pm (Virtual)	3 One-on-One support 2:00-3:00pm (In-person and Virtual)	4 One-on-One support 2:00-3:00pm (Phone)
7 Tai Chi 9:00-10:00am (In-person)	8 Show and Tell 1:00-2:00pm (In-person)	9 Zumba Dance 1:00-2:00pm (Virtual)	10 One-on-One support 2:00-3:00pm (In-person and Virtual)	11 One-on-One support 2:00-3:00pm (Phone)
14 Tai Chi 9:00-10:00am (In-person)	15 Meditation 1:00-2:00pm (In-person)	16 Mental Health Awareness 1:00-2:00pm (Virtual)	17 One-on-One support 2:00-3:00pm (In-person and Virtual)	18 One-on-One support 2:00-3:00pm (Phone)
21 Tai Chi 9:00-10:00am (In-person)	22 Meditation 1:00-2:00pm (In-person)	23 Diabetes Management 1:00-2:00pm (Virtual)	24 One-on-One support 2:00-3:00pm (In-person and Virtual)	25 One-on-One support 2:00-3:00pm (Phone)
28 Tai Chi 9:00-10:00am (In-person)	29 Sing Along 1:00-2:00pm (In-person)	30 Zumba Dance 1:00-2:00pm (Virtual)		



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.

Mediation 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.