

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
<b>3</b> One on one support by phone	<b>4</b> <b>Indoor Pooja Celebration - 9:30 -11:00</b> <b>Virtual Pooja Celebration - 11:00am – 12:30 pm</b>	<b>5</b> One on one support by phone	<b>6</b> <b>Virtual Tamil Support Group:</b> 10 -11am One on one support by phone	<b>7</b> <b>Virtual Tamil Sing Along</b> 10:30-11:30 am <b>Virtual Tamil Support Group</b> 11:30 am-12:30pm
<b>10</b>  <b>Stat Holiday</b>	<b>11</b> <b>Gentle Fitness – Indoor</b> 9:30 – 10:00 am <b>Indoor Support Group</b> 10:00-11:00 <b>Virtual Tamil Support Group</b> 11:30am – 12:45pm	<b>12</b>  One on one support by phone	<b>13</b>  <b>Virtual Tamil Support Group:</b> 10 -11am One on one support by phone	<b>14</b>  <b>Virtual Tamil Sing Along</b> 10:30-11:30 am <b>Virtual Tamil Support Group</b> 11:30 am-12:30pm
<b>17</b>  One on one support by phone	<b>18</b> <b>Gentle Fitness – Indoor</b> 9:30 – 10:00 am <b>Indoor Support Group</b> 10:00-11:00 <b>Virtual Tamil Support Group</b> 11:30am – 12:45pm	<b>19</b>  One on one support by phone	<b>20</b>  <b>Virtual Tamil Support Group:</b> 10 -11am One on one support by phone	<b>21</b>  <b>Virtual Tamil Sing along –10:30-11:30 am</b> <b>Virtual Tamil Support Group:</b> 11:30 am-12:30pm
<b>24</b>  One on one support by phone	<b>25</b> <b>Indoor Diwali Celebration 9:30 – 11:00</b> <b>Virtual Diwali Celebration 11: 12:30 pm</b>	<b>26</b>  One on one support by phone	<b>27</b>  <b>Virtual Tamil Support Group:</b> 10 -11am One on one support by phone	<b>28</b>  <b>Virtual Tamil Sing along –10:30-11:30 am</b> <b>Virtual Tamil Support Group:</b> 11:30 am-12:30pm
<b>31</b>  One on one support by phone				

## 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.