

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	<b>3 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>4</b> One on one support by phone	<b>5</b> <b>Virtual Tamil Support Group:</b> 10 -11am  One on one support by phone	<b>6</b> <b>Virtual Tamil Sing Along</b> 10:30-11:30 am  <b>Virtual Tamil Support Group</b> 11:30 am-12:30pm
<b>9</b>  One on one support by phone	<b>10 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>11</b>  One on one support by phone	<b>12</b> <b>Virtual Tamil Support Group:</b> 10 -11am  One on one support by phone	<b>13</b> <b>Virtual Tamil Sing Along</b> 10:30-11:30 am  <b>Virtual Tamil Support Group</b> 11:30 am-12:30pm
<b>16</b>  One on one support by phone	<b>17</b> <b>Indoor Pongal &amp; Tamil Heritage Month Celebration – 9:30 – 11:00</b>  <b>Virtual Pongal &amp; Tamil Heritage Month Celebration 11:30 -12:45</b>	<b>18</b>  One on one support by phone	<b>19</b> <b>Virtual Tamil Support Group:</b> 10 -11am  One on one support by phone	<b>20</b> <b>Virtual Tamil Sing along –10:30-11:30 am</b>  <b>Virtual Tamil Support Group:</b> 11:30 am-12:30pm
<b>23</b>  One on one support by phone	<b>24 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>25</b>  One on one support by phone	<b>26</b> <b>Virtual Tamil Support Group:</b> 10 -11am  One on one support by phone	<b>27</b> <b>Virtual Tamil Sing along –10:30-11:30 am</b>  <b>Virtual Tamil Support Group:</b> 11:30 am-12:30pm
<b>30</b>  One on one support by phone	<b>31 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			

For more information call (416) 752-0101

## PROGRAM DESCRIPTION

### 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.

#### **Special Program**

Pongal & Heritage Month Celebration

January 17<sup>th</sup> - In person Celebration - 9:30-11:00 am

Virtual Celebration 11:30 – 12:50