

## March 2023

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 <b>Yoga</b> 11:00am-12:00pm Zumba Dance 1:00-2:00pm (Virtual)	2 One-on-One support 2:00-3:00pm (Virtual)	3 One-on-One support 2:00-3:00pm (Phone)
6 Tai Chi 9:00-10:00am (In-person)	7 <b>Sing Along and Brunch</b> 11:30-1:00pm (In-person)	8 <b>Yoga</b> 11:00am-12:00pm <b>Trip to Maple Syrup Festival</b> 8:30am-3:00pm (Virtual)	9 One-on-One support 2:00-3:00pm (Virtual)	10 One-on-One support 2:00-3:00pm (Phone)
13 Tai Chi 9:00-10:00am (In-person)	14 <b>Show and Tell</b> 1:00-2:00pm (In-person)	15 <b>Yoga</b> 11:00am-12:00pm Zumba Dance 1:00-2:00pm (Virtual)	16 One-on-One support 2:00-3:00pm (Virtual)	17 One-on-One support 2:00-3:00pm (Phone)
20 Tai Chi 9:00-10:00am (In-person)	21 Meditation 1:00-2:00pm (In-person)	22 <b>Yoga</b> 11:00am-12:00pm <b>Diabetes Management</b> 1:00-2:00pm (Virtual)	23 One-on-One support 2:00-3:00pm (Virtual)	24 One-on-One support 2:00-3:00pm (Phone)
27 Tai Chi 9:00-10:00am (In-person)	28 <b>Iftar Party</b> 6:00pm-9:00pm (In-person)	29 <b>Yoga</b> 11:00am-12:00pm <b>Mental Wellness Workshop</b> 1:00-2:00pm (Virtual)	30 One-on-One support 2:00-3:00pm (Virtual)	31 One-on-One support 2:00-3:00pm (Phone)

## 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.

