

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 One on one support by phone	2 COVID 19 Vaccine Clinic 9:30 am – 4:30 pm	3 Virtual Tamil Sing Along 10:30-11:30 am Virtual Tamil Support Group 11:30 am-12:30pm
6 One on one support by phone	7 Yoga– Indoor & Virtual 9:30 – 10:30 am Indoor Support Group 10:30-11:15 am Virtual Tamil Support Group 11:30am – 12:45pm	8 One on one support by phone	9 Virtual Tamil Support Group: 10 -11am One on one support by phone	10 Virtual Tamil Sing Along 10:30-11:30 am Virtual Tamil Support Group 11:30 am-12:30pm
13 One on one support by phone	14 Yoga – Indoor & Virtual 9:30 – 10:30 am Indoor Support Group 10:30-11:15 am Virtual Tamil Support Group 11:30am – 12:45pm	15 One on one support by phone	16 Virtual Tamil Support Group: 10 -11am One on one support by phone	17 Virtual Tamil Sing along –10:30- 11:30 am Virtual Tamil Support Group: 11:30 am-12:30pm
20 One on one support by phone	21 Yoga – Indoor & Virtual 9:30 – 10:30 am Indoor Support Group 10:30-11:15 Virtual Tamil Support Group 11:30am – 12:45pm	22 One on one support by phone	23 Virtual Tamil Support Group: 10 -11am One on one support by phone	24 Virtual Tamil Sing along –10:30- 11:30 am Virtual Tamil Support Group: 11:30 am-12:30pm
27	28 Yoga – Indoor & Virtual 9:30 – 10:30 am	29	30	31

For more information call (416) 752-0101

PROGRAM DESCRIPTION

HEALTH AND WELL-BEING

Yoga - Yoga is typically understood as asanas (postures) involving deep breathing which can make the participants experience the joy of stretching and stillness of mind. These sessions are tailored to the needs of the participants which suits their age.

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.