

## May 2023

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 Gentle Fitness 11:00-12:00am (In-person)	2 Tea N Chat 11:00-12:30 (In-person)	3 Yoga 11:30-12:30 (In-person & virtual)	4 <b>Meditation (Cancelled)</b>	5 One-on-One support 2:00-3:00pm (Phone)
8 Gentle Fitness 11:00-12:00am (In-person)	9 Show and Tell 11:00-12:30 (In-person)	10 Yoga 11:30-12:30 (In-person & virtual)	11 Meditation 11:00-12:00pm (Virtual)	12 One-on-One support 2:00-3:00pm (Phone)
15 Gentle Fitness 11:00-12:00am (In-person)	16 Mother's Day Celebration 11:00-12:30 (In-person)	17 Yoga 11:30-12:30 (In-person & virtual)	18 Meditation 11:00-12:00pm (Virtual)	19 One-on-One support 2:00-3:00pm (Phone)
22 <b>Office Closed Victoria Day</b>	23 Tea N Chat 11:00-12:30 (In-person)	24 Yoga 11:30-12:30 (In-person & virtual)  Diabetes Management 1:00-2:00pm (Virtual)	25 Meditation 11:00-12:00pm (Virtual)	26 One-on-One support 2:00-3:00pm (Phone)
29 Gentle Fitness 11:00-12:00am (In-person)	30 <b>Tea N Chat (Cancelled)</b>	31 <b>Yoga (Cancelled)</b>		

## PROGRAM DESCRIPTIONS

For more information call 647-233-4898

All our activities  
are run by In-person  
and virtually

Please make an appointment  
for one- on-one virtual  
support at 647-233- 4898

### HEALTH AND WELL-BEING

#### Yoga:

Specially designed yoga classes for seniors include stretching, breathing, meditation, gentle yoga poses and relaxation to balance flexibility and spirit. With regular yoga practises, seniors develop better mobility and range of motion in their joints and spine.

#### Tea N Chat

Seniors socializing programme, which helps to reduce loneliness and social isolation. A friendly and welcoming environment, perfect for meeting and talking with other seniors, sharing their stories from life and favourite topics followed by tea, coffee and light healthy snacks.

#### Gentle Fitness

This exercise programs are developed to encourage seniors to become more active, participate in a social network, reduce the risk of injuries and falls, as well as enhance self-esteem and independence. All classes include a light exercise and are designed to increase balance, strength and flexibility.

#### Show and Tell

This session will provide participants an opportunity to share their life experiences, interests and recycle craft ideas with the group.

#### 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.

