

June 2023

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 Meditation 1:00-2:00pm (Cancelled)	2 One-on-One support 2:00-3:00pm (Phone)
5 Gentle Fitness 11:00-12:00am (In-person)	6 Tea N Chat 11:00-12:30 (In-person)	7 Yoga 11:30-12:30 (In-person & virtual)	8 Meditation 1:00-2:00pm (Virtual)	9 One-on-One support 2:00-3:00pm (Phone)
12 Gentle Fitness 11:00-12:00am (In-person)	13 Seniors Month Celebration Information Session for Seniors 11:00am-1:00pm (In-person)	14 Yoga 11:30-12:30 (In-person & virtual)	15 Meditation 1:00-2:00pm (Virtual)	16 One-on-One support 2:00-3:00pm (Phone)
19 Gentle Fitness 11:00-12:00am (In-person)	20 Seniors Month Celebration Information session BMFS 11:00am-1:00pm (In-person)	21 Yoga 11:30-12:30 (In-person & virtual)	22 Meditation 1:00-2:00pm (Virtual)	23 One-on-One support 2:00-3:00pm (Phone)
26 Gentle Fitness 11:00-12:00am (In-person)	27 Seniors Month celebration Picnic at the park 11:00am-1:00pm (In-person)	28 Yoga 11:30-12:30 (In-person & virtual)	29 Meditation 1:00-2:00pm (Virtual)	30 One-on-One support 2:00-3:00pm (Phone)



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

SPECIAL EVENTS

Seniors month celebration

June is Seniors Month in Ontario. The 2023 theme is “**Working for Seniors.**” We celebrate senior’s month by organizing important information sessions and recreational activities.

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.

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.

