

September 2023

Seniors Active Living Centre BENGALI PROGRAM  
Nazly Sultana, SALC Program Facilitator  
Cell (647) 233-4898 Email nsultana@srchc.com

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				1 One-on-One support 2:00-3:00pm (Virtual)
4  <b>Office Closed Labour Day</b>	5 Tea N Chat 11:00-1:00  <b>Tri-Shaw Market Run 2:30-5:00pm</b>	6 Yoga 11:00-12:00 (In-person & virtual)	7 Badminton 2:00pm-4:00pm	8  One-on-One support 2:00-3:00pm (Virtual)
11  Gentle Fitness 11:00-12:00am (In-person)	12 Tea N Chat 11:00-1:00  <b>Tri-Shaw Market Run 2:30-5:00pm</b>	13 Yoga 11:00-12:00 (In-person & virtual)	14  <b>Monthly Lunch 11:00-2:00</b>  Badminton 2:00pm-4:00pm	15  One-on-One support 2:00-3:00pm (Virtual)
18  Gentle Fitness 11:00-12:00am (In-person)	19 Tea N Chat 11:00-1:00  <b>Tri-Shaw Market Run 2:30-5:00pm</b>	20 Yoga 11:00-12:00 (In-person & virtual)	21 Badminton 2:00pm-4:00pm	22  One-on-One support 2:00-3:00pm (Virtual)
25 Gentle Fitness 11:00-12:00am (In-person)	26 <b>Diabetes Management 11:00-2:00</b>  <b>Tri-Shaw Market Run 2:30-5:00pm</b>	27 Yoga Cancelled	28 Badminton 2:00pm-4:00pm	29  One-on-One support 2:00-3:00pm (Virtual)



## 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.

#### Badminton

Badminton is a sport keeps older adults physically and socially active. This is an excellent full-body workout that's easy to learn and requires very little equipment. Playing this sport allows you to socialise with other people and it is also good for mental health and overall wellness.

#### Trishaw Market Run

Take seniors out on safe recreational bike rides in new electric cargo bikes to and from 2 Gower St. good food market. This program will help seniors to bring back affordable groceries to Crescent. This program aims to decrease social isolation, foster friendship and one-on-one interaction, promote a healthier community.