



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

November 2023

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 Yoga 11:00-12:00 (In-person & virtual) Badminton 12:0pm-2:00pm	2	3 One-on-One support 2:00-3:00pm (Virtual)
6 Gentle Fitness 11:00-12:00am (In-person)	7 Tea N Chat Bingo 11:00am-1:00pm	8 Yoga 11:00-12:00 (In-person & virtual) Badminton 12:0pm-2:00pm	9 Puja Festival & Monthly Lunch 11:00am-2:00pm	10 One-on-One support 2:00-3:00pm (Virtual)
13 Gentle Fitness 11:00-12:00am (In-person)	14 Tea N Chat 11:00am-12:00pm Flu Shot Clinic 12:00pm-3:00pm	15 Yoga 11:00-12:00 (In-person & virtual) Badminton 12:0pm-2:00pm	16	17 One-on-One support 2:00-3:00pm (Virtual)
20 Gentle Fitness 11:00-12:00am (In-person)	21 Tea N Chat Show and Tell 11:00am-1:00pm	22 Yoga 11:00-12:00 (In-person & virtual) Badminton 12:0pm-2:00pm	23	24 One-on-One support 2:00-3:00pm (Virtual)
27 Gentle Fitness 11:00-12:00am (In-person)	28 Tea N Chat Diabetes Management 11:00am-1:00pm	29 Yoga (Cancelled) Badminton 12:0pm-2:00pm	30	



South Riverdale
COMMUNITY
 HEALTH CENTRE



South Riverdale Community
 Health Centre - SRCHC



@SRiverdaleCHC



@southriverdalechc



srchc.ca

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.

