

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 Office Closed	2 Tea N Chat Bingo 11:00am-1:00pm	3 Yoga 11:00-12:00 (In-person & virtual) Badminton 2:00pm-4:00pm	4	5 One-on-One support 2:00-3:00pm (Virtual)
8 Gentle Fitness 11:00-12:00am (In-person)	9 Tea N Chat Sing Along 11:00am-1:00pm	10 Yoga 11:00-12:00 (In-person & virtual) Badminton 2:00pm-4:00pm	11 New Years Party Monthly Lunch 11:00am-2:00pm	12 One-on-One support 2:00-3:00pm (Virtual)
15 Gentle Fitness 11:00-12:00am (In-person)	16 Tea N Chat Show and Tell 11:00am-1:00pm	17 Yoga 11:00-12:00 (In-person & virtual) Badminton 2:00pm-4:00pm	18	19 One-on-One support 2:00-3:00pm (Virtual)
22 Gentle Fitness 11:00-12:00am (In-person)	23 Diabetes Management 11:00am-1:00pm	24 Yoga 11:00-12:00 (In-person & virtual) Badminton 2:00pm-4:00pm	25	26 One-on-One support 2:00-3:00pm (Virtual)
29 Gentle Fitness 11:00-12:00am (In-person)	30 Tea N Chat Bingo 11:00am-1:00pm	31 Yoga 11:00-12:00 (In-person & virtual) Badminton 2:00pm-4:00pm		



January 2024

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



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.

