

## February 2024

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1	2  One-on-One support 2:00-3:00pm (Virtual)
5 Gentle Fitness 11:00-12:00am (In-person) <b>Buffet Lunch 12:30-2:30pm</b> <b>Mandarin Restaurant</b> <b>2206 Eglinton Ave. east</b>	6 Tea N Chat Sing Along 11:00am-1:00pm	7 Yoga 11:00-12:00 (In-person & virtual)	8 <b>Monthly Lunch</b> <b>11:00am-2:00pm</b>	9  One-on-One support 2:00-3:00pm (Virtual)
12 Gentle Fitness 11:00-12:00am (In-person)	13 Tea N Chat <b>Exercise Ball Workshops</b> 11:00am-1:00pm	14 Yoga 11:00-12:00 (In-person & virtual)	15	16  One-on-One support 2:00-3:00pm (Virtual)
19 <b>Family Day</b> <b>Office Closed</b>	20 Tea N Chat Bingo 11:00am-1:00pm	21 Yoga 11:00-12:00 (In-person & virtual)  <b>International Mother</b> <b>Language Day Celebration</b> <b>11:00am-1:00pm</b>	22	23  One-on-One support 2:00-3:00pm (Virtual)
26 Gentle Fitness 11:00-12:00am (In-person)	27 Tea N Chat Show and Tell 11:00am-1:00pm	28 Yoga 11:00-12:00 (In-person & virtual)	29  <b>Seniors Active Living Fair</b> <b>09:00am-2:30pm</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.

#### Monthly Lunch

Volunteers prepare cultural Bengali meal every month. This month they will enjoy watching movie on Language movement of Bangladesh followed by lunch.



#### 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.

#### International Mother Language Day

International Mother Language Day has been observed annually since 2000 to promote peace and multilingualism around the world and to protect all mother languages. It is observed on February 21 to recognize the 1952 Bengali Language Movement in Bangladesh.

#### Seniors Active Living Fair

The Seniors Active Living Fair is being hosted by SRCHC Harmony Seniors Active Living Centre in partnership with the Older Adult Centres' Association of Ontario with funding provided by the Government of Ontario. The fair consists information booth, Zumba gold demonstration, mental health and wellness workshop and senior's performance.

