

April 2024

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 Gentle Fitness 11:00-12:00am (In-person)	2 Tea N Chat Bingo 11:00am-1:00pm  Games Afternoon 1:00-2:00pm	3 Yoga 11:00-12:00 (In-person & virtual)	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 Games Afternoon 1:00-2:00pm	10 Yoga 11:00-12:00 (In-person & virtual)	11	12 One-on-One support 2:00-3:00pm (Virtual)
15 Gentle Fitness 11:00-12:00am (In-person)	16 Eid Reunion 11:00am-2:00pm	17 Yoga 11:00-12:00 (In-person & virtual)	18 Bengali New Year Celebration 11:00am-2:00pm	19 One-on-One support 2:00-3:00pm (Virtual)
22 Gentle Fitness 11:00-12:00am (In-person)	23 Tea N Chat Diabetes Management 11:00am-1:00pm	24 Yoga 11:00-12:00 (In-person & virtual)	25	26 One-on-One support 2:00-3:00pm (Virtual)
29 Gentle Fitness 11:00-12:00am (In-person)	30 Tea N Chat Show and Tell 11:00am-1:00pm Games Afternoon 1:00-2:00pm		29	

# 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.

### Diabetes Management Session

Program offers group education sessions to help individuals with diabetes to achieve better knowledge and awareness of diabetes and its implications. It empowers seniors to manage their own health. The program offers access to a multidisciplinary health team, including: diabetes educator and dietitian.

### Games Afternoon

Seniors can participate in a variety of indoor games such as carom, chess, and indoor golf. Engaging in these activities assists seniors in maintaining their physical and mental fitness.

