



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

May 2024

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 Yoga 11:00-12:00 (In-person & virtual)	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 Games Afternoon 1:00-2:00pm	8 Yoga 11:00-12:00 (In-person & virtual)	09 Asian Heritage month Celebration and 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 Sing Along 11:00am-1:00pm Games Afternoon 1:00-2:00pm	15 Yoga 11:00-12:00 (In-person & virtual)	16	17 One-on-One support 2:00-3:00pm (Virtual)
20 Office Closed Victoria Day	21 Tea N Chat Income Support Information Session 11:00am-1:00pm	22 Yoga 11:00-12:00 (In-person & virtual)	23	24 One-on-One support 2:00-3:00pm (Virtual)
27 Gentle Fitness 11:00-12:00am (In-person)	28 Tea N Chat Show and Tell 11:00am-1:00pm Games Afternoon 1:00-2:00pm	29 Yoga (Cancelled)	30	31 One-on-One support 2:00-3:00pm (Virtual)



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, information session by professionals followed by tea, coffee and light healthy snacks.

Monthly Lunch

Volunteers prepare cultural Bengali meal every month. This month seniors will celebrate Asian heritage month 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.

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.

