

June 2024

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 Gentle Fitness 11:00-12:00am	4 Tea n Chat Diabetes Management Session 11:00am-01:00pm	5 Yoga 11:00-12:00 (In-person & virtual) Knit and Chat 01:00pm-2:30pm	6	7 One-on-One support 2:00-3:00pm (Virtual)
10 Gentle Fitness 11:00-12:00am	11 Nature Walk 10:00am-11:00am Tea n Chat Bingo 11:00am-01:00pm	12 Yoga 11:00-12:00 (In-person & virtual) Knit and Chat 01:00pm-2:30pm	13 Seniors Month Celebration Workshop on 'Fraud Awareness for Seniors'- CIBC Bank followed by Lunch 11:00am-2:00pm	14 One-on-One support 2:00-3:00pm (Virtual)
17 Gentle Fitness 11:00-12:00am	18 Nature Walk 10:00am-11:00am Tea n Chat Canadian Dental Plan Session 11:00am-01:00pm	19 Yoga 11:00-12:00 (In-person & virtual) Knit and Chat 01:00pm-2:30pm	20 Seniors Month Celebration Picnic at the Woodbine Beach 11:00am-3:00pm	21 One-on-One support 2:00-3:00pm (Virtual)
24 Gentle Fitness 11:00-12:00am	25 Nature Walk 10:00am-11:00am Workshop on 'Canadian Citizenship and Residency Calculation' 11:00am-01:00pm	26 Yoga 11:00-12:00 (In-person & virtual) Knit and Chat 01:00pm-2:30pm Trip to Pingle's Farm Market 009:00AM-4:00PM	27	28 One-on-One support 2:00-3:00pm (Virtual)

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.

Nature Walk

Nature walk is a fantastic addition in summer activities. Outdoor walking in a park like Taylor Creek can offer numerous benefits for seniors' mental and physical health. Engaging in physical activity in a natural environment promotes overall well-being.

Diabetes Management

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.

