

August 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 Office Closed Civic Holiday	6 Nature Walk 10:00am-11:00am Tea n Chat-Bingo 11:00am-01:00pm Tri-Shaw Market Run 2:30-5:00pm	7 Yoga 11:00-12:00 (In-person & virtual) Tech Learning Session 11:00am-01:00pm	8 Monthly Lunch 11:00am-02:00pm	9 One-on-One support 2:00-3:00pm (Virtual)
12 Gentle Fitness 11:00-12:00am (In-person)	13 Nature Walk 10:00am-11:00am Tea n Chat-Sing Along 11:00-01:00pm Tri-Shaw Market Run 2:30-5:00pm	14 Yoga 11:00-12:00 (In-person & virtual)	15	16 One-on-One support 2:00-3:00pm (Virtual)
19 Gentle Fitness 11:00-12:00am (In-person)	20 Nature Walk 10:00am-11:00am Tea n Chat-Show and Tell 11:00am-01:00pm Tri-Shaw Market Run 2:30-5:00pm	21 Yoga 11:00-12:00 (In-person & virtual) Tech Learning Session 11:00am-01:00pm	22	23 One-on-One support 2:00-3:00pm (Virtual)
26 Gentle Fitness 11:00-12:00am (In-person)	27 Nature Walk 10:00am-11:00am Tea n Chat-Bingo 11:00am-01:00pm Tri-Shaw Market Run 2:30-5:00pm	28 Yoga 11:00-12:00 (In-person & virtual)	29	30 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.

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.

Monthly Lunch:

Volunteers prepare cultural Bengali meal every month. Seniors will socialize and enjoy their meal together.

Tech Learning session

This session will provide participants an opportunity to learn how to use devices such as smartphones, iPads, and laptops based on individual needs. The involvement of youth volunteers is a great way to foster intergenerational connections and create a supportive environment for learning.

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.

Trishaw Market Run:

Take seniors out on safe recreational bike rides in new electric cargo bikes to and from 2 Gower St. Good Food Market. This program will help seniors to bring back affordable groceries to Crescent Town. This program aims to decrease social isolation, foster friendship and one-on-one interaction, promote a healthier community.

