

November 2024

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				1 Zumba Gold 11:00am-12:00pm One-on-One support 2:00-3:00pm (Virtual)
4 Gentle Fitness 11:00-12:00am (In-person)	5 Tea n Chat Bingo 11:00am-01:00pm	6 Yoga 11:00-12:00 (In-person & virtual) Knit and Chat 01:00-2:30pm	7	8 Zumba Gold 11:00am-12:00pm One-on-One support 2:00-3:00pm (Virtual)
11 Gentle Fitness 11:00-12:00am (In-person)	12 Tea n Chat Sing Along 11:00am-01:00pm	13 Yoga 11:00-12:00 (In-person & virtual) Knit and Chat 01:00-2:30pm	14	15 Zumba Gold 11:00am-12:00pm One-on-One support 2:00-3:00pm (Virtual)
18 Gentle Fitness 11:00-12:00am (In-person)	19 Tea n Chat Mental Wellness Session by HATM 11:00am-01:00pm	20 Yoga 11:00-12:00 (In-person & virtual) Knit and Chat 01:00-2:30pm	21 Poetry Festival and Lunch 11:00am-02:00pm	22 Zumba Gold 11:00am-12pm One-on-One support 2:00-3:00pm (Virtual)
25 Gentle Fitness 11:00-12:00am (In-person)	26 Flu Shot Clinic 9:30am-12:00pm	27 Yoga 11:00-12:00 (In-person & virtual) Knit and Chat 01:00-2:30pm	28	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, 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 enjoy Poetry festival and will enjoy their meal together.

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.

Zumba Gold

The design of the class introduces easy-to-follow Zumba gold choreography that focuses on balance, range of motion and coordination.