

June 2025

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
2 Zumba Gold 11:00-12:00am (In-person)	3 Nature Walk 10:00am-11:00pm Tea n Chat 11:00-01:00pm	4 Yoga 11:00-12:00 (In-person & virtual)	5	6
9 Zumba Gold 11:00-12:00am (In-person)	10 Nature Walk 10:00am-11:00pm Tea n Chat 11:00-01:00pm	11 Yoga 11:00-12:00 (In-person & virtual)	12	13 One-on-One support 2:00-3:00pm (Virtual)
16 Zumba Gold 11:00-12:00am (In-person)	17 Tea n Chat 10:00am-11:00am Diabetes Management Workshop 11:00am-01:00pm	18 Yoga 11:00-12:00 (In-person & virtual)	19 Eid Reunion at Adams Park 11:00am-3:00pm 2 Rozell Rd, Scarborough, ON M1C 2L1	20 One-on-One support 2:00-3:00pm (Virtual)
23 Zumba Gold 11:00-12:00am (In-person)	24 Nature Walk 10:00am-11:00pm Tea n Chat 11:00am-01:00pm	25 Yoga 11:00-12:00 (In-person & virtual)	26 Seniors Month Celebration 10:00am-1:00pm	27 One-on-One support 2:00-3:00pm (Virtual)
30 Zumba Gold 11:00-12:00am (In-person)				



PROGRAM DESCRIPTIONS

For more information call 647-233-4898

Please make an appointment for one-on-one virtual support at 647-233-4898 or 416-693-5300

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

Food serves as a powerful connector among people, and in Bengali culture, tea holds a special place as a symbol of hospitality in Bengali culture. This initiative aims to reduce feelings of loneliness and social isolation by encouraging meaningful connections and conversations among peers.

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.

Seniors Month Celebration

Community service providers will visit to present their programs to our seniors. The South East Toronto Family Health Team will lead a Wellness Workshop on "Changes with Aging," followed by a brunch. Seniors will have the chance to connect with one another and enjoy a meal together.

Zumba Gold

Perfect for seniors who love to dance Seniors will enjoy fun music and moves at a gentle pace. It is low intensity with cardio, flexibility and balance.

