

August 2025

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				1 Food and Fitness for Seniors 9:30am-1:00 pm
4 Office Closed Civic Holiday	5 All program Cancelled	6 Yoga 9:30-10:30am (In-person & virtual)	7	8 Food and Fitness for Seniors 9:30am-1:00 pm
11 Zumba Gold 11:00am-12:00pm (In-person)	12 Nature Walk 10:00am-11:00pm Tea n Chat 11:00am-01:00pm Tech Learning Session Tri-Shaw Market Run 1:30—4:00pm	13 Yoga 9:30-10:30am (In-person & virtual)	14	15 Food and Fitness for Seniors 9:30am-1:00 pm
18 Zumba Gold 11:00am-12:00pm (In-person)	19 Nature Walk 10:00am-11:00pm Tea n Chat 11:00am-01:00pm Tech Learning Session 11:00am 12:00pm Tri-Shaw Market Run 1:30—4:00pm	20 Yoga 9:30-10:30am (In-person & virtual)	21 Lunch and Learn 11:00am-3:00pm	22
25 Zumba Gold 11:00am-12:00pm (In-person)	26 Tea n Chat 10:00am-01:00pm Diabetes Management Tri-Shaw Market Run 1:30—4:00pm	27 Yoga 9:30-10:30am (In-person & virtual)	28 One-on-One support 2:00-3:00pm (Virtual)	29

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.

Lunch and Learn

Participants will gain knowledge about financial benefits available for seniors, followed by a culturally prepared Bengali meal.

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 exercise.

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.

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.

Food and Fitness for Seniors: This is a 6 weeks program with pre and post evaluation to promote individual healthy lifestyle. The program includes physical activities, promote healthy eating habits and wellness knowledge.



