

## July 2025

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
	1 <b>Canada Day Office Closed</b>	2 Yoga 9:30-10:30am (In-person & virtual)	3 One-on-One support 2:00-3:00pm (Virtual)	4 One-on-One support 2:00-3:00pm (Virtual)
7 <b>Volunteer Orientation Session 10:00-11:00am</b>  <b>Zumba Gold 11:00am-12:00pm (In-person)</b>	8 Nature Walk 10:00am-11:00pm Tea n Chat 11:00am-01:00pm <b>Tech Learning Session 11:00am 12:00pm</b> <b>Tri-Shaw Market Run 1:30—4:00pm</b>	9 Yoga 9:30-10:30am (In-person & virtual)	10 <b>Poetry Festival and Lunch 11:00am-2:00pm</b>	11 <b>Food and Fitness for Seniors 9:30am-1:00 pm</b>
14 <b>Zumba Gold 11:00am-12:00pm (In-person)</b>	15 Nature Walk 10:00am-11:00pm Tea n Chat 11:00am-01:00pm <b>Tech Learning Session 11:00am 12:00pm</b> <b>Tri-Shaw Market Run 1:30—4:00pm</b>	16 Yoga 9:30-10:30am (In-person & virtual)	17 One-on-One support 2:00-3:00pm (Virtual)	18 <b>Food and Fitness for Seniors 9:30am-1:00 pm</b>
21 <b>Zumba Gold 11:00am-12:00pm (In-person)</b>	22 Nature Walk 10:00am-11:00pm Tea n Chat 11:00am-01:00pm <b>Tech Learning Session 11:00am 12:00pm</b> <b>Tri-Shaw Market Run 1:30—4:00pm</b>	23 Yoga (Cancelled)	24 One-on-One support 2:00-3:00pm (Virtual)	25 <b>Food and Fitness for Seniors 9:30am-1:00pm</b>
28 <b>Zumba Gold 11:00am-12:00pm (In-person)</b>	29 Nature Walk 10:00am-11:00pm Tea n Chat 11:00am-01:00pm <b>Tech Learning Session 11:00am 12:00pm</b> <b>Tri-Shaw Market Run 1:30—4:00pm</b>	30 <b>Yoga (Cancelled)</b>  <b>Day Trip 9:00-5:00</b>	31 One-on-One support 2:00-3:00pm (Virtual)	

## 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.

#### Poetry Festival and Lunch

Seniors will celebrate the vibrant Bengali culture with a variety of poetry recitations, followed by a lunch.

#### 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.



