

## October 2025

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 Chair Yoga 11:00am-12:00pm (In-person & virtual)	2	3 One-on-One support 2:00-3:00pm (Virtual)
6 Zumba Gold 11:00am-12:00pm  <b>Hands in Harmony</b> <b>01:30pm-03:30pm</b>	7  <b>Mindfulness Workshop</b> <b>11:00am-12:00pm</b>  Bingo 12:00am-01:00pm	8 Chair Yoga 11:00am-12:00pm (In-person & virtual)	9	10 One-on-One support 2:00-3:00pm (Virtual)
13  <b>Office Closed</b> <b>Thanksgiving</b> <b>Holiday</b>	14  <b>Mindfulness Workshop</b> <b>11:00am-12:00pm</b>  Show and Tell 12:00am-01:00pm	15  <b>Day Trip</b> <b>10:00-5:30</b>	16	17 One-on-One support 2:00-3:00pm (Virtual)
20 Zumba Gold 11:00am-12:00pm  <b>Hands in Harmony</b> <b>01:30pm-03:30pm</b>	21  <b>Mindfulness Workshop</b> <b>11:00am-12:00pm</b>  Dance and Singing Class 12:00am-01:00pm	22 Chair Yoga 11:00am-12:00pm (In-person & virtual)	23  <b>Diwali and Thanksgiving</b> <b>Lunch</b> <b>11:00am-2:00pm</b>	24 One-on-One support 2:00-3:00pm (Virtual)
27 Zumba Gold 11:00am-12:00pm  <b>Hands in Harmony</b> <b>01:00pm-03:00pm</b>	28  <b>Mindfulness Workshop</b> <b>11:00am-12:00pm</b>  Bingo 12:00am-01:00pm	29  <b>Program Cancelled</b>	30	31



## 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

#### Chair 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.

#### Tuesday Drop-in

Every Tuesday, we offer drop-in social programs for seniors, featuring a variety of activities such as Bingo, Sing-Along, Show and Tell, Dance and Singing class and Workshops. The goals of these activities are to help reduce loneliness and social isolation by fostering meaningful interactions and connections among peers.

#### Mindfulness Workshop

This workshop introduces participants to the practice of mindfulness and its benefits, which include stress reduction, improved focus, and enhanced emotional regulation. It includes experiential learning and practical techniques like mindful breathing, body scanning, and meditation.

### Diwali and Thanksgiving Lunch

Seniors will celebrate Diwali, the Festival of Lights, with singing and poetry, and also enjoy a Thanksgiving lunch prepared by Bengali senior volunteers.

### 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.

### Hands in Harmony

Seniors will join in mindfulness sessions and practice while making pottery with clay at Studio on the Hill in a relax and calm environment. This is a six weeks program.

