

September 2025

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 Office Closed Labour Day	2 Bingo 11:00am-01:00pm	3 Chair Yoga Cancelled	4	5
8 Zumba Gold Cancelled	9 Sing Along 11:00am-01:00pm	10 Chair Yoga 11:00am-12:00pm (In-person & virtual)	11 Mindfulness Workshop 11:00am-12:00pm	12 One-on-One support 2:00-3:00pm (Virtual)
15 Zumba Gold 11:00am-12:00pm	16 Show and Tell 11:00am-01:00pm	17 Chair Yoga 11:00am-12:00pm (In-person & virtual)	18 Lunch and Mindfulness Workshop 11:00am-2:00pm	19 One-on-One support 2:00-3:00pm (Virtual)
22 Zumba Gold 11:00am-12:00pm Hands in Harmony 01:30pm-03:30pm	23 Workshop on 'Immigration Law' by DVCLC 11:00am-01:00pm	24 Chair Yoga 11:00am-12:00pm (In-person & virtual)	25 Mindfulness Workshop 11:00am-12:00pm	26 One-on-One support 2:00-3:00pm (Virtual)
29 Zumba Gold 11:00am-12:00pm Hands in Harmony 01:30pm-03:00pm	30 Office Closed Truth and Reconciliation Day			

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.

Lunch and Mindfulness Workshop

Seniors will participate in a Mindfulness Workshop 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.

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 registration required.

