

September 2025

Seniors Active Living Centre – Tamil Program
2 Gower Street
Urmila Selvanayagam, SALC Program Facilitator
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Monday 9am–5pm	Tuesday 9am–5pm	Wednesday 9am–5pm	Thursday 9am–5pm	Friday 9am–5pm
1 Labour Day Office will be closed	2 Yoga- In person & Virtual 10-11am Group Activity 11:15- 12:15 pm Lunch – 12:15-1:15 pm Indoor support group 1:15 -2:30 pm Craft Class – 1:15 – 2:15 Good Food Market – 2:45 – 4:45 pm	3 Yoga – 9:30 am – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	4 Virtual Support Group 10-11 am Dance class – 11 -12:30	5 Virtual Tamil Sing along & Music Quiz 10:30 – 12:00 pm One on one support by phone / In person
8 Gentle Fitness – 9:30 - 10:30am One on one support by phone / In person	9 Yoga- In person & Virtual 10-11am Group Activity 11:15- 12:15 pm Lunch - 12:15-1:15 pm Mindfulness workshop – 1:15 – 2:30 Good Food Market – 2:45 – 4:45 pm	10 Yoga – 9:30 am – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	11 Virtual Support Group 10-11 am Dance class – 11 -12:30	12 Virtual Tamil Sing along & Music Quiz 10:30 - 12:00 pm One on one support by phone / In person
15 Gentle Fitness – 9:30 - 10:30am Pottery Class 10:15 -12:30 At Studio on the Hill	16 Yoga- In person & Virtual 10-11am Group Activity 11:15- 12:15 pm Lunch - 12:15-1:15 pm Indoor Support Group -1:15 -2:30pm Craft Class – 1:15 – 2:15 Good Food Market – 2:45 – 4:45 pm	17 Yoga – 9:30 am – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	18 Virtual Support Group 10-11 am Dance class – 11 -12:30	19 Virtual Tamil Sing along & Music Quiz 10:30 - 12:00 pm One on one support by phone / In person
22 Gentle Fitness – 9:30 - 10:30am Pottery Class 10:30 – 12:30 At Studio on the Hill	23 Pooja Festival – 10 – 2:30  Good Food Market – 2:45 – 4:45 pm	24 Yoga – 9:30 am – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	25 Virtual Support Group 10-11 am Dance class – 11 -12:30	26 Virtual Tamil Sing along & Music Quiz- 10:30-12:00 pm One on one support by phone / In person
29 Gentle Fitness 9:30 - 10:30 Pottery Class 10:30 – 12:30 At Studio on the Hill	30 Truth and Reconciliation Office will be closed			

திங்கள் காலை 9 - மாலை 5	செவ்வாய் காலை 9 - மாலை 5	புதன் காலை 9 - மாலை 5	வியாழன் காலை 9 - மாலை 5	வெள்ளி காலை 9 - மாலை 5
1 Labour Day mYtyfk; %lg;gl;bUf;Fk;	2 Nahfhrdk;----`hHkzp epiyak; & nka;epfh; 10 -11 FO nraw;ghL -11:15 -12:15 njhopy; El;g tFg;G-11:15 -12:15 kjpa czT -12:15 -1:15 Neub FO epfo;r;rp -1:15 2:30 iftpid tFg;G - 1:15 - 2:15 czTr;re;ij - 2:45 - 4:45	3 யோகாசனம் - 9:30 - 10:30 சேவைகள் பெறுவதற்கான உதவிகள் r%f czT - 3:30 -5:00	4 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 eld tFg;G 11 -12:30	5 nka;epfH - ,irAk; ,ir GjpUk; - 10:30-12:00 சேவைகள் பெறுவதற்கான உதவிகள்
8 clw; gapw;rp tFg;G - 9:30 -10:30 சேவைகள் பெறுவதற்கான உதவிகள்	9 Nahfhrdk;----`hHkzp epiyak; & nka;epfh; 10 -11 FO nraw;ghL -11:15 -12:15 njhopy; El;g tFg;G-11:15 -12:15 kjpa czT -12:15 -1:15 gl;liw -1:15 -2:30 czTr;re;ij - 2:45 - 4:45	10 யோகாசனம் - 9:30 - 10:30 சேவைகள் பெறுவதற்கான உதவிகள் r%f czT - 3:30 -5:00	11 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 eld tFg;G 11 -12:30	12 nka;epfH - ,irAk; ,ir GjpUk; - 10:30-12:00 சேவைகள் பெறுவதற்கான உதவிகள்
15 clw; gapw;rp tFg;G - 9:30 -10:30 மண் கலை வகுப்பு 10:15 -12:30 Studio on the Hill	16 Nahfhrdk;----`hHkzp epiyak; & nka;epfh; 10 -11 FO nraw;ghL -11:15 -12:15 kjpa czT -12:15 -1:15 Neub FO epfo;r;rp -1:30 2:30 iftpid tFg;G - 1:15 - 2:15 czTr;re;ij - 2:45 - 4:45	17 யோகாசனம் - 9:30 - 10:30 சேவைகள் பெறுவதற்கான உதவிகள் r%f czT - 3:30 -5:00	18 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 eld tFg;G 11 -12:30	19 nka;epfH - ,irAk; ,ir GjpUk; - 10:30-12:00 சேவைகள் பெறுவதற்கான உதவிகள்
22 clw; gapw;rp tFg;G - 9:30 -10:30 மண் கலை வகுப்பு 10:30 - 12:30 Studio on the Hill	23 ru];tjp g+i[-10 -2:30  czTr;re;ij - 2:45 - 4:45	24 யோகாசனம் - 9:30 - 10:30 சேவைகள் பெறுவதற்கான உதவிகள் r%f czT - 3:30 -5:00	25 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 eld tFg;G 11 -12:30	26 nka;epfH - ,irAk; ,ir GjpUk; - 10:30-12:00 சேவைகள் பெறுவதற்கான உதவிகள்

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29 clw; gapw;rp tFg;G – 9:30 -10:30 மண் கலை வகுப்பு 10:30 – 12:30 Studio on the Hill	30 Truth and Reconciliation mYtyfk; %lg;gl;bUf;Fk;		
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For more information call (416) 752-0101 Ext. 4230

PROGRAM DESCRIPTION

HEALTH AND WELL-BEING

A festival that symbolizes the victory of good over evil.

Yoga - Yoga is typically understood as asanas involving deep breathing which can make the participants experience the joy of stretching. These sessions are tailored to the needs of the participants which suits their age.

Support Group (Indoor & Virtual) - This support group is for seniors to connect and offer support / encouragement to them. New/updated information is provided and members share their experiences or what they like to share.

Virtual & In person Singing Club - Semi-classical takes the basics of classical music but in a simplified style making it more accessible. Training participants that may sing for special events.

Group Activity - Different cultural activities - Sing along, Dance, Debates, Scrabble, Cards, Carom & Bingo

Dance Class – Semi Classical dance. The steps are not as complex as pure classical. Training participants that may perform for special events.

Drama Club - Learning different acting techniques and activities to perform for special events.

Pooja Festival

September 23rd 10 am -2 :30 pm



Pottery Classes

மண் கலை வகுப்புகள்

,lk; - Studio on the Hill

15.09.2025 – 20.10.2025 tiu 8 tFg;Gfs; eilngWk;
fhiy 10:30 – 12:30



CHC |

United Way
Water Toronto