

November 2025

Seniors Active Living Centre BENGALI PROGRAM
Crescent Town Centre - 2A The Mkt Pl
Nazly Sultana, SALC Program Facilitator
Cell (647) 233-4898 Email nsultana@srchc.com

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 Zumba Gold 11:00am-12:00pm Hands in Harmony [pottery class] 01:30pm-03:30pm	4 Flu Shot Clinic 10:00am-01:00pm	5 Chair Yoga 11:00am-12:00pm (In-person & virtual)	6	7 One-on-One support 2:00-3:00pm (Virtual)
10 Zumba Gold 11:00am-12:00pm Hands in Harmony [pottery class] 01:30pm-03:30pm	11 Mindfulness Workshop 11:00am-12:00pm Show and Tell 12:00am-01:00pm	12 Chair Yoga 11:00am-12:00pm (In-person & virtual)	13	14 One-on-One support 2:00-3:00pm (Virtual)
17 Zumba Gold 11:00am-12:00pm Hands in Harmony [pottery class] 01:30pm-03:30pm	18 Mindfulness Workshop 11:00am-12:00pm Sing Along 12:00am-01:00pm	19 Chair Yoga 11:00am-12:00pm (In-person & virtual)	20 Lunch and Learn 11:00am-2:00pm	21 One-on-One support 2:00-3:00pm (Virtual)
24 Zumba Gold 11:00am-12:00pm Hands in Harmony [pottery class] 01:30pm-03:30pm	25 Mindfulness Workshop 11:00am-12:00pm Bingo 12:00am-01:00pm	26 Chair Yoga 11:00am-12:00pm (In-person & virtual) Food and Fitness Lunch 12:30pm-2:00pm	27	28 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. One-on One support also available in person or by phone at other times. We offer walk-in service, and for longer appointments, please book a time by contacting the numbers above.

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 Learn

November 14 marks World Diabetes Day, an annual event dedicated to raising awareness about the global impact of diabetes. This month, seniors will learn about diabetes management and enjoy a 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 [Pottery Class]

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 that requires pre-registration.

Food and Fitness Lunch

After completing the six-week Food and Fitness program, we will host a cross-cultural lunch where English- and Bengali-speaking seniors can share healthy traditional foods and socialize. The program incorporates physical activities, encourages healthy eating habits, and promotes overall wellness education

