

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 Happy New Year Office Closed	2 Program Cancelled
5 No Fitness Class Hands in Harmony [pottery class] 01:30pm-03:30pm	6 Mindfulness Workshop 11:00am-12:00pm Bingo 12:00am-01:00pm	7 Chair Yoga 11:00am-12:00pm (In-person & virtual)	8	9 One-on-One support 2:00-3:00pm (Virtual)
12 Gentle Fitness 11:00am-12:00pm Hands in Harmony [pottery class] 01:30pm-03:30pm	13 Mindfulness Workshop 11:00am-12:00pm Show and Tell 12:00am-01:00pm	14 Chair Yoga 11:00am-12:00pm (In-person & virtual)	15 Lunch and Learn 10:00am-1:00pm	16 One-on-One support 2:00-3:00pm (Virtual)
19 Gentle Fitness 11:00am-12:00pm Hands in Harmony [pottery class] 01:30pm-03:30pm	20 Mindfulness Workshop 11:00am-12:00pm Bingo 12:00am-01:00pm	21 Chair Yoga 11:00am-12:00pm (In-person & virtual)	22	23 One-on-One support 2:00-3:00pm (Virtual)
26 Gentle Fitness 11:00am-12:00pm Hands in Harmony [pottery class] 01:30pm-03:30pm	27 Mindfulness Workshop 11:00am-12:00pm Bingo 12:00am-01:00pm	28 No Yoga Class	29	30 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.

Gentle Fitness

. This exercise programs are developed to encourage seniors to become more active, participate in a social network, reduce the risk of injuries and falls, as well as enhance self-esteem and independence. All classes include a light exercise and are designed to increase balance, strength and flexibility.

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.

Lunch and Learn

January is Alzheimer's Awareness Month. During this time, seniors will learn about dementia prevention and enjoy a lunch prepared by our Bengali senior volunteers.



Christmas Party

