



## July 2026

Seniors Active Living Centre **BENGALI PROGRAM**  
 Crescent Town Centre - 2A The Mkt Pl  
 Nazly Sultana, SALC Program Facilitator  
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Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 <b>Office Closed Canada Day</b>	2	3  One-on-One support 2:00-3:00pm (Virtual)
6  Chair Yoga 11:00am-12pm	7  <b>Program Cancelled</b>	8  Gentle Fitness 10:00-11:00AM	9	10  One-on-One support 2:00-3:00pm (Virtual)
13  Chair Yoga (In-person & virtual) 11:00am-12:00pm	14  <b>Mindfulness Nature Walk 10:00am -11:00am</b>  <b>Diabetes Management session &amp; Lunch 11:00am-2:00pm</b>	15  Gentle Fitness 10:00-11:00AM <b>Intergenerational Digital Learning 11:00am-12:00pm</b>	16	17  One-on-One support 2:00-3:00pm (Virtual)
20  Chair Yoga (In-person & virtual) 11:00am-12:00pm	21  <b>Mindfulness Nature Walk 10:00am -11:00am</b> Tea N Chat 11:00am-12:00pm Bingo 12:00-01:00pm	22  Gentle Fitness 10:00-11:00AM <b>Intergenerational Digital Learning 11:00am-12:00pm</b>	23	24  One-on-One support 2:00-3:00pm (Virtual)
27  Chair Yoga (In-person & virtual) 11:00am-12:00pm	28  <b>Mindfulness Nature Walk 10:00am -11:00am</b> <b>Intergenerational Arts and Crafts 11:00pm-12:00pm</b> <b>Café Mango 12:00-01:00pm</b>	29  <b>Program Cancelled</b>	30	31  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

#### 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.

#### 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.

#### Tea N Chat

Seniors socializing programme, which helps to reduce loneliness and social isolation. A friendly and welcoming environment, perfect for meeting and talking with other seniors, sharing their stories from life and favourite topics followed by tea and coffee.

#### Bingo

Bingo will provide seniors with an enjoyable social activity that encourages interaction, mental stimulation, and fun.

#### Café Mango

Food is a great way to bond with one another. On the last Tuesday of each month, seniors will come together to prepare a healthy brunch and share new recipes with each other. This monthly café will help provide access to healthy food.

#### Diabetes Management Session and Lunch

Program offers group education sessions to help individuals with diabetes to achieve better knowledge and awareness of diabetes and its implications followed by lunch. It empowers seniors to manage their own health. The program offers access to a multidisciplinary health team, including: diabetes educator and dietitian

#### Intergenerational Arts and Crafts

An engaging program that brings together seniors and younger generations to create art and craft projects, share skills, build relationships, and learn from one another in a fun and creative environment.

#### Intergenerational Digital Learning

A collaborative program that connects seniors and younger generations to learn and share digital skills. Participants explore technology together, including smartphones, computers, social media, online safety, and digital communication, while fostering meaningful intergenerational connections.

