

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 Chair Yoga 11:00am-12:00pm (In-person & virtual)	2	3 Good Friday Office Closed
6 Gentle Fitness 11:00am-12:00pm	7 Tea N Chat 10:00am-01:00pm Singing Class 10:00am-11:00am Dance Class 11:00am-12:00pm	8 Chair Yoga 11:00am-12:00pm (In-person & virtual)	9	10 One-on-One support 2:00-3:00pm (Virtual)
13 Gentle Fitness 11:00am-12:00pm	14 Bengali New Year Celebration 11:00 am-02:00pm	15 Chair Yoga 11:00am-12:00pm (In-person & virtual)	16	17 One-on-One support 2:00-3:00pm (Virtual)
20 Gentle Fitness 11:00am-12:00pm	21 Tea N Chat 10:00am-01:00pm Bingo 12:00am-01:00pm	22 Chair Yoga 11:00am-12:00pm (In-person & virtual)	23	24 One-on-One support 2:00-3:00pm (Virtual)
27 Gentle Fitness 11:00am-12:00pm	28 Café Mango 11:00am-01:00pm	29 Program cancelled	30	

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.



Singing Class

Seniors will learn cultural songs and practice singing with an instructor, promoting relaxation and improved mental well-being.

Dance Class

Seniors will learn cultural dance and practice with an instructor, promoting both physical and mental well-being.

Bengali New Year

Bengali New Year, or Pohela Boishakh, is observed on the first day of the Bengali calendar, usually on April 14th, with celebrations that include wearing new attire, enjoying traditional cuisine, and engaging in cultural events and fairs. Our seniors will mark the occasion with a cultural performance, followed by a traditional Bengali lunch.

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.