

February 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
2 Gentle Fitness 11:00am-12:00pm Hands in Harmony [pottery class] 01:30pm-03:30pm	3 Day Trip to Gardiner Museum and Allan Garden 11:00am-3:00pm	4 Chair Yoga 11:00am-12:00pm (In-person & virtual)	5	6 One-on-One support 2:00-3:00pm (Virtual)
9 Gentle Fitness 11:00am-12:00pm Hands in Harmony [pottery class] 01:30pm-03:30pm	10 Mindfulness Workshop 11:00am-12:00pm Sing Along 12:00am-01:00pm	11 Chair Yoga 11:00am-12:00pm (In-person & virtual)	12 International Mother Language Day Celebration 10:00am-1:00pm	13 One-on-One support 2:00-3:00pm (Virtual)
16 Office Closed Family Day	17 Program Cancelled	18 Chair Yoga 11:00am-12:00pm (In-person)	19	20
23 Gentle Fitness 11:00am-12:00pm	24 Program Cancelled	25 Chair Yoga 11:00am-12:00pm (In-person)	26	27

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.

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.

Day Trip to Gardiner Museum and Allan Garden

Seniors will take part in a mindfulness session at Allan Gardens and enjoy exploring artistic pottery at the Gardiner Museum, followed by lunch.

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.

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.

International Mother Language Day

Seniors will celebrate International Mother Language Day to honor linguistic diversity and promote the importance of mother languages followed by lunch