



March 2026

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
2 Gentle Fitness 11:00am-12:00pm	3 Program Cancelled	4 Chair Yoga 11:00am-12:00pm	5	6
9 Gentle Fitness 11:00am-12:00pm	10 Program Cancelled	11 Chair Yoga 11:00am-12:00pm	12	13
16 Gentle Fitness 11:00am-12:00pm	17 Program Cancelled	18 Program Cancelled	19	20
23 Gentle Fitness Cancelled Pottery Show Case 2 Gower Street 1:00-3:00pm	24 Tea N Chat 11:00-01:00pm Bingo 12:00am-1:00pm	25 Chair Yoga 11:00am-12:00pm (In-person and virtual)	26	27 One-on-One support 2:00-3:00pm (Virtual)
30 Gentle Fitness 11:00am-12:00pm	31 Open House 11:00am-1:00pm			

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.

Pottery Show Case

After completing the six-week pottery class, seniors will showcase their creativity at the event. All seniors are welcome to attend and view their creative work.

Open House

We are hosting an open house for our seniors' program, featuring an information booth where visitors can learn more about our offerings. Existing members will also have the opportunity to renew their memberships on the day of the event.

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

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.

