


June 2026

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
1 Gentle Fitness 11:00am-12:00pm	2 Eid Reunion 10:00-12:00 Café Mango 12:00-1:00pm	3 Chair Yoga 11:00am-12:00pm (In-person & virtual)	4	5 One-on-One support 2:00-3:00pm (Virtual)
8 Gentle Fitness 11:00am-12:00pm	9 Tea N Chat 11:00am-12:00pm Bingo 12:00-01:00	10 Chair Yoga 11:00am-12:00pm (In-person & virtual)	11	12 One-on-One support 2:00-3:00pm (Virtual)
15 Gentle Fitness 11:00am-12:00pm	16 Nature Walk and Mediation 10:00am -11:00am Seniors Month Celebration Workshop on Tenants Law 11:00am-01:00pm	17 Chair Yoga 11:00am-12:00pm (In-person & virtual) Trip to Botanical Garden 8:30am-4:30pm	18	19 One-on-One support 2:00-3:00pm (Virtual)
22 Gentle Fitness 11:00am-12:00pm	23 Nature Walk and Mediation 10:00am -11:00am Tea N Chat 11:00am-12:00pm Singing Class 12:00-01:00	24 Chair Yoga 11:00am-12:00pm (In- person only) Picnic at Thompson Memorial Park 1005 Brimley Rd. Shade # 11:00am- 5:00pm	25	26 One-on-One support 2:00-3:00pm (Virtual)
29 Gentle Fitness 11:00am-12:00pm	30 Nature Walk and Mediation 10:00am -11:00am	  South Riverdale Community Health Centre - SRCHC  @SRiverdaleCHC  @southriverdalechc  srchc.ca		

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.

Café Mango

Food is a great way to bond with one another, 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.

Nature Walk and Meditation

Nature Walk is a wonderful addition to summer activities. Outdoor walks in parks such as Taylor Creek Park can provide many mental and physical health benefits for seniors, especially when combined with guided meditation led by an instructor. Participating in physical and mindfulness activities in a natural environment helps support overall health and well-being.

Seniors Month Celebration

The 2026 theme for Seniors Month in Ontario is “Ontario Seniors — Let’s Get Moving,” highlighting wellness, social engagement, and education for older adults. This year, Don Valley Community Legal Services will present a session on tenants’ rights and discuss the challenges seniors face with landlords.

