

January 2026

Seniors Active Living Centre – Tamil Program
2 Gower Street
Urmila Selvanayagam, SALC Program Facilitator
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Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
			1 New Year Stat Holiday	2 No activities
5 Gentle Fitness – 9:30 - 10:30 One on one support by phone / In person	6 Yoga- In person & Virtual 10-11am Group Activity 11:15- 12:15 pm Singing Session - 11:15- 12:15 pm Lunch - 12:15-1:15 pm Indoor Support Group -1:15 -2:30pm Craft Class – 1:15 – 2:15	7 Yoga – 9:30 am – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	8 Virtual Support Group 10-11 am Dance class –11:00 -12:30	9 Virtual Tamil Sing along & Music Quiz 10:30 - 12:00 pm One on one support by phone / In person
12 Gentle Fitness – 9:30 -10:30 One on one support by phone / In person	13 Yoga- In person & Virtual 10-11am Group Activity 11:15- 12:15 pm Singing Session - 11:15- 12:15 pm Lunch - 12:15-1:15 pm Indoor Support Group -1:15 -2:30pm Craft Class – 1:15 – 2:15	14 Yoga – 9:30 am – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	15 Virtual Support Group 10-11 am Dance class – 11 -12:30	16 Virtual Pongal Celebration 10:30 - 12:00 pm 
19 Gentle Fitness– 9:30 -10:30 Dance Class -10:30 – 12:00	20 Tamil Heritage Month (Pongal) Celebration 10:30 am – 2:30 pm 	21 Yoga – 9:30 am – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	22 Virtual Support Group 10-11 am	23 Virtual Tamil Sing along & Music Quiz 10:30 - 12:00 pm One on one support by phone / In person
26 Gentle Fitness– 9:30 -10:30 One on one support by phone / In person	27 Yoga- In person & Virtual 10-11am Group Activity 11:15- 12:15 pm Lunch - 12:15-1:15 pm Indoor Support Group -1:15 -2:30pm Craft Class – 1:15 – 2:15	28 No Activities	29 Virtual Support Group 10-11 am	30 Virtual Tamil Sing along & Music Quiz 10:30 - 12:00 pm One on one support by phone / In person

திங்கள் காலை 9 - மாலை 5	செவ்வாய் காலை 9 - மாலை 5	புதன் காலை 9 - மாலை 5	வியாழன் காலை 9 - மாலை 5	வெள்ளி காலை 9 - மாலை 5
			1 GJ tUlg;gpwg;G	2 epfo;r;rpfs; eil ngwhJ
5 clw; gapw;rp tFg;G – 9:30 -10:30 சேவைகள் பெறுவதற்கான உதவிகள்	6 Nahfhrdk;----`hHkzp epiyak; & nka;epfh; 10 -11 ghly; gapw;rp - 11:15 -12:15 FO nraw;ghL -11:15 -12:15 kjpa czT -12:15 -1:15 Neub FO epfo;r;rp -1:30 2:30 iftpid tFg;G – 1:15 – 2:15	7 யோகாசனம் – 9:30 – 10:30 சேவைகள் பெறுவதற்கான உதவிகள் r%f czT – 3:30 -5:00	8 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 eld tFg;G 9:30 -11:00	9 nka;epfH - ,irAk; ,ir GjpUk; -10:30-12:00 சேவைகள் பெறுவதற்கான உதவிகள்
12 clw; gapw;rp tFg;G – 9:30 -10:30 சேவைகள் பெறுவதற்கான உதவிகள்	13 Nahfhrdk;----`hHkzp epiyak; & nka;epfh; 10 -11 ghly; gapw;rp - 11:15 -12:15 FO nraw;ghL -11:15 -12:15 kjpa czT -12:15 -1:15 Neub FO epfo;r;rp -1:30 2:30 iftpid tFg;G – 1:15 – 2:15	14 யோகாசனம் – 9:30 – 10:30 சேவைகள் பெறுவதற்கான உதவிகள் r%f czT – 3:30 -5:00	15 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 eld tFg;G 11 -12:30	16 nka;epfH -nghq;fy; epfo;r;rp 10:30-12:00 
19 clw; gapw;rp tFg;G – 9:30 -10:30 eld tFg;G 11 -12:30	20 nghq;fy; epfo;r;rpfs; fhiy 10:30–2:30 kzp tiu 	21 யோகாசனம் – 9:30 – 10:30 சேவைகள் பெறுவதற்கான உதவிகள் r%f czT – 3:30 -5:00	22 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00	23 nka;epfH - ,irAk; ,ir GjpUk; -10:30-12:00 சேவைகள் பெறுவதற்கான உதவிகள்
26 clw; gapw;rp tFg;G – 9:30 -10:30 சேவைகள் பெறுவதற்கான உதவிகள்	27 Nahfhrdk;----`hHkzp epiyak; & nka;epfh; 10 -11 FO nraw;ghL -11:15 -12:15 kjpa czT -12:15 -1:15 Neub FO epfo;r;rp -1:30 2:30 iftpid tFg;G – 1:15 – 2:15	28 epfo;r;rpfs; eil ngwhJ	29 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00	30 nka;epfH - ,irAk; ,ir GjpUk; -10:30-12:00 சேவைகள் பெறுவதற்கான

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For more information call (416) 752-0101 Ext. 4230

PROGRAM DESCRIPTION

HEALTH AND WELL-BEING

Yoga - Yoga is typically understood as asanas involving deep breathing which can make the participants experience the joy of stretching. These sessions are tailored to the needs of the participants which suits their age.

Support Group (Indoor & Virtual) - This support group is for seniors to connect and offer support / encouragement to them. New/updated information is provided and members share their experiences or what they like to share.

Virtual & In person Singing Club - Semi-classical takes the basics of classical music but in a simplified style making it more accessible. Training participants that may sing for special events.

Group Activity - Different cultural activities - Sing along, Dance, Debates, Scrabble, Cards, Carom & Bingo

Dance Class – Semi Classical dance. The steps are not as complex as pure classical. Training participants that may perform for special events.

Drama Club - Learning different acting techniques and activities to perform for special events.

Craft class – Making things skillfully with hands

Special Event

Pongal & Tamil Heritage Month Celebration
January 20th 10:30 am -2:30 pm



,dpa nghq,fy; tho;j,Jfs;!





,dpa Gj;jhz;L
tho;j;Jfs;

GJg;GJ ek;gpf;iffisAk; ,d;gq;fisAk;
ftpij Nghy; epiwj;J xt;nthU nehbiaAk;
ntw;wpahy; epug;gg; GJ tUlk;
gpwf;fpd;wJ

ij khjj;jpy; gpwe;j mq;fj;jtHfs;
midtUf;Fk; vkJ ,dpa gpwe;jehs;;
tho;j;Jf;fs;

kfpo;thd jUzq;fs;
kyul;Lk; ,dpikahf!



ntw;wpahy; epug;gg; GJ tUlk; gpwf;fpd;wJ