

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		<b>1</b> Chair Yoga – 9:30 – 10:30pm CFC Community Meal 3:30 – 5:00pm	<b>2</b> No Tamil Activities	<b>3</b> Good Friday
<b>6</b> Gentle Fitness – 9:30 - 10:30  One on one support by phone / In person	<b>7</b> 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	<b>8</b> One on one support by phone / In person  CFC Community Meal 3:30 – 5:00pm	<b>9</b> Virtual Support Group 10-11 am Dance Class – 11 -12:30	<b>10</b> Chinese Social
<b>13</b> Gentle Fitness – 9:30 - 10:30	<b>14</b> Yoga- In person & Virtual 10-11am  Group Activity 11:15- 12.:15 pm	<b>15</b> Chair Yoga – 9:30 – 10:30pm  CFC Community Meal 3:30 – 5:00pm	<b>16</b> Virtual Support Group 10-11 am Dance Class – 11 -12:30	<b>17</b> Virtual Tamil Sing along & Music Quiz 10:30 - 12:00 pm  One on one support by phone / In person
<b>20</b> Gentle Fitness– 9:30 -10:30 One on one support by phone / In person	<b>21</b> Tamil New Year Celebration 10:30 am – 2:30 pm 	<b>22</b> Chair Yoga – 9:30 – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	<b>23</b> Virtual Support Group 10-11 am	<b>24</b> Virtual Tamil Sing along & Music Quiz 10:30 - 12:00 pm  One on one support by phone / In person
<b>27</b> Gentle Fitness– 9:30 -10:30 One on one support by phone / In person	<b>28</b> 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	<b>29</b> No activities	<b>30</b> Virtual Support Group 10-11 am Dance Class – 11 -12:30	

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 யோகாசனம் – 9:30 – 10:30  r%f czT – 3:30 -5:00	2 <b>jkpo; epfo;r;rpfs; eilngwhJ</b>	3  nghpa nts;sp
6 <b>clw; gapw;rp tFg;G – 9:30 -10:30</b>  சேவைகள் பெறுவதற்கான உதவிகள்	7 <b>Nahfhrdk;----`hHkzp epiyak; &amp; 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</b>	8 யோகாசனம் – 9:30 – 10:30  r%f czT – 3:30 -5:00	9 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 <b>eld tFg;G 11 -12:30</b>	10  <b>rPd r%f epfo;T</b>
13 <b>clw; gapw;rp tFg;G – 9:30 -10:30</b>	14 <b>Nahfhrdk;----`hHkzp epiyak; &amp; nka;epfh; 10 -11  FO nraw;ghL -11:15 -12:15</b>	15 யோகாசனம் – 9:30 – 10:30  r%f czT – 3:30 -5:00	16 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 <b>eld tFg;G 11 -12:30</b>	17 <b>nka;epfH - ,irAk; ,ir GjpUk; -10:30-12:00</b> சேவைகள் பெறுவதற்கான உதவிகள்
20 <b>clw; gapw;rp tFg;G – 9:30 -10:30</b> சேவைகள் பெறுவதற்கான உதவிகள்	21 <b>jkpo;g;Gj;jhz;L epfo;r;rpfs; 10:30 – 2:30</b>  	22 யோகாசனம் – 9:30 – 10:30  r%f czT – 3:30 -5:00	23 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00	24 <b>nka;epfH - ,irAk; ,ir GjpUk; -10:30-12:00</b>  சேவைகள் பெறுவதற்கான உதவிகள்

# rpj;jpiu 2026

27 clw; gapw;rp tFg;G – 9:30 -10:30 சேவைகள் பெறுவதற்கான உதவிகள்	28 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	29 epfo;r;rpfs; eil ngwhJ	30 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 eld tFg;G 11 -12:30	
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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, Cards, Carom & Bingo

**Tamil Seniors Scrabble Club** - To strengthen both short-term and long-term memory, while enhancing vocabulary and spelling.

**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.

## Special Event

**Tamil New Year Celebration**  
April 21<sup>st</sup> 10:30 am -2:30 pm



rpj;jpiu khjj;jpy; gpwe;j  
mq;fj;jtHfs; midtUf;Fk; vkJ ,dpa  
gpwe;jehs;; ey; tho;j;Jfs;

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



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“md;G fhl;l Neuj;ij vLj;Jf; nfhs;  
mJ ,iwtdpd; nfhil!  
rphpj;J kfpo Neuj;ij vLj;Jf; nfhs;  
mJ ,jaj;jpd; ,d;dpir!