

February 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
2 Gentle Fitness – 9:30 - 10:30 One on one support by phone / In person	3 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	4 Chair Yoga – 9:30 am – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	5 Virtual Support Group 10-11 am One on one support by phone / In person	6 Virtual Tamil Sing along & Music Quiz 10:30 - 12:00 pm One on one support by phone / In person
9 Gentle Fitness – 9:30 - 10:30 Food & Fitness 12:45 -2:00	10 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	11 Chair Yoga – 9:30 am – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	12 Virtual Support Group 10-11 am One on one support by phone / In person	13 Virtual Tamil Sing along & Music Quiz 10:30 - 12:00 pm One on one support by phone / In person
16 Family Day Office will be closed	17 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	18 Chair Yoga – 9:30 am – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	19 Virtual Support Group 10-11 am One on one support by phone / In person	20 Virtual Tamil Sing along & Music Quiz 10:30 - 12:00 pm One on one support by phone / In person
23 Gentle Fitness– 9:30 -10:30 One on one support by phone / In person	24 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	25 Chair Yoga – 9:30 am – 10:30pm One on one support by phone / In person CFC Community Meal 3:30 – 5:00pm	26 Virtual Support Group 10-11 am Dance Class – 11 -12:30	27 Virtual Tamil Sing along & Music Quiz 10:30 - 12:00 pm One on one support by phone / In person

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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
2 clw; gapw;rp tFg;G – 9:30 -10:30 சேவைகள் பெறுவதற்கான உதவிகள்	3 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	4 யோகாசனம் – 9:30 – 10:30 சேவைகள் பெறுவதற்கான உதவிகள் r%f czT – 3:30 -5:00	5 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 சேவைகள் பெறுவதற்கான உதவிகள்	6 nka;epfH - ,irAk; ,ir GjpUk; -10:30-12:00 சேவைகள் பெறுவதற்கான உதவிகள்
9 clw; gapw;rp tFg;G – 9:30 -10:30 czTk; clw;jpwDk; 12:30 -2:00	10 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	11 யோகாசனம் – 9:30 – 10:30 சேவைகள் பெறுவதற்கான உதவிகள் r%f czT – 3:30 -5:00	12 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 சேவைகள் பெறுவதற்கான உதவிகள்	13 nka;epfH - ,irAk; ,ir GjpUk; -10:30-12:00 சேவைகள் பெறுவதற்கான உதவிகள்
16 FLk;g jpdK; mYtyfk; %lg;gl;bUf;Fk;	17 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	18 யோகாசனம் – 9:30 – 10:30 சேவைகள் பெறுவதற்கான உதவிகள் r%f czT – 3:30 -5:00	19 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 சேவைகள் பெறுவதற்கான உதவிகள்	20 nka;epfH - ,irAk; ,ir GjpUk; -10:30-12:00 சேவைகள் பெறுவதற்கான உதவிகள்
23 clw; gapw;rp tFg;G – 9:30 -10:30 சேவைகள் பெறுவதற்கான உதவிகள்	24 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	25 யோகாசனம் – 9:30 – 10:30 சேவைகள் பெறுவதற்கான உதவிகள் r%f czT – 3:30 -5:00	26 மெய்நிகர் குழு நிகழ்ச்சி 10 -11:00 eld tFg;G 11 -12:30	27 nka;epfH - ,irAk; ,ir GjpUk; -10:30-12:00 சேவைகள் பெறுவதற்கான உதவிகள்

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.

FLk;g jpd tho;j;Jfs;



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

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

உறவுகளின் சங்கமம்

அன்பின் பிறப்பிடம்

என்றும் நிலைத்திருக்கும் சொத்து

எங்கள் குடும்பம்

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

