



## May 2026

Seniors Active Living Centre **BENGALI PROGRAM**  
 Crescent Town Centre - 2A The Mkt Pl  
 Nazly Sultana, SALC Program Facilitator  
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Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
				1  One-on-One support 2:00-3:00pm (Virtual)
4  Gentle Fitness 11:00am-12:00pm	5 Tea N Chat 10:00am-12:00pm  Singing Class 12:00-01:00	6  Chair Yoga 11:00am-12:00pm (In-person & virtual)	7	8  One-on-One support 2:00-3:00pm (Virtual)
11  Gentle Fitness 11:00am-12:00pm	12 Tea N Chat 10:00am-12:00pm  Dance Class 12:00-01:00	13  <b>Program Cancelled</b>	14  <b>Mother's Day Celebration Lunch 11:00am-2:00pm</b>	15  One-on-One support 2:00-3:00pm (Virtual)
18  <b>Office Closed Victoria Day</b>	19  <b>Café Mango 11:00am-1:00pm</b>	20  Chair Yoga 11:00am-12:00pm (In-person & virtual)	21	22  One-on-One support 2:00-3:00pm (Virtual)
25  Gentle Fitness 11:00am-12:00pm	26  <b>Program Cancelled</b>	27  Chair Yoga 11:00am-12:00pm (In-person & virtual)	28	29

# 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.

### Dance Class

Seniors will learn cultural dance and practice with an instructor, promoting both physical and mental well-being.

### Café Mango

Food is a great way to bond with one another. On the last Tuesday of each month, 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.

### Mother's Day Celebration Lunch

Seniors will celebrate Mother's Day by discussing the role and sacrifices of mothers. Volunteers will prepare cultural food for the event.

