



Seniors Active Living Centre **BENGALI PROGRAM**
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September 2024

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
2 Office Closed Labour Day	3 Tea n Chat Bingo 11:00am-01:00pm Tri-Shaw Market Run 2:30-5:00pm	4 Yoga 11:00-12:00 (In-person & virtual) Knit & Chat 1:00-2:30	5 Grandparents Day Celebration and Lunch 11:00am-2:00pm	6 One-on-One support 2:00-3:00pm (Virtual)
9 Gentle Fitness 11:00-12:00am (In-person)	10 Tea n Chat (Cancelled) Tri-Shaw Market Run (cancelled)	11 Yoga (Cancelled) Knit & Chat 1:00-2:30	12	13
16 Gentle Fitness 11:00-12:00am (In-person)	17 Mental Wellness Session 11:00-01:00pm Tri-Shaw Market Run 2:30-5:00pm	18 Yoga 11:00-12:00 (In-person & virtual) Knit & Chat 1:00-2:30	19	20 One-on-One support 2:00-3:00pm (Virtual)
23 Gentle Fitness 11:00-12:00am (In-person)	24 Tea n Chat Show and Tell 11:00am-01:00pm Tri-Shaw Market Run 2:30-5:00pm	25 Yoga 11:00-12:00 (In-person & virtual) Knit & Chat 1:00-2:30	26	27 One-on-One support 2:00-3:00pm (Virtual)
30 Gentle Fitness 11:00-12:00am (In-person)				



South Riverdale
COMMUNITY
 HEALTH CENTRE



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 Health Centre - SRCHC



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PROGRAM DESCRIPTIONS

For more information call 647-233-4898

All our activities
are run by In-person
and virtually

Please make an appointment
for one-on-one virtual
support at 647-233- 4898

HEALTH AND WELL-BEING

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, information session by professionals followed by tea, coffee and light healthy snacks.

Monthly Lunch: Volunteers prepare cultural Bengali meal every month. Seniors will Grandparents Day and enjoy their meal together.

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.

Trishaw Market Run: Take seniors out on safe recreational bike rides in new electric cargo bikes to and from 2 Gower St. Good Food Market. This program will help seniors to bring back affordable groceries to Crescent Town. This program aims to decrease social isolation, foster friendship and one-on-one interaction, promote a healthier community.

