

December 2024

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
2 Gentle Fitness 11:00-12:00am (In-person)	3 Tea n Chat Bingo 11:00am-01:00pm Pop-up Legal Clinic 1:00-4:00pm By Don Valley Community Legal Services	4 Yoga 11:00-12:00 (In-person & virtual) Knit & Chat 01:00-02:30	5	6 One-on-One support 2:00-3:00pm (Virtual)
9 Gentle Fitness 11:00-12:00am (In-person)	10 Tea n Chat Sing Along 11:00am-01:00pm	11 Yoga 11:00-12:00 (In-person & virtual) Knit & Chat 01:00-02:30	12 Christmas Party and Lunch 11:00am-2:00pm	13 One-on-One support 2:00-3:00pm (Virtual)
16 Gentle Fitness 11:00-12:00am (In-person)	17 Tea n Chat Indore Games 11:00am-01:00pm	18 Yoga Cancelled	19	20 One-on-One support 2:00-3:00pm (Virtual)
23 Gentle Fitness Cancelled	24 Diabetes Management Session 11:00am-01:00pm	25 Office Closed Christmas Day	26 Office Closed Boxing Day	27
30 Gentle Fitness Cancelled	31 Tea n Chat Show and Tell 11:00am-01:00pm			



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.

Diabetes Management

Program offers group education sessions to help individuals with diabetes to achieve better knowledge and awareness of diabetes and its implications. It empowers seniors to manage their own health. The program offers access to a multidisciplinary health team, including: diabetes educator and dietitian.

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.

Monthly Lunch:

Volunteers prepare cultural Bengali meal every month. This month seniors will celebrate Christmas and will enjoy their meal together.

