

January 2025

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
		1 Happy New Year Office Closed	2	3 One-on-One support 2:00-3:00pm (Virtual)
6 Gentle Fitness 11:00-12:00am (In-person)	7 Tea n Chat Bingo 11:00am-01:00pm	8 Yoga 11:00-12:00 (In-person & virtual)	9	10 One-on-One support 2:00-3:00pm (Virtual)
13 Gentle Fitness 11:00-12:00am (In-person)	14 Tea n Chat Cancelled	15 Yoga 11:00-12:00 (In-person & virtual)	16	17
20 Gentle Fitness 11:00-12:00am (In-person)	21 Tea n Chat Balanced Nutrition and Brain Health 11:00am-01:00pm	22 Yoga 11:00-12:00 (In-person & virtual)	23 New Year's Party 11:00am-2:00pm	24 One-on-One support 2:00-3:00pm (Virtual)
27 Gentle Fitness 11:00-12:00am (In-person)	28 Tea n Chat Show and Tell 11:00am-01:00pm	29 Yoga Cancelled	30	31 One-on-One support 2:00-3:00pm (Virtual)

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.

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 New Year and will enjoy their meal together.

