

## February 2025

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday 9am-5pm
3 Gentle Fitness 11:00-12:00am (In-person)	4 Tea n Chat Sing Along 11:00am-01:00pm	5 Yoga 11:00-12:00 (In-person & virtual)  Knit &Chat 1:00-2:30pm	6	7 Zumba 11:15am-12:15pm  One-on-One support 2:00-3:00pm (Virtual)
10 Gentle Fitness 11:00-12:00am (In-person)	11 Tea n Chat 10:30-11:30am <b>Diabetes Management Session</b> 11:30am-1:00pm	12 Yoga 11:00-12:00 (In-person & virtual)  Knit &Chat 1:00-2:30pm	13 <b>Basanto Utshob</b> <b>11:00am-2:00pm</b>	14 One-on-One support 2:00-3:00pm (Virtual)
17 <b>Office Closed</b> <b>Family Day</b>	18 <b>Tea n Chat Cancelled</b>	19 Yoga 11:00-12:00 (In-person & virtual)  Knit &Chat 1:00-2:30pm	20	21
24 Gentle Fitness 11:00-12:00am (In-person)	25 <b>Tea n Chat Cancelled</b>	26 Yoga 11:00-12:00 (In-person & virtual)  Knit &Chat 1:00-2:30pm	27	28



## 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.

#### 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.

#### Monthly Lunch:

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

