



Seniors Active Living Centre BENGALI PROGRAM
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March 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 Cancelled	5 Yoga 11:00-12:00 (In-person & virtual)	6	7
10 Gentle Fitness 11:00-12:00am (In-person)	11 Tea n Chat Cancelled	12 Yoga 11:00-12:00 (In-person & virtual)	13	14
17 Gentle Fitness 11:00-12:00am (In-person)	18 Tea n Chat Bingo 11:00am-01:00pm	19 Yoga 11:00-12:00 (In-person & virtual)	20 Iftar Party 06:00pm-08:30pm	21 One-on-One support 2:00-3:00pm (Virtual)
24 Gentle Fitness 11:00-12:00am (In-person)	25 Tea n Chat Show and Tell 11:00am-01:00pm	26 Yoga 11:00-12:00 (In-person & virtual)	27	28 One-on-One support 2:00-3:00pm (Virtual)
31 Gentle Fitness 11:00-12:00am (In-person)				



South Riverdale Community
Health Centre - SRCHC



@SRiverdaleCHC



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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.

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.

Iftar Party:

Each month, volunteers prepare a traditional Bengali meal. This month, the seniors will mark the occasion by enjoying iftar together to break their fast.

