

SENIOR DAY CELEBRATION: IN-PERSON EVENT



Thursday, October 16, 2025 | 11 a.m. - 1 p.m.

**Join us to celebrate Senior Day with a fun
chair yoga session!**

The session includes:

- Yoga using the chair and the wall
- Restorative, stretching and strength poses
- Breathing exercises
- Qi Gong exercises
- Relaxing time

**Refreshments will be provided and you'll get a chance to win
prizes in our raffle drawings.**

Location:

690 Dorval Dr., Suite 100, Oakville, L6K 3X9

Register by phone or email:
(905) 875-3851 Ext. 5008
nicoakville@achev.ca

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老年节庆祝活动 线下活动

星期四，10月16日， 2025 | 11 a.m. - 1 p.m.

欢迎参加我们的椅子瑜伽课程，一起来庆祝老年节！

课程内容包括：

- 利用椅子和墙壁练习瑜伽
- 修复性，伸展和力量姿势
- 呼吸练习
- 气功练习
- 放松时间

活动提供茶点，并有机会在抽奖中赢取奖品！

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