



# Seniors Wellness Program for South Asians

Join us for:

- Group Activities and Discussions
- Counseling and Support
- Exercise Programs
- Music and Art Therapy
- Mental Aerobics
- Field Trips and Outdoor Activities
- Monthly Educational Presentations
- Volunteering Opportunities

**Health Promotion & Clinics:**  
 Foot Care, Falls and Diabetes - for high risk clients

**Program is offered as follows:**

Day	Time	Location	Language
Tuesday	12:30 PM – 4:00 PM	500 Ray Lawson Blvd. Brampton (Fletcher Creek Library)	Hindi, Punjabi, English
Wednesday	12:30 PM – 4:00 PM	3038 Hurontario St. 3 <sup>rd</sup> Floor, Suite 308 Mississauga	Hindi, Punjabi, Gujarati, English
Wednesday	12:30 PM – 4:00 PM	Malton Gurdwara	Punjabi
Thursday	12:30 PM – 4:00 PM	245 Queen St. E, Unit 2, Brampton	Hindi, Punjabi, English
Thursday	12:30 PM – 4:00 PM	3038 Hurontario St. 3 <sup>rd</sup> Floor, Suite 308 Mississauga	Hindi, Punjabi, English
Thursday	9:30 AM – 12:30 PM	3038 Hurontario St. 3 <sup>rd</sup> Floor, Suite 308 Mississauga	Tamil
Friday	9:30 AM – 12:30 PM	3038 Hurontario St. 3 <sup>rd</sup> Floor, Suite 308 Mississauga	Tamil
Friday	12:30 PM – 4:00 PM	3038 Hurontario St. 3 <sup>rd</sup> Floor, Suite 308 Mississauga	Hindi, Punjabi, English
Friday	12:30 PM – 4:00 PM	245 Queen St. E, Unit 2, Brampton	Hindi, Punjabi, English

**For more information and to register please call:**

**Mississauga:**

3038 Hurontario St. Suite 206 & Unit 1  
 (Hurontario & Dundas)  
**Ph: 905-507-6099 or 905-361-0462**

**Brampton:**

245 Queen Street East, Unit 2  
 (Queen & Kennedy)  
**Ph: 905-595-1667**

[info@indiarainbow.org](mailto:info@indiarainbow.org)

[www.indiarainbow.org](http://www.indiarainbow.org)





# Programs & Services

Services for New Immigrants

Job Search Training Program and Workshops

English Language Training with Childminding

Services for Children, Youth and Parents

Services for Women

Family Court Support Services

Supportive Mental Health Services

Services for Seniors

Adult Day Program, Wellness Program & Friendly Visiting

Volunteer Opportunities & Student Placements

Our services are non-religious and non-political

Services are provided in:

English, Punjabi, Hindi, Urdu, Tamil, Gujarati, Kannada, Bengali & Arabic

For more information please call:

Mississauga: 3038 Hurontario Street, Suite 206 & Unit 1, Mississauga ON L5B 3B9

Ph: 905-275-2369

415 Matheson Boulevard East, Mississauga ON L4Z 2H2

Ph: 905-507-6099

Brampton: 21 Regan Road, Unit H & I, Brampton ON L7A 1C5

Ph: 905-459-4776

245 Queen Street East, Unit 2, Brampton ON L6W 2B5

Ph: 905-595-1667

[www.indiarainbow.org](http://www.indiarainbow.org)

[info@indiarainbow.org](mailto:info@indiarainbow.org)

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