

Energy Boost for Seniors

Date: Monday, April 6, 2026

Time: 3 :15 PM – 4:15 PM

Location: Recreation Room at SPLC

Topics:

- How Your Body Creates Energy
- Common Reasons for Low Energy
- Healthy Lifestyle to Stay Energized
- Eating for More Energy
- Q & A

Facilitator: Clara Lee, RD

Registration is required.

Please contact Clara at 416-493-

3333 x 325 or email at yoonshinl@splc.ca



Senior Persons Living Connected

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 Scarborough, Ontario
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Strong Muscles for Healthy Aging

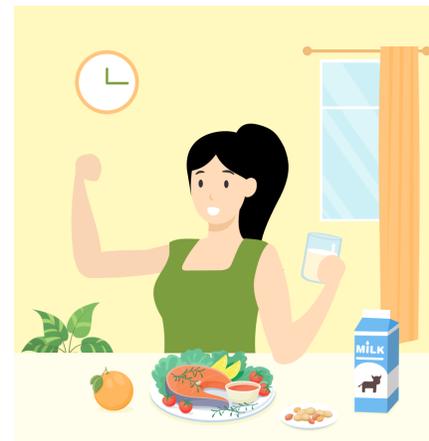
Date: Monday, May 4, 2026

Time: 3 :15 PM – 4:15 PM

Location: Recreation Room at SPLC

Topics:

- The Role of Muscles in Your Body
- Why Muscle Matters as You Age
- Nutrition for Building Muscle
- Lifestyle Habits for Strong Muscles
- Q & A



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