

Razia Kanji-daughter of client  
Malek Pardhan-mother - client

“My Mom is in her 80s and had suffered a heart attack about 5 years ago. After she had recovered, she was advised to exercise under supervision and for a couple of years went to the Rehab Facility run by York Regional Hospital in Vaughan. However, she found that in the winter it was too far to get to and also the program was quite costly. Since the seniors exercise program started at Jubilee Gardens my Mom has been attending it. This venue is closer to home and she has found that the gentle exercises it offers suits her needs. She is careful to do what she can (as the instructor keeps reminding the class). The chair yoga and standing sessions aid in flexibility, balance and movement.

On her recent visit to her cardiologist, he was really happy with her heart function and he advised her to stay active as much as she can. Also, she lives in a townhome with multiple levels, and is able to negotiate the stairs without a problem. I believe this is in a large part due to her regular exercise sessions which also keep her motivated to do them at home.

Another aspect of the sessions at Jubilee Gardens are the talks that are presented every few weeks. These are a valuable source of information which otherwise one would have to go elsewhere to get.

Lastly, every Monday, she looks forward to going to these classes as it gets her out of the house where she can meet the friends that she has made and have a little outing. Otherwise, she would just stay in the house. This is especially important in the colder months when one tends to stay indoors and is reluctant to go out in the cold”.