

DIGNITY FOUNDATION , CHAI MASTI GROUP, DADAR

PROGRAMME FROM 01 FEBRUARY TO 29 FEBRUARY 2012

WEEK STARTING 01 FEB. TO 03 FEB.2012

DATE	DAY	TIME	PROGRAMME
01.02.2012	Wednesday	03.45pm to 5pm	Tai Chi with Carlton Sir and Prashant Sir
		5pm to 5.45pm	Group Musical for all Members
02.02.2012	Thursday	03.45pm to 5pm	Anoop Sir - Danceaerobics
		5pm to 5.45pm	Games
03.02.2012	Friday	03.45pm to 5.45pm	Story Telling Competition / Games

WEEK STARTING 06 FEB. TO 10 FEB.2012

DATE	DAY	TIME	PROGRAMME
06.02.2012	Monday	03.45pm to 5.45pm	Activity and Games with Volunteers Davis and Shrikant
07.02.2012	Tuesday	03.45 pm to 5pm	Yoga with Satish Sir and Vidyaji from Ambika Kutir
		5 - 5.45pm	Fun & Quiz programs with Jini Patel
08.02.2012	Wednesday	03.45 pm to 5pm	Tai Chi with Carlton Sir and Prashant Sir
		5 - 5.45pm	Group Musical for all Members
09.02.2012	Thursday	03.45pm to 5.pm	Mickey Mehta's Gym - Danceaerobics
		5pm to 5.45pm	Games
10.02.2012	Friday	03.45pm to 5pm	Stretches with Vidyaji
		5pm to 5.45pm	Enacting a TV advertisement

WEEK STARTING 13 FEB. TO 17 FEB.2012

DATE	DAY	TIME	PROGRAMME
13.02.2012	Monday	03.45pm to 5.45pm	Physiotherapist - Dr. Zubair Patel - Talk on Maintaining your Health
14.02.2012	Tuesday	03.45pm to 5 pm	Yoga with Satish Sir and Vidyaji from Ambika Kutir
		5 pm to 5.45pm	Photo Guessing Game
15.02.2012	Wednesday	03.45pm to 5pm	Tai Chi with Carlton Sir and Prashant Sir

		5pm to 5.45pm	Group Musical for all Members
16.02.2012	Thursday	03.45pm to 5pm	Danceaerobics - Anoop Sir
		5pm to 5.45pm	Games
17.02.2012	Friday	03.45pm to 5.45pm	Movie - Gumraah - Ashok Kumar, Sunil Dutt and Mala Sinha
WEEK STARTING 20 FEB. TO 24 FEB.2012			
DATE	DAY	TIME	PROGRAMME
20.02.2012	Monday	03.45pm to 5pm	Stretches with Vidyaji
		5pm to 5.45pm	Laughter Club with Mrs. Neelambika Mirji
21.02.2012	Tuesday	03.45pm to 5pm	Yoga with Satish Sir and Vidyaji from Ambika Kutir
		5pm to 5.45pm	Fun & Quiz programs with Jini Patel
22.02.2012	Wednesday	03.45pm to 5pm	Tai Chi with Carlton Sir and Prashant Sir
		5pm to 5.45pm	Group Musical for all Members
23.02.2012	Thursday	03.45pm to 5pm	Mickey Mehta's Gym - Danceaerobics
		5pm to 5.45pm	Games
24.02.2012	Friday	03.45pm to 5.45pm	Sunilji Ullal - Talk on ' Strength is Life, Weakness is Death '
WEEK STARTING 27 FEB. TO 29 FEB.2012			
DATE	DAY	TIME	PROGRAMME
27.02.2012	Monday	03.45pm to 5.45pm	February Birthday Celebrations
28.02.2012	Tuesday	03.45pm to 5pm	Yoga with Satish Sir and Vidyaji from Ambika Kutir
		5pm to 5.45pm	Dialogue Delivery Competition
29.02.2012	Wednesday	3.45pm to 5pm	Tai Chi with Carlton Sir and Prashant Sir
		5pm to 5.45pm	Group Musical for all Members
MANAGER: DIGNITY CHAI MASTI : Anarkali Velkar Volunteers : Mrs. Nutan, Mr. Anil Desai , Mr. Prabhu , Mr. Devendra Co-ordinator : Samata Kalra - 9833908769 / Dadar Center - 65257391 Programme may be subject to change in case of non-availability of Professionals			