

Dear Friends,

Are you ready to embrace a vibrant and fulfilling life?

The Amaliya Foundation invites seniors aged 55 and above to join our fun, engaging, and meaningful programs. Come connect, move, and enjoy new experiences!

Here's what's on offer:

1) Seniors Let's Dance

Every Tuesday | 10:00 – 11:00 AM

Fee: Rs 1,500 per class

Dance to your favourite classics in a relaxed and joyful setting.

2) Mindful Chair Yoga

Gentle yoga for relaxation, especially for those with mobility challenges

Monday: 10:00 – 11:30 AM

Wednesday: 9:00 – 10:30 AM or 11:00 – 12:30 PM

Fee: Rs 2,000 per class

3) Stretch and Fitness Class

Stay active and improve flexibility

Thursday: 10:00 – 11:00 AM

Fee: Rs 2,000 per class

4) Scrabble Fun

Friendly sessions for all levels – beginners welcome

Friday: 10:00 AM – 12:00 PM

Fee: Rs 500 per session

5) Personalized Tech Lessons

One-on-one help with smartphones, tablets, computers, or Kindles

Fee: Rs 600 per class

Learn at your own pace with patient guidance.

To register or learn more, contact:

Shiroma Jayawickrama – 0777 896009

Location: Amaliya Foundation

18 R.A. De Mel Mawatha, Colombo 5

We welcome vibrant seniors aged 55 and above.

Let's make this chapter active, connected, and joyful.

Warm regards,
Shiroma
Amaliya Foundation