



Elders
Empowerment
Programme

Making life better for the elders



Centre for Community
Development

Sustaining Communities - Enriching Lives



THE ROYAL BOROUGH OF
KINGSTON
UPON THAMES

EEP Agenda - Week 4 , Deepavali Mindfulness 19.10.2017

Doors opening 9.30am- Mrs Indra Ahnaimugan
Doors closing 1.30pm – Mrs Indra Ahnaimugan
Activity reporters – Mr S. Alalasundaram
Activity photographers – Vasantharaja, Alal & Indra

9.55am **One-minute silence** - Mrs Indra Ahnaimugan

10.00am **Keep-fit exercise** – Quentin Parker

10.50am **Tea break** – தீபாவளி பட்சணம்

11.10am **Announcements** - Indra

11.20am **Diwali thought for the Day** – Priya

11.30am (1) Mindfulness 4th week - Facilitator: Ms Sushila Raja MA. MIMgt. AIPD

12.00 noon (2) **Jothi meditation** – People seated in 5 circles with a lamp in the middle

12.15pm Kolattam – led by Priya

12.30pm Lunch

