



Sri Siva Vishnu Temple

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JOIN THE SSVT SENIOR CITIZEN'S GROUP

Among its various community activities, the Sri Siva Vishnu Temple promotes a healthy, happy, active, and independent life with dignity among its senior citizens.

For this purpose a Sri Siva Vishnu Temple Senior Citizen's Group meets on the 2nd & 4th Wednesdays of every month at the Education Room in the Temple from 10 am to 2 pm. Its various activities include: Gentle Yoga classes for seniors, presentations and discussions on ways to enhance physical, mental, emotional, social, and spiritual well-being, music, bhajan, and other appropriate entertainments. The members also enjoy together a member provided lunch with Prasadam from the Temple at the end of each meeting.

If you are interested in sharing a healthy, happy, active, and independent life with fellow senior citizens, please join the SSVT Senior Citizen's Group. For more information contact Dr. Dinesh P. Sinha, Coordinator, at dsinha@verizon.net.