



Virtual Classes & Socials for Seniors Sept 14th-18th 2020

**MONDAY
SEPTEMBER
14TH**

10:30AM

Pilates

a Pilates workout for people in the 60+ age group who want to exercise but need the support of a chair. Gentle moves will help with posture, core strength and flexibility.

Facilitator:
Julia DeSotto

2 PM

Found Poetry

Bring your old magazines, newspapers, flyers, whatever- as long as there are words- and a glue stick, scissors and paper. We will write a poem with found words to mark this bizarre time we are living in.

Facilitator:
Jen Tindall

**TUESDAY
SEPTEMBER
15TH**

10:30AM

Gentle Moves

Explore the pleasure and fun of moving!
Each class includes a 45-50 minute movement experience and time for conversation. Please join us! It will be wonderful to see you!

Facilitator:
Miriam Goldberger

2 PM

Social with a Smile!

The Smile Theatre Serenaders are throwing a party online, and you're invited! There will be singing, chatting, and dancing, sure to put a bounce in your step and a smile on your face. We will all spend a fun and relaxed time sharing music and stories together, always with lots of fun and energy, and special guests, too!

**WEDNESDAY
SEPTEMBER
16TH**

10:30AM

Chair Yoga

Feeling a little less flexible than you used to?
Join yoga teacher Teresa Shaver for gentle chair yoga.
Yoga movement is extremely beneficial for our body and mind keeping us flexible and healthy.

Facilitator:
Teresa Shaver

2 PM

Beginner's Painting:

Group of Seven-ish Landscape

Material needed: acrylic paints, assortment of flat and round brushes, primed canvas and enthusiasm!

Facilitator:
Leanne Amyotte

**THURSDAY
SEPTEMBER
17TH**

10:30AM

Natural Movement for Seniors

Natural movement is a sustainable way of health and fitness by moving in ways the human body evolved to move. The session will be easy going focused on relaxation, breathing and loosening the joints

Facilitator:
Devin Johnstone

2 PM

Body Drumming with Joe

Drumming is a great workout for your brain! Drumming releases endorphins, and alpha waves which are associated with general feelings of well-being and euphoria. Part movement and part music lesson, this session is sure to enliven all the senses!

Facilitator:
Joe Goldberger

**FRIDAY
SEPTEMBER
18TH**

10:30AM

Spicy Senior Samba!

A Latin-inspired dance party! We mambo, cha cha, salsa and more. Seated or standing dancing welcome! No previous dance experience required! dance + social time = fun

Facilitator:
Miriam Goldberger

4 PM

Art Your Service Social!

Grab a beverage of choice and round off the week with musical guests and interactive pub-style trivia with Clark!

Facilitator:
Clark Allore