



Virtual Classes & Socials for Seniors November 23rd-27th

NOVEMBER
23RD

10:30AM

Pilates

A Pilates workout for people in who want to exercise but might need the support of a chair. Gentle moves will help with posture, core strength and flexibility. Light hand weights and resistance bands are used but optional.

Facilitator:
Julia DeSotto

2 PM

Cartoon Faces

Back by popular demand! Join Veronika as she guides you through a relaxing class teaching the basics of drawing cartoon faces.

MATERIALS:

- A mirror, paper, pencils, coloured and regular; markers.
- a sense of whimsy and fun!

Facilitator: Veronika Brath

NOVEMBER
24TH

10:30AM

Gentle Moves

Explore the pleasure and fun of moving! Each class includes a 45 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!

NOVEMBER
25TH

10:30AM

Chair Yoga

Guided by Liz Coucean, participants can expect a mix of gentle and strengthening poses, appropriate for those with reduced mobility, followed by guided breathing and meditation to calm and relax the nervous system. This class is suitable for all levels of experience.

Facilitator: Liz Coucean

2 PM

Cooking with Katrina

A fun and interactive way to learn new cooking techniques and explore new ingredients! This week: Chicken Soup 2 Ways! Make it with leftovers, or leave the chicken out entirely. Cook along with Katrina or watch for later-recipes and grocery lists can be found on the daily emails.

Facilitator:
Katrina Gall

NOVEMBER
26TH

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

Show Your Art Social!

We're having another Social! this time we want to see your art (paintings, drawings, prints, quilts, needlework, sculptures etc.,) either your own or from your collections. Share the stories behind your treasured ARTifacts!

Facilitator:
Jen Tindall

NOVEMBER
27TH

10:30AM

Mildly Spicy Moves!

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 from the 50's and 60's with Quiz Master Clark!

Facilitator:
Clark Allore