

Virtual Classes & Socials for Seniors December 14th-18th



DECEMBER
14TH

10:30AM

Pilates

A Pilates workout for people 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

Drawing Project: Surprise Holiday Cards!

A creative class teaching the basics of drawing cartoon characters, gift boxes and other holiday surprises to adorn your holiday cards and make them pop!

MATERIALS:

Cards or cardstock, pencils, coloured and regular; eraser, markers.

Facilitator: **Veronika Brath**

DECEMBER
15TH

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!

DECEMBER
16TH

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: Festive Recipes. Mustard glazed fish, Spinach yoghurt dip + chocolate bark. Cook along with Katrina or watch for later- recipes and grocery lists can be found on the daily emails.

Facilitator:
Katrina Gall

DECEMBER
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 Drum!

Body drumming is a great workout for your brain! It 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**

DECEMBER
18TH

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 Holiday Social!

Come be Merry for our Holiday Social! Sip egg nog while chatting and listening to musical guests galore from the Art Your Service talent roster!

Facilitator:
Clark Allore + Jen Tindall