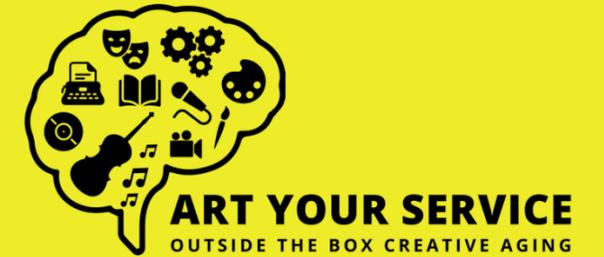


"Creativity is intelligence  
having fun."

ALBERT EINSTEIN

# Virtual Classes & Socials for Seniors January 11th-15th 2021



**JANUARY  
11TH**

**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**

## Pop Culture Social

Read any good books lately, watched a steller movie or show? Perhaps you've been taking in virtual events around the globe that you'd like to talk about - or maybe you would just like some good suggestions on what to see/read/watch next. Meet new people, come by for a chat!

Facilitator: **Jen Tindall**

**JANUARY  
12TH**

**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!

**JANUARY  
13TH**

**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:

**One pan Mediterranean Chicken Bake and Lavender Crinkle Cookies**

Cook along with Katrina or watch for later- recipes and grocery lists can be found on the daily emails.

Facilitator: **Katrina Gall**

**JANUARY  
14TH**

**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**

## Water Colour Explorations Part 1

Embark on a watercolour adventure with Veronika! In this first session: Play!

Various Materials:

- Watercolour paint
- Crayon (white and 1 other colour); a few tissue papers; sea salt; masking tape; saran wrap or tin foil; brushes.

Facilitator: **Veronika Brath**

**JANUARY  
15TH**

**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!

Start your weekend off right by joining us for our popular weekly trivia quiz and chat plus surprise musical guest!

Facilitator:  
**Clark Allore**