

#### **MONDAYS**

**PCLC virtual Cafe– 10:00 – 11:00** - Make yourself a cup of joe or enjoy a spot of tea and join us for a causal chit chat about anything and everything. You will be able to discuss current events, or any topic that is important to you. You will interact, share, listen, socialize and learn from others.

**Train Your Brain – 11:15 – 12:15** - You will play different games and puzzles that will provide you with a chance to practice a range of attention, memory and problem solving skills. **To see and interact with others on the screen, you will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

**Book Club 13:00 -13:45** - In this phone based program you will listen to a variety of fictional novels or short stories read out loud, with book choices that may include the Sherlock Holmes series, the Harry Potter series and short stories by various authors.

#### **TUESDAYS**

**Exercise – 10:00 – 11:00** - You will be working different parts of your body while stretching, building muscle, improving reflexes and cardio exercises. **To see and interact with others on the screen, you will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

**Let's Talk Online - 11:15 – 12:15** - You will receive practical information that you can use - on a variety of topics, including health, safety and wellness. **To see and interact with others on the screen, you will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

**Cooking/Baking - 13:30 -15:00** - you will watch the preparation of a meal or dessert. A copy of the recipes and ingredients will be provided to you in advance to allow you to prepare the recipe with the coach or at a later time. **You will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

#### **WEDNESDAYS**

**Trivia – 10:00 – 11:00** - You will play a variety of trivia games that allow you to have fun, as well as strengthen your memory, attention, and concentration. **You will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

**Let's Learn – 11:15– 12:15** - You will have the opportunity to discuss a variety of different topics including history, science and space. You will have information presented by a Coach using various forms including videos and articles. The group will decide the topics each week, so bring your ideas and a curious mind. **You will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

**BINGO 13:30-15:00** - You will play one line, 2 line and full card games each week, while practicing your active listening and attention skills. You will be provided cards to play along in this virtual BINGO group. **You will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

#### **THURSDAYS**

**Chair Yoga - 10:00-11:00** - You will have stretch your muscles using standard yoga techniques performed in a seated position. **You will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

**Meditative Art - 13:30-15:00** - You will be provided an adult colouring book with colouring tools. Meditative music will be played while you create your masterpiece from the comfort of your home. If you prefer a different art medium you must provide your own tools.

#### **FRIDAYS**

**Exercise – 10:00 – 11:00** - You will be working different parts of your body while stretching, building muscle, improving reflexes and cardio exercises. **To see and interact with others on the screen, you will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

**Book Club - 11:15-12:00** - In this phone based program you will listen to a variety of fictional novels or short stories read out loud, with book choices that may include the Sherlock Holmes series, the Harry Potter series and short stories by various authors.

**Movies - 13:00–15:00** - You will have a chance to enjoy watching movies from Netflix. **You will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**