

#### MONDAYS

**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.**

**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.**

**Let's Learn – 13:00– 14:00** - 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.**

#### TUESDAYS

**Chair Yoga - 10:00-11:00** - You will 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.**

#### **Math Club 11:15 – 12:15**

Practice your basic math skills such as addition, subtraction, multiplication and division with worksheets and games of various difficulty levels. Worksheet books will be sent out before-hand. **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 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.**

**BINGO 13:30-14:30** - 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 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.**

#### **Healthy Cooking 11:15 – 12:15**

You will follow along with the preparation of a healthy meal. A copy of the recipes and ingredients will be provided to you in advanced to allow you to prepare the recipe with the coach or at a later time. **For virtual access, 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 with an adult colouring book and 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 participating in stretching, building muscle, improving reflexes and cardio exercises. **For virtual access, 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 (Phone) 11:15-12:15**

In this phone based program you will listen to a variety of short stories by various authors.

#### **Music 13:30 – 14:30**

Come and enjoy an afternoon of music with friends. You will have an opportunity to sing along with popular songs from every decade. Each week we will have a theme and the lyrics to each song will be on your screen, so everyone can sing along. Feel free to bring instruments if you want to play them along with the music, and dancing is welcomed. **For virtual access, 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.**