

# JANUARY 2022: Victoria Park Seniors Centre

All Programs Listed Below are Virtual (via Zoom/Telephone)

For more information: 519.846.9691 ext. 204 or [www.centrewellington.ca/seniorscentre](http://www.centrewellington.ca/seniorscentre)

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p style="text-align: center;"><b><u>LEGEND</u></b></p> <p><b>BOLD BLACK/NEW = Start of a Registered Virtual Class</b></p>		<p>10:30 Fit Bones</p> <p>11:05 Building Strength-Core</p>	<p>9:15 Fit Bones Plus</p> <p>11:05 Building Strength-Upper Body</p>	<p>9:00 Moderate Hatha Yoga</p> <p>9:50 Zumba Gold</p> <p><b><u>10:00 Virtual Seminar: Vascular Dementia with Robin Smart, Alzheimer Society</u></b></p> <p>10:30 Yoga &amp; Movement for Healthy Joints</p>
10	11	12	13	14
<p><b>NEW 8:40 Low Impact Intervals</b></p> <p>9:00 <u>Advisory Board Meeting</u></p> <p><b>NEW 9:15 Zumba Gold-Toning</b></p> <p><b>NEW 9:50 Seated Cardio, Weights &amp; Standing Stretches</b></p> <p><b>10:25 Guided Meditation for Beginners</b></p> <p><b>NEW: 12:45 Card Bingo</b></p> <p><b>NEW: 2:00 Creativity &amp; Tea</b></p>	<p>9:15 Fit Bones Plus</p> <p>10:30 Yoga &amp; Movement for Healthy Joints</p> <p>11:05 Building Strength-Lower Body</p> <p><b>NEW: 1:00 Genealogy</b></p> <p><b>NEW: 2:30 French Conversation</b></p>	<p><b>NEW 8:40 Low Impact Cardio &amp; Muscle</b></p> <p><b>NEW 9:15 Zumba Gold-Toning</b></p> <p>10:30 Fit Bones</p> <p>11:05 Building Strength-Core</p> <p><b>NEW 3:00 Osteo Fit</b></p>	<p><b>NEW 8:40 Power &amp; Strength</b></p> <p>9:15 Fit Bones Plus</p> <p><b>NEW: 9:50 Bingo</b></p> <p>11:05 Building Strength-Upper Body</p>	<p>9:00 Moderate Hatha Yoga</p> <p>9:50 Zumba Gold</p> <p>10:30 Yoga &amp; Movement for Healthy Joints</p> <p><b>NEW: 11:15 Spanish</b></p>
17	18	19	20	21
<p>8:40 Low Impact Intervals</p> <p>9:15 Zumba Gold-Toning</p> <p>9:50 Seated Cardio, Weights &amp; Standing Stretches</p> <p>10:25 Guided Meditation for Beginners</p> <p>12:45 Card Bingo</p> <p>2:00 Creativity &amp; Tea</p>	<p>9:15 Fit Bones Plus</p> <p>10:30 Yoga &amp; Movement Healthy Joints</p> <p>11:05 Building Strength-Lower Body</p> <p>1:00 Genealogy</p> <p>2:30 French Conversation</p>	<p>8:40 Low Impact Cardio &amp; Muscle</p> <p>9:15 Zumba Gold-Toning</p> <p>10:30 Fit Bones</p> <p>11:05 Building Strength-Core</p> <p><b><u>1:00 Virtual Seminar: Driving Through Normandy with Rick Chambers</u></b></p> <p>3:00 Osteo Fit</p>	<p>8:40 Power &amp; Strength</p> <p>9:15 Fit Bones Plus</p> <p><b><u>10:00 Virtual Seminar: Medication Safety with The Health Depot</u></b></p> <p>9:50 Bingo</p> <p>11:05 Building Strength-Upper Body</p>	<p>9:00 Moderate Hatha Yoga</p> <p>9:50 Zumba Gold</p> <p>10:30 Yoga &amp; Movement for Healthy Joints</p> <p>11:15 Spanish</p>
24	25	26	27	28
<p>8:40 Low Impact Intervals</p> <p>9:15 Zumba Gold-Toning</p> <p>9:50 Seated Cardio, Weights &amp; Standing Stretches</p> <p>10:25 Guided Meditation for Beginners</p> <p>12:45 Card Bingo</p> <p>2:00 Creativity &amp; Tea</p>	<p>9:15 Fit Bones Plus</p> <p>10:30 Yoga &amp; Movement Healthy Joints</p> <p>11:05 Building Strength-Lower Body</p> <p>1:00 Genealogy</p> <p>2:30 French Conversation</p>	<p>8:40 Low Impact Cardio &amp; Muscle</p> <p>9:15 Zumba Gold-Toning</p> <p>10:30 Fit Bones</p> <p>11:05 Building Strength-Core</p> <p><b><u>1:00 Virtual Seminar: Estate Preparation for Your Executor with Debbie Stanley, ETP Canada</u></b></p> <p>3:00 Osteo Fit</p>	<p>8:40 Power &amp; Strength</p> <p>9:15 Fit Bones Plus</p> <p><b><u>10:00 Virtual Seminar: Pain Management with The Health Depot</u></b></p> <p>9:50 Bingo</p> <p>11:05 Building Strength-Upper Body</p>	<p>9:00 Moderate Hatha Yoga</p> <p>9:50 Zumba Gold</p> <p>10:30 Yoga &amp; Movement for Healthy Joints</p> <p>11:15 Spanish</p>
31				
<p>8:40 Low Impact Intervals</p> <p>9:15 Zumba Gold-Toning</p> <p>9:50 Seated Cardio, Weights &amp; Standing Stretches</p> <p>10:25 Guided Meditation for Beginners</p> <p>12:45 Card Bingo</p> <p>2:00 Creativity &amp; Tea</p>				

## Participating in Virtual Activities (Zoom/Telephone):

- You can participate using a telephone for audio only. Also, if you do not have a camera on your computer device, you can still participate if your computer has sound.
- If using a computer device, visit **zoom.us** and follow instructions to download zoom. Click “join with video” and “join with computer audio”. If zoom asks to access camera/microphone, say YES. Can also use a smart phone if you download zoom app. Not sure how to use Zoom? On the zoom site, tutorials available to help or watch this helpful video: <https://www.youtube.com/watch?v=hIkCmbvAHQQ&feature=youtu.be>
- To obtain zoom links or telephone numbers please go to: [www.centrewellington.ca/seniorscentre](http://www.centrewellington.ca/seniorscentre) or contact by email: [seniors@centrewellington.ca](mailto:seniors@centrewellington.ca) or call **519-846-9691 ext. 204**.
- A few minutes before the activity begins, click the zoom link to join by computer device.
- Or, by telephone, dial phone number. You will be asked to enter Meeting ID, and then press the pound key (#). It will then ask you to enter your participant ID or press pound so please press the pound key (#) again. It will then say you have been added to the meeting. Telephone numbers are long distance so depending on your phone plan, charges could apply.
- For both computer device and telephone, you will wait in the “Waiting Room” until the program starts.