

# Winter 2022 VPSC Virtual (Zoom) Activities

To register: <https://ca.apm.activecommunities.com/centrewellington/>

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:40 am	NEW: Low Impact Intervals		NEW: Low Impact Cardio & Muscle	NEW: Power & Strength	
9:00 am					Moderate Hatha Yoga
9:15 am	NEW: Zumba Gold-Toning	Fit Bones Plus	NEW: Zumba Gold-Toning	Fit Bones Plus	
9:50 am	NEW: Seated Cardio, Weights & Standing Stretches			NEW: Bingo	Zumba Gold
10:25 am	Guided Meditation for Beginners				
10:30 am		Yoga for Healthy Joints	Fit Bones		Yoga for Healthy Joints
11:05 am		Building Strength-Lower Body	Building Strength-Core	Building Strength-Upper Body	
11:15 am					NEW: Spanish Conversation
12:45 pm	NEW: Card Bingo				
1:00 pm		NEW: Genealogy			
2:00 pm	NEW: Creativity & Tea				
2:30 pm		NEW: French Conversation			
3:00 pm			NEW: Osteo Fit		
Weekly	Virtual Seminars held weekly – various days/times and topics (see details listed below)				

## Virtual Fitness, Yoga, Meditation:

### **NEW Virtual: Low Impact Intervals – Mondays, 8:40 am to 9:10 am**

An intermediate to advanced level, moderate to high intensity class for those with good mobility. We will alternate intervals of low impact cardio with strength training. Participants should be able to get up and down from the floor. Instructor: Glenda Rose.

**January 10 to February 14, 6 classes, \$24 member, \$30 non-member**

### **NEW Virtual: Low Impact Cardio and Muscle – Wednesdays, 8:40 am to 9:10 am**

An intermediate to advanced level, moderate to high intensity class for those with good mobility. Includes, cardio, muscle and a stretch at the end. Instructor: Glenda Rose.

**January 12 to February 16, 6 classes, \$24 member, \$30 non-member**

### **NEW Virtual: Power and Strength – Thursdays, 8:40 am to 9:10 am**

An intermediate to advanced level program designed for the active adult. Participants must be able to get up and down from the floor. Increase your current level of fitness to above average. Instructor: Glenda Rose.

**January 13 to February 17, 6 classes, \$24 member, \$30 non-member**

### **NEW Virtual: Zumba Gold-Toning – Mondays or Wednesdays, 9:15 am to 9:45 am**

Join us for cardio with a focus on muscle conditioning. Use any light hand weights (1, 2 or 3 lbs max). You can also use bottles of water, etc. Wear running shoes. Instructor: Sarah Gray.

**Mondays: January 10 to February 14, 6 classes, \$24 member, \$30 non-member**

**Wednesdays: January 12 to February 16, 6 classes, \$24 member, \$30 non-member**

**NEW Virtual: Seated Cardio, Light Weights & Standing Stretches: Mondays, 9:50 am to 10:20 am**

This class will be done primarily sitting on a stable chair intertwining cardio warm-ups with integrated movements using light weights. We will finish standing just briefly for a few final stretches having our chair for support. No floor work. Instructor: Karen Murtagh

**January 10 to February 14, 6 classes, \$24 member, \$30 non-member**

**NEW Virtual: Osteo Fit – Wednesdays, 3:00 pm to 3:30 pm**

Physical activity plays an essential role in the treatment of Osteoporosis by stimulating our bones to maintain structure and strength. When treating Osteoarthritis it is important to ensure proper alignment of joints. Four types of exercise are necessary in the management of osteoporosis and osteoarthritis: strength, posture and core stability, balance and weight bearing. Improving strength, balance and posture reduces the risk of falling. We will use hand weights and/or a band. Instructor: Jane Gage, Reg. Kinesiologist.

**January 12 to February 16, 6 classes, \$24 member, \$30 non-member**

**Virtual: Guided Meditation for Beginners – Mondays, 10:25 am to 11:25 am**

This series is a balm for these stressful times of isolation and uncertainty. This is an opportunity for connection, community and accessible meditation practices that develop calm and ease. No experience needed, those with experience are also welcome. You do not need any special equipment or clothing. You can sit in a comfortable chair or even lie down if you are experiencing pain while seated. Instructors: Jill Davey, Cynthia Davis.

**January 10 to February 14, 6 classes, \$48 member, \$60 non-member**

**Virtual: Fit Bones Plus – Tuesdays or Thursdays, 9:15 am to 9:45 am**

Exercise program designed specifically for older adults to help achieve good bone health and reduce risk of developing osteoporosis. Focus on standing balance and building strength. Instructor Kelly Offer will guide you through exercises and provide information to help maintain bone strength and prevent bone loss.

**January 6 to February 17, 7 classes, \$28 member, \$35 non-member**

**January 11 to February 15, 6 classes, \$24 member, \$30 non-member**

**February 22 to March 29, 6 classes, \$24 member, \$30 non-member**

**February 24 to March 31, 6 classes, \$24 member, \$30 non-member**

**Virtual: Fit Bones – Wednesdays, 10:30 am to 11:00 am**

Gentle chair exercise program designed specifically for older adults to help achieve good bone health and reduce risk of developing osteoporosis. Focus will be on increasing range of motion and maintaining strength. Instructor: Kelly Offer will guide you through exercises and provide information to help maintain bone strength and prevent bone loss.

**January 5 to February 16, 7 classes, \$28 member, \$35 non-member**

**February 23 to March 30, 6 classes, \$24 member, \$30 non-member**

**Virtual: Yoga and Movement for Healthy Joints – Tuesdays or Fridays, 10:30 am to 11:00 am**

This combines yoga and other movements for the focus and benefit of keeping mobility and strength. We will sit on the chair to begin followed by some standing movements. Instructor: Karen Murtagh.

**January 7 to February 18, 7 classes, \$28 member, \$35 non-member**

**January 11 to February 15, 6 classes, \$24 member, \$30 non-member**

**February 22 to March 29, 6 classes, \$24 member, \$30 non-member**

**February 25 to April 1, 6 classes, \$24 member, \$30 non-member**

**Virtual: Building Strength Lower Body – Tuesdays, 11:05 am to 11:35 am**

Exercises to help strengthen the leg muscles, as well as the gluteals and lower back muscles. A mat is needed as some exercises will be done on the floor. Hand weights may occasionally be used, too. Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Glenda Rose.

**January 11 to February 15, 6 classes, \$24 member, \$30 non-member**

**February 22 to March 29, 6 classes, \$24 member, \$30 non-member**

### **Virtual: Building Strength Core – Wednesdays, 11:05 am to 11:35 am**

The target zone for this class is the core, working on the abdominal and back muscles. A mat is required for this class as most exercises are done on the floor. Each class includes a warm-up and a cool-down/stretch period. Intermediate level class, however, options for different fitness levels are demonstrated. Instructor: Glenda Rose.

**January 5 to February 16, 7 classes, \$28 member, \$35 non-member**

**February 23 to March 30, 6 classes, \$24 member, \$30 non-member**

### **Virtual: Building Strength Upper Body – Thursdays, 11:05 am to 11:35 am**

Arms, chest and shoulder muscles are put to work in this class. Hand weights are used. If you don't have weights, water bottles or soup cans work. Each class includes a warm-up and cool-down/stretch period. Intermediate level class, however, options for different fitness levels demonstrated. Instructor: Glenda Rose.

**January 6 to February 17, 7 classes, \$28 member, \$35 non-member**

**February 24 to March 31, 6 classes, \$24 member, \$30 non-member**

### **Virtual: Moderate Hatha Yoga – Fridays, 9:00 am to 9:45 am**

Hatha Yoga done with a varied combination of standing, hands and knees, seated on floor and lying on front and back, ending with a short relaxation practice. \*Yoga mat or running shoes for stability. Instructor: Karen Murtagh.

**January 7 to February 18, 7 classes, \$42 member, \$49 non-member**

**February 25 to April 1, 6 classes, \$36 member, \$42 non-member**

### **Virtual: Zumba Gold – Fridays, 9:50 am to 10:20 am**

Join us for great music while focusing on balance, range of motion, coordination with moderate intensity. Wear running shoes. Instructor: Sarah Gray. No class Feb. 11.

**January 7 to February 18, 6 classes, \$24 member, \$30 non-member**

**February 25 to April 1, 6 classes, \$24 member, \$30 non-member**

## **Virtual Weekly Activity Groups:**

### **NEW Virtual: Card Bingo – Mondays at 12:45 pm**

All you need is a deck of playing cards to play!

**January 10 to February 14, 6 classes, \$6 member, \$12 non-member**

### **NEW Virtual: Creativity & Tea – Mondays at 2:00 pm**

Working on a creative project at home and want some company? Bring any type of project and a cup of tea (or coffee) for a casual, social time with others on Zoom. We can send you coloring pages or offer curbside pick-up of puzzles, etc. if you would like something new. Painting, knitting, colouring, anything will do!

**January 10 to February 14, 6 classes, \$6 member, \$12 non-member**

### **NEW Virtual: Genealogy – Tuesdays at 1:00 pm**

Work on your family history project.

**January 11 to February 15, 6 classes, \$6 member, \$12 non-member**

### **NEW Virtual: French Conversation – Tuesdays at 2:30 pm**

Join others to improve your French language skills.

**January 11 to February 15, 6 classes, \$6 member, \$12 non-member**

### **NEW Virtual: Bingo – Thursdays at 9:50 am**

Join in this fun and lively group. We can send you bingo cards by mail, email or arrange a curbside pick up. Use whatever you have for markers (buttons, pennies).

**January 13 to February 17, 6 classes, \$6 member, \$12 non-member**

### **NEW Virtual: Spanish Conversation – Fridays at 11:15 am**

Join others to improve your Spanish language skills.

**January 14 to February 18, 6 classes, \$6 member, \$12 non-member**

## **Virtual Seminars – January:**

Seminars are no charge but let us know if you can attend [khall@centrewellington.ca](mailto:khall@centrewellington.ca) 519-846-9691 ext. 278.

### **Virtual Seminar: Vascular Dementia – Friday, January 7 at 10:00 am**

This session will look at the most common questions about dementia, and the best Pro Tips for supporting someone living with dementia. Bring your questions as there will be time to answer any questions you may have. Presented by: Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington.

**Link:** <https://us02web.zoom.us/j/84021346177>

**Phone Dial in** (long distance charges may apply): 1-647-374-4685 ID: 840 2134 6177 #

### **Virtual Seminar: Driving Through Normandy – Wednesday, January 19 at 1:00 pm**

Join us for a driving tour around France's northwest province of Normandy. We'll be along the English Channel visiting Bayeux, Juno Beach, Coutances, Barfleur, Honfleur, Trouville and other seaside towns. And we'll be inland at small towns, abbeys, grand houses, and historic properties. The tour concludes with a visit to the iconic Mont St. Michel -- a former monastery, defensive fort, prison, and a current major tourist attraction. We hope you can join us for this virtual tour. Presented by Rick Chambers, whose travels have taken him all over North America and much of Europe, to the Middle East and South Africa. He lived for three years in Germany in the 1980s where he taught with the Canadian Armed Forces Schools Overseas, which planted the seed for his interest in travelling.

**Link:** <https://us02web.zoom.us/j/81887905801>

**Phone Dial in** (long distance charges may apply): 1-647-374-4685 ID: 818 8790 5801 #

### **Virtual Seminar: Medication Safety – Thursday, January 20 at 10:00 am**

Feeling dizzy, sleepy, or fatigued even after sleeping? Join Andy from The Health Depot as he discusses Medication Overuse and how it may be happening to you without you even knowing. We are partnering with Rockmosa Older Adult Centre for this seminar. We are partnering with Rockmosa Older Adult Centre to offer this interesting virtual seminar. For this seminar, if you would like to receive the Zoom link, please [click here](#) or call 519-846-9691 ext. 278.

### **Virtual Seminar: Estate Preparation for Your Executor – Wednesday, January 26 at 1:00 pm**

Did you know that 90% of Canadians will ask a family member to be their executor and two thirds of those executors have significant concerns about the job? Join Debbie Stanley from ETP Canada to learn about the role of an Executor and some of the most common mistakes that are made. This topic was very popular with participants the last time we offered it. Don't miss it.

**Link:** <https://us02web.zoom.us/j/88373079501>

**Phone Dial in** (long distance charges may apply): 1-647-374-4685 ID: 883 7307 9501 #

### **Virtual Seminar: Pain Management – Thursday, January 27 at 10:00 am**

Pain is not a regular part of aging. Andy from the Health Depot will address different kinds of pain, how to fight pain with pharmaceutical and non-pharmaceutical options, and much more in Pain Management. We are partnering with Rockmosa Older Adult Centre to offer this interesting virtual seminar. For this seminar, if you would like to receive the Zoom link, please [click here](#) or call 519-846-9691 ext. 278.