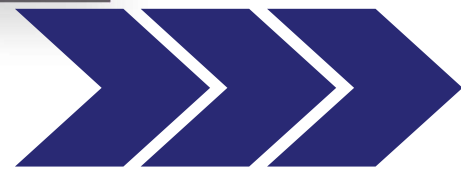




# 2021 WINTER

# PROGRAM GUIDE



# Chair Yoga

Never worry about falling or about your mobility level again. This class is designed to accommodate for those in wheelchairs, or who are concerned about their balance. The class is stretch-worthy while still being relaxing. It's the perfect balance for those looking for a yoga class that meets their mobility needs.

## January Rates:

Member - \$34.00

Non-Member - \$56.00

Reciprocal Member - \$34.00

## Sessions

- 1 Wed Jan 6, 2021 | 10:45AM - 11:45AM | Online Course
- 2 Wed Jan 13, 2021 | 10:45AM - 11:45AM | Online Course
- 3 Wed Jan 20, 2021 | 10:45AM - 11:45AM | Online Course
- 4 Wed Jan 27, 2021 | 10:45AM - 11:45AM | Online Course

## February Rates:

Member - \$25.50

Non-Member - \$42.00

Reciprocal Member - \$25.50

## Sessions

- 1 Wed Feb 03, 2021 | 10:45AM - 11:45AM | Online Course
- 2 Wed Feb 10, 2021 | 10:45AM - 11:45AM | Online Course
- 3 Wed Feb 24, 2021 | 10:45AM - 11:45AM | Online Course

# Senior Yoga

Senior Yoga is taught by an instructor who understands how to work with senior bodies. The yoga is gentle but effective in stretching and strengthening your core and your limbs. Relaxing and a good workout.

## January Rates:

Member - \$34.00

Non-Member - \$56.00

Reciprocal Member - \$34.00

## Sessions

- 1 Mon Jan 4, 2021 | 09:30AM - 10:30AM | Online Course
- 2 Mon Jan 11, 2021 | 09:30AM - 10:30AM | Online Course
- 3 Mon Jan 18, 2021 | 09:30AM - 10:30AM | Online Course
- 4 Mon Jan 25, 2021 | 09:30AM - 10:30AM | Online Course

- 1 Wed Jan 6, 2021 | 09:30AM - 10:30AM | Online Course
- 2 Wed Jan 13, 2021 | 09:30AM - 10:30AM | Online Course
- 3 Wed Jan 20, 2021 | 09:30AM - 10:30AM | Online Course
- 4 Wed Jan 27, 2021 | 09:30AM - 10:30AM | Online Course

## February Rates:

Member - \$25.50

Non-Member - \$42.00

Reciprocal Member - \$25.50

## Sessions

- 1 Mon Feb 1, 2021 | 10:45AM - 11:45AM | Online Course
- 2 Mon Feb 8, 2021 | 10:45AM - 11:45AM | Online Course
- 3 Mon Feb 22, 2021 | 10:45AM - 11:45AM | Online Course

- 1 Wed Feb 3, 2021 | 10:45AM - 11:45AM | Online Course
- 2 Wed Feb 10, 2021 | 10:45AM - 11:45AM | Online Course
- 3 Wed Feb 24, 2021 | 10:45AM - 11:45AM | Online Course

# Line Dancing

There's always a new move to master in combining line dance steps. Enjoy as you and your feet follow Dwayne through different kinds of music and fun.

## **January Rates:**

Member - \$25.50

Non-Member - \$31.50

Reciprocal Member - \$25.50

## **Sessions**

- 1 Wed Jan 13, 2021 | 07:30PM - 08:30PM | Online Course
- 2 Wed Jan 20, 2021 | 07:30PM - 08:30PM | Online Course
- 3 Wed Jan 27, 2021 | 07:30PM - 08:30PM | Online Course

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## **February Rates:**

Member - \$34.00

Non-Member - \$42.00

Reciprocal Member - \$34.00

## **Sessions**

- 1 Wed Feb 3, 2021 | 07:30PM - 08:30PM | Online Course
- 2 Wed Feb 10, 2021 | 07:30PM - 08:30PM | Online Course
- 3 Wed Feb 17, 2021 | 07:30PM - 08:30PM | Online Course
- 4 Wed Feb 24, 2021 | 07:30PM - 08:30PM | Online Course

# Knitters and Crocheters Unite

If you enjoy yarn, chatting and lots of laughter, this is the group for you. This is an informal group that meets weekly to catch up on each other's lives and share the latest in knitting and crocheting. They are a warm and welcoming group. Please join them.

**FREE**

## **Sessions**

- 1 Mon Jan 4, 2021 | 12:30PM - 03:00PM | Online Course
- 2 Mon Jan 11, 2021 | 12:30PM - 03:00PM | Online Course
- 3 Mon Jan 18, 2021 | 12:30PM - 03:00PM | Online Course
- 4 Mon Jan 25, 2021 | 12:30PM - 03:00PM | Online Course

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**FREE**

## **Sessions**

- 1 Mon Feb 1, 2021 | 12:30PM - 03:00PM | Online Course
- 2 Mon Feb 8, 2021 | 12:30PM - 03:00PM | Online Course
- 3 Mon Feb 15, 2021 | 12:30PM - 03:00PM | Online Course
- 4 Mon Feb 22, 2021 | 12:30PM - 03:00PM | Online Course

# Joyful Chats

This is a peer support group that encourages each other, talks about what's happening in their lives and is a place to form lasting friendships. The Monday session is facilitated by Shirley, our RSW in Outreach and Lynn. The Friday session is facilitated by Donna. You'll find this a warm and welcoming group, that listens and shares their own experiences.

**FREE**

## **Sessions**

- 1 Mon Jan 11, 2021 | 11:00AM - 12:00PM | Online Course
  - 2 Mon Jan 18, 2021 | 11:00AM - 12:00PM | Online Course
  - 3 Mon Jan 25, 2021 | 11:00AM - 12:00PM | Online Course
- 
- 1 Fri Jan 8, 2021 | 08:30AM - 09:30AM | Online Course
  - 2 Fri Jan 15, 2021 | 08:30AM - 09:30AM | Online Course
  - 3 Fri Jan 22, 2021 | 08:30AM - 09:30AM | Online Course
  - 4 Fri Jan 29, 2021 | 08:30AM - 09:30AM | Online Course

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**FREE**

## **Sessions**

- 1 Mon Feb 1, 2021 | 11:00AM - 12:00PM | Online Course
  - 2 Mon Feb 8, 2021 | 11:00AM - 12:00PM | Online Course
  - 3 Mon Feb 22, 2021 | 11:00AM - 12:00PM | Online Course
- 
- 1 Fri Feb 5, 2021 | 08:30AM - 09:30AM | Online Course
  - 2 Fri Feb 12, 2021 | 08:30AM - 09:30AM | Online Course
  - 3 Fri Feb 19, 2021 | 08:30AM - 09:30AM | Online Course
  - 4 Fri Feb 26, 2021 | 08:30AM - 09:30AM | Online Course

# Journaling for Wellness

Writing down what you think, what you are experiencing and how you feel about it is one of coping mechanisms that reduces stress. Writing from prompts, this class shares the joys, past and present, of being human. Tear and laughter are shared. If you love to write but aren't sure what to write this class is the perfect fit to get you started.

**FREE**

## **Sessions**

- 1 Wed Jan 6, 2021 | 08:30AM - 09:30AM | Online Course
- 2 Wed Jan 13, 2021 | 08:30AM - 09:30AM | Online Course
- 3 Wed Jan 20, 2021 | 08:30AM - 09:30AM | Online Course
- 4 Wed Jan 27, 2021 | 08:30AM - 09:30AM | Online Course

**FREE**

## **Sessions**

- 1 Wed Feb 3, 2021 | 08:30AM - 09:30AM | Online Course
- 2 Wed Feb 10, 2021 | 08:30AM - 09:30AM | Online Course
- 3 Wed Feb 17, 2021 | 08:30AM - 09:30AM | Online Course
- 4 Wed Feb 24, 2021 | 08:30AM - 09:30AM | Online Course

# Watercolours

Willie Wong, a renowned professional local artist, is a giving and an extremely talented teacher. His enthusiasm, wit, and skill make him a popular instructor. An imaginative and gentle instructor, he helps beginners and experienced painters alike. Enjoy a class of participants who encourage each other.

## January Rates:

Member - \$28.50

Non-Member - \$38.00

Reciprocal Member - \$28.50

## Sessions

- 1 Fri Jan 15, 2021 | 01:00PM - 03:00PM | Online Course
- 2 Fri Jan 22, 2021 | 01:00PM - 03:00PM | Online Course
- 3 Fri Jan 29, 2021 | 01:00PM - 03:00PM | Online Course

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## February Rates:

Member - \$38.00

Non-Member - \$52.00

Reciprocal Member - \$38.00

## Sessions

- 1 Fri Feb 5, 2021 | 01:00PM - 03:00PM | Online Course
- 2 Fri Feb 12, 2021 | 01:00PM - 03:00PM | Online Course
- 3 Fri Feb 19, 2021 | 01:00PM - 03:00PM | Online Course
- 4 Fri Feb 26, 2021 | 01:00PM - 03:00PM | Online Course



# One-on-One Phone Help

Don't let the Internet intimidate you. You can call Hana on the phone and make an appointment for whatever kind of computer help you need: email, Facebook, Instagram, Zoom, Hangouts, Skype, creating documents, etc. She can walk you through or even help you by letting her have access to your screen while she sets things up for you. It's all safe and Hana is a patient and kind IT support person. During Covid, we all need to find new ways to connect with others so we can remain safe. Hana can help you do this.

## January Rates:

Member - \$34.00

Non-Member - \$56.00

Reciprocal Member - \$34.00

## Sessions

- 1 Thu Jan 7, 2021 | 04:00PM - 05:00PM | Online Course
- 2 Thu Jan 14, 2021 | 04:00PM - 05:00PM | Online Course
- 3 Thu Jan 21, 2021 | 04:00PM - 05:00PM | Online Course
- 4 Thu Jan 28, 2021 | 04:00PM - 05:00PM | Online Course

- 1 Fri Jan 8, 2021 | 09:00AM - 04:00PM | Online Course
- 2 Fri Jan 15, 2021 | 09:00AM - 04:00PM | Online Course
- 3 Fri Jan 22, 2021 | 09:00AM - 04:00PM | Online Course
- 4 Fri Jan 29, 2021 | 09:00AM - 04:00PM | Online Course

## February Rates:

Member - \$25.50

Non-Member - \$42.00

Reciprocal Member - \$25.50

## Sessions

- 1 Thu Feb 4, 2021 | 04:00PM - 05:00PM | Online Course
- 2 Thu Feb 11, 2021 | 04:00PM - 05:00PM | Online Course
- 3 Thu Feb 18, 2021 | 04:00PM - 05:00PM | Online Course
- 4 Thu Feb 25, 2021 | 04:00PM - 05:00PM | Online Course

- 1 Fri Feb 5, 2021 | 09:00AM - 04:00PM | Online Course
- 2 Fri Feb 12, 2021 | 09:00AM - 04:00PM | Online Course
- 3 Fri Feb 19, 2021 | 09:00AM - 04:00PM | Online Course
- 4 Fri Feb 26, 2021 | 09:00AM - 04:00PM | Online Course

# Staying Internet Connected During COVID

This is a four week course that walks you through many aspect of life with the computer and the internet.

## **January Rates:**

Member - \$34.00

Non-Member - \$38.00

Reciprocal Member - \$34.00

## **Sessions**

- 1 Thu Jan 7, 2021 | 03:00PM - 04:00PM | Online Course
- 2 Thu Jan 14, 2021 | 03:00PM - 04:00PM | Online Course
- 3 Thu Jan 21, 2021 | 03:00PM - 04:00PM | Online Course
- 4 Thu Jan 28, 2021 | 03:00PM - 04:00PM | Online Course

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## **February Rates:**

Member - \$34.00

Non-Member - \$38.00

Reciprocal Member - \$34.00

## **Sessions**

- 1 Thu Feb 4, 2021 | 03:00PM - 04:00PM | Online Course
- 2 Thu Feb 11, 2021 | 03:00PM - 04:00PM | Online Course
- 3 Thu Feb 18, 2021 | 03:00PM - 04:00PM | Online Course
- 4 Thu Feb 25, 2021 | 03:00PM - 04:00PM | Online Course

# Zumba Gold

Gold Standing Zumba, a class for active seniors.

## January Rates:

Member - \$40.00

Non-Member - \$45.00

Reciprocal Member - \$40.00

## Sessions

- 1 Sat Jan 9, 2021 | 10:00AM - 11:00AM | Online Course
- 2 Sat Jan 16, 2021 | 10:00AM - 11:00AM | Online Course
- 3 Sat Jan 23, 2021 | 10:00AM - 11:00AM | Online Course
- 4 Sat Jan 30, 2021 | 10:00AM - 11:00AM | Online Course

## February Rates:

Member - \$40.00

Non-Member - \$45.00

Reciprocal Member - \$40.00

## Sessions

- 1 Sat Feb 6, 2021 | 10:00AM - 11:00AM | Online Course
- 2 Sat Feb 13, 2021 | 10:00AM - 11:00AM | Online Course
- 3 Sat Feb 20, 2021 | 10:00AM - 11:00AM | Online Course
- 4 Sat Feb 27, 2021 | 10:00AM - 11:00AM | Online Course