

Wellness, Exercise & Falls Prevention Catalogue

May 31 – July 2, 2021

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Unsure which classes are best for you? Email the instructor or ask your Community Development Coordinator in your local office.

Latest News for Our Participants


- No classes on July 1st.
- We are unable to offer Pole Walking and Walking Groups and in-person exercise classes because of the COVID-19 guidelines. See Michelle's Pole Walking Videos on YouTube.
- **Mindful Moves Mondays: 1:00 – 1:45 p.m.**
 - Relax to the max with gentle stretches and mindfulness practices with a focus on calming anxiety.
- **Wellness Wednesdays: 1:00 – 1:45 p.m.**
 - **June 2: Join the Participation Movement Challenge** – Joining a group effort often helps us stay on track. In June, teams and individuals across Canada will take part in the Community Better Challenge. Our program has registered a team and we'd love for you to sign-up. Learn strategies to keep in shape over the summer – believe it or not most Canadians reduce their activity levels over the summer.
 - **June 9: Meditation For People Who Say They Can't Meditate** - On world meditation day, join us for a selection of ways to calm a busy mind even if you think this isn't possible for you.
 - **June 16: Summer Reading Short Story Club** – Let us know in advance if you plan to join and we'll send you a fun short, short story. During the session we'll discuss your impressions.
 - **June 23: Ageless Grace Sensory Vacation** with Karin DesChamp. Have fun while boosting your brain power.
 - **June 30: Early Summer Cooking Special** – Lots of delicious treats using local produce + make your own ice tea.
- **Fit Fore Golf: Mondays and Thursdays: 9:00 – 9:45 a.m.**
 - Stretches and strengtheners designed to help golfers with all aspects of their games.
- **Good for You!** - Designed by our instructors, simple exercises to do at home with the support of a chair. Contact your local Community Care Office to get a brochure with instructions and pictures - for yourself, a neighbour or parent.
- **Class Videos**
 - You asked for videos you can do on weekends, holidays and whenever you feel like it. We've put together a play list of a variety of classes. See page 6 for details.
- **What you need for class** – make the most of your class time by having the following items handy
 - All classes: Water bottle
 - Advanced Cardio & Strength: Hand weights.
 - Energizer – Morning and Afternoon: Hand weights, towel or strap, cushion/small pillow.
 - Mindful Mondays: Notebook or paper and pen or pencil. Blanket and cushion.
 - Wellness Wednesdays: Notebook or paper and pen or pencil.
- **Zoom Support**
 - Interested in trying a class but have never used Zoom before? We can help with that. Call your local Community Care Office or email scook@commcareptbo.com





SECTION A: Exercise Classes Offered On-Line (Zoom)


New to On-Line Classes or using Zoom?


- Look in our Zoom Guide or call your local office for support. Our staff and volunteers are happy to help.
- Click on the link for each class OR go to: www.zoom.us. When prompted enter the Meeting ID and Passcode from the charts below.


Class	Advanced Cardio & Weights – On-Line			
Description	In this class, we start with standing warm-up exercises, followed by bursts of activities to boost our heart rates and improve our cardiovascular endurance. Standing and seated strength exercises, and seated stretches round out the session. Level of Difficulty ****			
Day & Time	Monday, Tuesday, Wednesday and Thursday: 11:00 a.m. – 11:45 a.m.			
Instructors	Sheila Cook scook@commcareptbo.org	Michelle Holdforth yogasouls101@gmail.com		
Zoom Info	Meeting ID:	Passcode:		
Link				


Class	Afternoon Energy Boost Exercises – On-Line			
Description	A combination of seated and standing exercises to improve your flexibility, strength and balance. There's an option to use small weights. A good choice if you're able to stand on your own or with the support of a chair. Level of Difficulty ** *NEW Special Class on Thursdays: POUND - Move and groove with this fun, energetic workout to build endurance, strength and coordination while toning your muscles. You'll use 2 wooden spoons or drumsticks to create your own beat. Level of Difficulty +++			
Day & Time	Monday, Tuesday, Wednesday, Thursday & Friday: 3:30 p.m. – 4:00 p.m.			
Instructors	Jodie Mulder jodiemulder74@gmail.com		Michelle Holdforth yogasouls101@gmail.com	
Zoom Info	Meeting ID:	Passcode:		
Zoom Link				


Class	Body and Brain Fitness – On-Line			
Description	Seated and standing (with the support of a chair) activities designed to keep your brain sharp and your body strong and flexible. Exercise is one of the best ways to boost our brain health and improve our coordination. Level of Difficulty *			
Day & Time	Monday, Wednesday & Friday: 9:00 – 9:45 a.m.			
Instructor	Sue Bitonte		yogasue@gmail.com	
Zoom Info	Meeting ID:	Passcode:		
Zoom Link				


Class	Gentle Stretch and Strengthen Exercises – On-Line 	
Description	A gentle seated class for people just starting to exercise, prefer to exercise from a chair and/or have health conditions like arthritis, osteoporosis and breathing challenges. Exercises for better bones and greater flexibility. Level of Difficulty *	
Day & Time	Monday and Friday: 10:00 – 10:45 a.m.	
Instructor	Sue Bitonte	yogasue@gmail.com
Zoom Info	Meeting ID:	Passcode:
Link		

Class	Fit Fore Golf – On-Line 	
Description	<p>Get ready for golf season - whether you play several times a week or are a fund raising tournament specialist - this 4 week series will help you:</p> <ul style="list-style-type: none"> • Improve flexibility • Strengthen back, core, shoulders, arms, wrists and fingers • Enhance your focus and hand-eye coordination • Learn warm-ups to do before teeing off. <p>If your upswing feels stiff and it is more challenging to pick up the ball after an amazing putt - then this class is for you. Show your golf buddies how you're keeping fit for golf.</p> <p>You need a sturdy chair, a towel, light hand weights (can borrow from us) and 2 clubs (e.g. 7 and 9 iron - don't worry you won't be practicing your swing indoors).</p> <p>Level of Difficulty ***</p>	
Day & Time	Tuesday and Thursday: 9:00 – 9:45 a.m.	
Instructor	Sheila Cook	scCook@commcareptbo.org
Zoom Info	Meeting ID:	Passcode:
Link	\	

Class	Fun Fusion – On-Line 	
Description	A special combination of fun energetic movements plus activities to improve balance, coordination, focus and posture. Level of Difficulty **	
Day & Time	Tuesday and Thursday: 9:00 – 9:45 a.m.	
Instructor	Sue Bitonte	yogasue@gmail.com
Zoom Info	Meeting ID:	Passcode:
Link		


Class	Mat and Band Wednesday – On-Line 	
Description	Get a full body workout with resistance bands, then move on down to your mat for core and strengthening exercises. You need an exercise or yoga mat, hand weights and a stretchy exercise band. Level of Difficulty ***	
Day & Time	Wednesday: 2:00 p.m.	
Instructors	Michelle Holdforth	yogasouls101@gmail.com
Zoom Info	Meeting ID:	Passcode:
Link		


Class	Morning Energizer – On-Line 		
Description	A combination of seated and standing exercises to improve your flexibility, strength and balance. There's an option to use small weights. A good choice if you're able to stand on your own or with the support of a chair. Level of Difficulty **		
Day & Time	Tuesday, Wednesday and Thursday: 10:00 a.m. – 10:45 a.m.		
Instructors	Sheila Cook scook@commcareptbo.org	Michelle Holdforth yogasouls101@gmail.com	
Zoom Info	Meeting ID:	Passcode:	
Link			


Class	Zumba 		
Description	A fun way to get fit with simple dance moves specially choreographed by Amarilis. If you're a bit shy, remember you can turn your video off and dance to your heart's content. Level of Difficulty ***		
Day & Time	Friday: 11:00 – 11:45 a.m.		
Instructor	Ana Maria Zapata azapatabogado@hotmail.com		
Zoom Info	Meeting ID:	Passcode:	
Link			




SECTION B: Yoga On-Line (Zoom)


Class	Chair Yoga with Laura 		
Description	Gentle yoga stretches and strengtheners practiced in a chair. Level of Difficulty: **		
Day & Time	Monday, Wednesday and Friday: 10:00 a.m. – 11:00 a.m.		
Instructor	Laura Dunford	sweetwellnessandyoga@gmail.com	
Zoom Info	Meeting ID:	Passcode:	
Zoom Link			

Class	Chair Yoga with Mark 		
Description	Gentle yoga stretches and strengtheners practiced in a chair. Level of Difficulty: **		
Day & Time	Monday and Wednesday: 10:00 a.m. – 10:45 a.m.		
Instructor	Mark Severin	mhseverin@outlook.com	
Zoom Info	Monday Meeting ID:	Monday Password:	
	Monday Link:		
	Wednesday Meeting ID:	Wednesday Password:	
	Wednesday Link:		

Class	Mat Yoga with Mark 		
Description	Gentle yoga class that includes standing and mat poses. Level of Difficulty: ***		
Day & Time	Tuesday and Thursday: 10:00 a.m. – 10:45 a.m.		
Instructor	Mark Severin	mhseverin@outlook.com	
Zoom Info	Tuesday Meeting ID:	Tuesday Password:	
	Tuesday Link:		
	Thursday Meeting ID:	Thursday Password:	
	Thursday Link:		


NEW ADDITIONS! Evening Classes Monday and Wednesday


Class	Evening Mat Yoga with Mark - Monday 		
Description	Gentle yoga class that includes standing and mat poses. Level of Difficulty: ***		
Day & Time	Monday: 7 p.m.		
Instructor	Mark Severin	mhseverin@outlook.com	
Zoom Info	Meeting ID:	Password:	
	Link:		

Class	Evening Yoga with Mark - Wednesday			
Description	Every other week, Mark switches it up. One week you'll be guided through Yin Yoga – a slower paced class in which poses are held for longer periods of time. Then the next week, you'll experience a free-form yoga dance party. Mark plays his favourite songs and offers yoga-inspired moves. Level of Difficulty: ***			
Day & Time	Wednesday: 7 p.m.			
Instructor	Mark Severin	mhseverin@outlook.com		
Zoom Info	Meeting ID:	Password:		
	Link:			



SECTION C: Health & Wellness Classes Offered On-Line (Zoom)

Class	Mindful Moves Mondays 		
Description	Practice breathing techniques and gentle moves to help reduce stress, build resiliency and improve focus. Level of Difficulty: *		
Day & Time	Monday: 1:00 – 1:30 p.m.		
Instructor	Sheila Cook	scCook@commcareptbo.com	
Zoom Info	Meeting ID: 853 1288 4920	Passcode: Move	
Zoom Link	https://us02web.zoom.us/j/85312884920?pwd=VHFncW9SU0pycENNQTRSS0lxV0h1dz09		

Class	Wellness Wednesdays 		
Description	An interesting topic each week to help you learn more about how to stay healthy and vibrant. You'll need a notebook/paper and pencil/pen. Level of Difficulty: *		
Day & Time	Wednesdays: 1:00 – 1:30 p.m.		
Instructor	Sheila Cook & Special Guests	scCook@commcareptbo.com	
Zoom Info	Meeting ID: 879 4928 8486	Passcode: Wellness	
Link	https://us02web.zoom.us/j/87949288486?pwd=VWVWUmUxS1p0QXVQSzk4blpZQVZlQT09		



SECTION D: Videos

OPTION 1: Go to Community Care's YouTube Channel. This link will take you there.

<https://www.youtube.com/channel/UCw4ljgBIHY7NWzsFKWg2rg/playlists>

We organized the classes by Playlists or types of classes: Advanced; Gentle; Yoga; and Wellness (coming soon)
Click on the VIEW FULL PLAYLIST to see the classes available in this category.

OPTION 2: Go to the link below.

<https://www.youtube.com/playlist?list=PLctjX5MizqsWo4QWvILxI3ETKf1S8rDcq>

To see a list of classes offered.

For each class, we provided a short description, name of instructor and class length.