

Wellness, Exercise & Falls Prevention Catalogue October 4, 2021 to October 29, 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 Monday, October 11th
- **Check the new October Calendars Carefully**
 - * Fun and Fusion on Mondays and Fridays at 10 a.m.
 - * Stretch & Strengthen on Wednesdays at 9 a.m.
 - * Gentle Stretch, Strengthen and Balance on Thursday at 9 a.m.
- **In-Person Classes (Indoors and Outdoors)– please read carefully:**
 - The new schedule will be sent to you separately with more details to help you easily find the classes.
 - There are new classes and new times for some old favourites.
 - You must show proof of having 2 COVID vaccines for all in-person classes.
- **Wellness Wednesdays: 1:00 – 1:45 p.m.**
 - A cornucopia of wellness topics – we'll announce what they are each week.
- **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 5 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.
 - 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: 860 3616 1225	Passcode: Cardio	
Link	https://us02web.zoom.us/j/86036161225?pwd=aJSSHoxUnVGQjVabDRQUHJPQ0I4QT09		
Day & Time	Friday: 10:00 – 10:45 a.m.		
Instructor	Michelle Holdforth yogasouls101@gmail.com		
Zoom Info No change	Meeting ID: 876 4493 3073	Passcode: Friday	
Link	https://us02web.zoom.us/j/87644933073?pwd=Mk9WZ2JiK0tuMlE0SjYzc08xRFFzd09		


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 **		
Day & Time	Wednesday: 3:30 p.m. – 4:00 p.m.		
Instructor	Michelle Holdforth yogasouls101@gmail.com		
Zoom Info	Meeting ID: 832 2643 2092	Passcode: Energy	
Zoom Link	https://us02web.zoom.us/j/83226432092?pwd=d0ExaXpTSWhPeDlBVExMZUxBSFRQUT09		


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 & Friday: 9:00 – 9:45 a.m.	
Instructor	Sue Bitonte	yogasue@gmail.com
Zoom Info	Meeting ID: 821 7187 2480	Passcode: Brain2
Zoom Link	https://us02web.zoom.us/j/82171872480?pwd=MERxa2xBQ2tCT0YxQjRsakdxYUI0dz09	


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	Monday and Friday: 10:00 – 10:45 a.m.	
Instructor	Sue Bitonte	yogasue@gmail.com
Zoom Info	Meeting ID: 876 5535 7380	Passcode: Fun
Link	https://us02web.zoom.us/j/87655357380?pwd=dVNRQXp1c2NibmwraFVyNWsySThUdz09	

Class	NEW - Gentle Stretch, Strengthen and Balance – On-Line 	
Description	Take good care of your body with this gentle class designed to help you gradually enhance strength, flexibility, balance and confidence. Participants will be invited to share their mobility challenges and fitness priorities so that we can focus on these areas. Level of Difficulty *	
Day & Time	Thursday: 9:00 – 9:45 a.m.	
Instructor	Sheila Cook	scook@commcareptbo.org
Zoom Info	Meeting ID: 899 6442 8043	Passcode: Winter
Link	https://us02web.zoom.us/j/89964428043?pwd=WHhML0ZCOVU2eWtsdHpRcHk2UmthQT09	
Day & Time	Monday: 2:15 – 3:00 p.m. (also offered in-person at the BCC)	
Instructor	Sheila Cook	scook@commcareptbo.org
Zoom Info	Meeting ID: 899 6442 8043	Passcode: Monday
Link	https://us02web.zoom.us/j/83511568724?pwd=UnlnQORYMFBOYXhneUZiS2hxZEEyUT09	

Class	Long and Strong Muscles – On-Line 	
Description	A combination of weight training and stretching to keep your muscles both strong and flexible. A special welcome to men who may not have tried a class before. Level of Difficulty: ***	
Day & Time	Tuesday: 09:00 – 09:45 a.m.	
Instructor	Michelle Holdforth	yogasouls101@gmail.com
Zoom Info	Meeting ID: 833 0853 8771	Passcode: Strong
Link	https://us02web.zoom.us/j/83308538771?pwd=RGdoY2lzbVVFVekZRRG5sMDIOUkpUdz09	


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: 885 9782 2244	Passcode: Energy	
Link	https://us02web.zoom.us/j/88597822244?pwd=R0l4Qyt5VlJXK2gyYlROam0yYjFyUT09		


Class	NEW - Stretch and Strengthen Exercises – On-Line 		
Description	Exercises for better bones and greater flexibility. A great class for people just starting out and those who wish to experience the benefits of a regular stretching and strengthening routine. Mainly seated with some standing. Level of Difficulty **		
Day & Time	Wednesday: 9 a.m.		
Instructor	Michelle Holdforth	yogasouls101@gmail.com	
Zoom Info	Meeting ID: 871 6370 5028	Passcode: Stretch	
Link	https://us02web.zoom.us/j/87163705028?pwd=aHh6NWtVb0VqTEliYmdyVWY4OUURLQT09		


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: 845 7114 9797	Passcode: Dance	
Link	https://us02web.zoom.us/j/84571149797?pwd=cGg1YkIUU0tMRlI6VUxNMktMcUJldz09		




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: 884 6622 5786	Passcode: 733853
Zoom Link	https://us02web.zoom.us/j/88466225786?pwd=NU9Mc3FqaytBaUNGUlpGMTcwaHFiUT09	

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	mhseverin58@gmail.com
Zoom Info	Monday Meeting ID: 125 762 897	Monday Password: breathin
	Monday Link: https://us04web.zoom.us/j/125762897	
	Wednesday Meeting ID: 129 942 015	Wednesday Password: mindful
	Wednesday Link: https://us04web.zoom.us/j/129942015	

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	mhseverin58@gmail.com
Zoom Info	Tuesday Meeting ID: 512 056 214	Tuesday Password: breathout
	Tuesday Link: https://us04web.zoom.us/j/512056214	
	Thursday Meeting ID: 145 332 468	Thursday Password: namaste
	Thursday Link: https://us04web.zoom.us/j/145332468	


BACK IN THE LINE-UP! 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	mhseverin58@outlook.com
Zoom Info	Meeting ID: 846 8321 4437	Password: flexible
	Link: https://us02web.zoom.us/j/84683214437?pwd=aklhcThRYVU1d2lGbGZPWU5wOTlDz09	

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	mhseverin58@outlook.com	
Zoom Info	Meeting ID: 798 6541 2602	Password: smiles	
	Link: https://us04web.zoom.us/j/79865412602?pwd=dTloUFJGendNZGNuc2ZjdHJBT1djUT09		



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: * (This is class is also offered in person at the BCC)		
Day & Time	Monday: 1:30 – 2:00 p.m.		
Instructor	Sheila Cook	scook@commcareptbo.com	
Zoom Info	Meeting ID: 853 1288 4920	Passcode: Mindful	
Zoom Link	https://us02web.zoom.us/j/85312884920?pwd=YktxYnRsMHZocndFMTZjWWF3bWx5UT09		

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 & Michelle Holdforth	scook@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/UCw4ljigBIHY7NWzsFKWg2rg/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=PLctjX5MizqsWo4QWvLxI3ETKf1S8rDcc>

To see a list of classes offered.

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