

# Wellness, Exercise & Falls Prevention Catalogue

## May 3 – May 28, 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, May 24<sup>th</sup>. 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 spring renewal.
- **Tea & Conversations on Tuesdays and Thursdays: 2:30 – 3:15 p.m.**
  - Make yourself a cup of tea. Join Karin and folks from our Exercise & Wellness classes for positive and fun chats. A wonderful afternoon activity especially if you're tired of all the bad news.
- **Wellness Wednesdays: 1:00. – 1:45 p.m.**
  - **May 5: Ageless Grace** - a brain health program, promotes longevity of the body and the brain by supporting the neuroplasticity, making new neural pathways, in the brain. As a Certified Ageless Grace® Educator, Karin has learned that recent research shows that no longer is cancer or heart disease the greatest fear among the 60 + population. It is the loss of brain function! This program makes keeping one's body and brain healthy and it as easy as child's play. It is powerful and FUN!
  - **May 12: All about Growing** - Container Gardening (Sheila in consultation with a Master Gardener) and How to Take Great Pictures of Flowers.
  - **May 19: Victorian Tea Cooking Show** – Make a simple “high tea” at home to enjoy on the May 24<sup>th</sup> long weekend.
  - **May 26: Short Story Club** – May is short story month. Let us know in advance if you plan to join and we'll send you a short, short story. During the session we'll discuss your impressions.
- **Virtual Spring Flower Show** – take pictures of your favourite spring flowers wherever you find them – your gardens, neighbours front yard, park or forest. Email them to Sheila and she'll create a photo album for us all to enjoy.
- **Seniors Centre without Walls Project** – Community Care Peterborough is joining other Age Friendly Peterborough partners to offer a variety of programs by telephone. Stay tuned for the May calendar.
- **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](http://www.zoom.us). When prompted enter the Meeting ID and Passcode from the charts below.


<b>Class</b>	<b>Advanced Cardio &amp; Weights – On-Line</b> 	
<b>Description</b>	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 ****	
<b>Day &amp; Time</b>	Monday, Tuesday, Wednesday and Thursday: 11:00 a.m. – 11:45 a.m.	
<b>Instructors</b>	Sheila Cook <a href="mailto:scook@commcareptbo.org">scook@commcareptbo.org</a>	Michelle Holdforth <a href="mailto:yogasouls101@gmail.com">yogasouls101@gmail.com</a>


<b>Class</b>	<b>Afternoon Energy Boost Exercises – On-Line</b> 	
<b>Description</b>	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 +++	
<b>Day &amp; Time</b>	Monday, Tuesday, Wednesday, Thursday & Friday: 3:30 p.m. – 4:00 p.m.	
<b>Instructors</b>	Jodie Mulder <a href="mailto:jodiemulder74@gmail.com">jodiemulder74@gmail.com</a>	Michelle Holdforth <a href="mailto:yogasouls101@gmail.com">yogasouls101@gmail.com</a>


<b>Class</b>	<b>Body and Brain Fitness – On-Line</b> 	
<b>Description</b>	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 *	
<b>Day &amp; Time</b>	Monday, Wednesday & Friday: 9:00 – 9:45 a.m.	
<b>Instructor</b>	Sue Bitonte	<a href="mailto:yogasue@gmail.com">yogasue@gmail.com</a>

<b>Class</b>	<b>Gentle Stretch and Strengthen Exercises – On-Line</b> 	
<b>Description</b>	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 *	
<b>Day &amp; Time</b>	Monday and Friday: 10:00 – 10:45 a.m.	
<b>Instructor</b>	Sue Bitonte	<a href="mailto:yogasue@gmail.com">yogasue@gmail.com</a>

<b>Class</b>	<b>Fun Fusion – On-Line * New</b> 	
<b>Description</b>	A special combination of fun energetic movements plus activities to improve balance, coordination, focus and posture. Level of Difficulty **	
<b>Day &amp; Time</b>	Tuesday and Thursday: 9:00 – 9:45 a.m.	
<b>Instructor</b>	Sue Bitonte	<a href="mailto:yogasue@gmail.com">yogasue@gmail.com</a>


<b>Class</b>	<b>Mat and Band Wednesday – new log in information</b> 	
<b>Description</b>	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 ***	
<b>Day &amp; Time</b>	Wednesday: 2:00 p.m.	
<b>Instructors</b>	Michelle Holdforth	<a href="mailto:yogasouls101@gmail.com">yogasouls101@gmail.com</a>


<b>Class</b>	<b>Morning Energizer – On-Line</b> 	
<b>Description</b>	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 **	
<b>Day &amp; Time</b>	Tuesday, Wednesday and Thursday: 10:00 a.m. – 10:45 a.m.	
<b>Instructors</b>	Sheila Cook <a href="mailto:scook@commcareptbo.org">scook@commcareptbo.org</a>	Michelle Holdforth <a href="mailto:yogasouls101@gmail.com">yogasouls101@gmail.com</a>


<b>Class</b>	<b>Zumba</b> 	
<b>Description</b>	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 ***	
<b>Day &amp; Time</b>	Friday: 11:00 – 11:45 a.m.	
<b>Instructor</b>	Amarilis Rivero	<a href="mailto:amarilis1132@hotmail.com">amarilis1132@hotmail.com</a>




## SECTION B: Yoga On-Line (Zoom)


<b>Class</b>	<b>Chair Yoga with Laura</b> 	
<b>Description</b>	Gentle yoga stretches and strengtheners practiced in a chair. Level of Difficulty: **	
<b>Day &amp; Time</b>	Monday, Wednesday and Friday: 10:00 a.m. – 11:00 a.m.	
<b>Instructor</b>	Laura Dunford	<a href="mailto:sweetwellnessandyoga@gmail.com">sweetwellnessandyoga@gmail.com</a>

<b>Class</b>	<b>Chair Yoga with Mark</b> 	
<b>Description</b>	Gentle yoga stretches and strengtheners practiced in a chair. Level of Difficulty: **	
<b>Day &amp; Time</b>	Monday and Wednesday: 10:00 a.m. – 10:45 a.m.	
<b>Instructor</b>	Mark Severin	<a href="mailto:mhseverin@outlook.com">mhseverin@outlook.com</a>
	Monday Link:	[Link information obscured]
	Wednesday Meeting ID:	
	Wednesday Password:	
	Wednesday Link:	

<b>Class</b>	<b>Mat Yoga with Mark</b> 	
<b>Description</b>	Gentle yoga class that includes standing and mat poses. Level of Difficulty: ***	
<b>Day &amp; Time</b>	Tuesday and Thursday: 10:00 a.m. – 10:45 a.m.	
<b>Instructor</b>	Mark Severin	<a href="mailto:mhseverin@outlook.com">mhseverin@outlook.com</a>


### NEW ADDITIONS! Evening Classes Monday and Wednesday


<b>Class</b>	<b>Evening Mat Yoga with Mark - Monday</b> 	
<b>Description</b>	Gentle yoga class that includes standing and mat poses. Level of Difficulty: ***	
<b>Day &amp; Time</b>	Monday: 7 p.m.	
<b>Instructor</b>	Mark Severin	<a href="mailto:mhseverin@outlook.com">mhseverin@outlook.com</a>


<b>Class</b>	<b>Evening Yoga with Mark - Wednesday</b> 	
<b>Description</b>	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: ***	
<b>Day &amp; Time</b>	Wednesday: 7 p.m.	
<b>Instructor</b>	Mark Severin	<a href="mailto:mhseverin@outlook.com">mhseverin@outlook.com</a>



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

<b>Class</b>	<b>Mindful Moves Mondays</b> 	
<b>Description</b>	Practice breathing techniques and gentle moves to help reduce stress, build resiliency and improve focus. Level of Difficulty: *	
<b>Day &amp; Time</b>	Monday: 1:00 – 1:30 p.m.	
<b>Instructor</b>	Sheila Cook	<a href="mailto:scook@commcareptbo.com">scook@commcareptbo.com</a>

<b>Class</b>	<b>Tea and Inspirational Chats</b> 	
<b>Description</b>	Pour yourself a cup of tea and join us for interesting and fun conversations. Karin will offer a thought-provoking question or a fun conversation starter. Level of Difficulty: *	
<b>Day &amp; Time</b>	Tuesday and Thursday: 2:30 – 3:15 p.m.	
<b>Instructor</b>	Karin DesChamp	
<b>Zoom Info</b>	Meeting ID: 830 1695 6782	Passcode: Chat
<b>Link</b>	<a href="https://us02web.zoom.us/j/83016956782?pwd=RzhrQUtDbVV4MUNxTDJGSiNiOXBBQT09">https://us02web.zoom.us/j/83016956782?pwd=RzhrQUtDbVV4MUNxTDJGSiNiOXBBQT09</a>	

<b>Class</b>	<b>Wellness Wednesdays</b> 	
<b>Description</b>	A surprise topic and activity each week to boost your overall sense of well-being. Lift your spirits during the winter months. You'll need a notebook/paper and pencil/pen. Level of Difficulty: *	
<b>Day &amp; Time</b>	Wednesdays: 1:00 – 1:30 p.m.	
<b>Instructor</b>	Sheila Cook & Special Guests	<a href="mailto:scook@commcareptbo.com">scook@commcareptbo.com</a>



## 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=PLctjX5MizqsWo4QWvILxI3ETKf1S8rDcg>

To see a list of classes offered.

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