

KEEPING CONNECTED FALL SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri	Sat
9 - 10 a.m.			Massage (9 a.m. - 12 p.m.)	Pick Up the Pace (9 - 10 a.m.)		
		Parkinson's Movement Therapy** (9:15 - 10:15 a.m.)		Parkinson's Movement Therapy** (9:15 - 10:15 a.m.)	Guided Memoir (10 a.m. - 12 p.m.)	
10 - 11 a.m.			Keep on Moving (DF) (10 - 11 a.m.)	Grief Support Group (10 - 11 a.m.)	Stand Tall (DF) with Jayson (10 - 11 a.m.)	
		Adapted Chair Yoga (DF) (10:30 - 11:30 a.m.)		Caregiver Support (10:30 a.m. - 12 p.m.)		
		Parkinson's Movement Therapy** (10:30 - 11:30 a.m.)	Keep Well (11:15 a.m. - 12:45 p.m.)	Parkinson's Movement Therapy** (10:30 - 11:30 a.m.)	Sound Advice for Hearing Impaired <i>once a month</i> (10 - 11:30 a.m.) (DF+)	Live Well 55+ (10:30 - 11:30 a.m.)
11 a.m. - 12 p.m.				Men's Club (DF+) (10:30 a.m. - 12 p.m.)		
	Yoga for Healthy Ageing (11:45 a.m. - 12:45 p.m.)	FAME for Stroke*** (11:45 a.m. - 12:45 p.m.)	Adapted Strength & Balance (DF) (11:45 a.m. - 12:45 p.m.)	Chair Yoga: Move and Groove (11:15 a.m. - 12:15 p.m.)	Keep on Moving (DF) (11:10 - 11:50 a.m.)	
				Eye Deal (DF+) <i>once/month</i> (11:30 - 1 p.m.)		Memory and Movement Drop-in (11 a.m. - 1 p.m.) (DF+)
12 - 1 p.m.	Mindfulness Meditation Monday (12:30 - 1:30 p.m.)	Reboot (12 - 12:30 p.m.)		FAME for Stroke*** (11:45 a.m. - 12:45 p.m.)	Reboot (12 - 12:30 p.m.)	
		Ted Talks Fall Series (+) <i>once a month</i> (12:30 - 2 p.m.)			Well Balanced* (Lv 1) with Annie (1 - 2 p.m.)	
	Well Balanced* (Level 1) (1 - 2 p.m.)	Tea Party (DF+) <i>quarterly</i> (1:15 - 2:30 p.m.)	Well Balanced* (Level 1) (1 - 2 p.m.)		Free Singalong Fun (DF+) (1 - 2 p.m.)	
	Stretch & Movement (DF) (1:15 - 2:15 p.m.)			Golden Fireflies (1 - 3 p.m.)	Minds in Motion (DF+) Alzheimer's Society of BC (1 - 2:30 p.m.)	
			Ladies Social Club (DF+) (1:30 - 3 p.m.)			
2 - 3:30 p.m.	Well Balanced* (Level 2) (2:15 - 3:10 p.m.)				Well Balanced* (Level 2) with Annie (2:15 - 3:15 p.m.)	Neuromovement (2:30 - 3:15 p.m.)
	Musical Mondays (DF+) <i>live sing-along once/month</i> (2:30 - 3:30 p.m.)		Well Balanced* (Level 2) (2:15 - 3:15 p.m.)			
3:30 - 5:30 p.m.		Sound Therapy <i>Class runs in September and October only.</i> (4 - 5 p.m.)				
		Qi Gong (4 - 5:30 p.m.)			Screen Time for Seniors <i>once a month</i> (4:30 - 5:30 p.m.)	

+: Social Activity | DF: Dementia Friendly | *pre-requisite: Well Balanced Consultation | **pre-requisite: Parkinson's Consultation
***pre-requisite: FAME Consultation | To book a consultation, please call 604-925-7280

KEEPING CONNECTED PROGRAMS

ADAPTED CHAIR YOGA

Join us for yoga from safety and comfort of your chair. We will make simple adaptations to support your needs. For participants' safety, there are no floor exercises in this class.

ADAPTED STRENGTH & BALANCE

Did you know that leg strength is one of the keys to living a longer life? Increase leg strength and balance to improve wellness and longevity!

CAREGIVER SUPPORT GROUP

This group meets weekly to support caregivers navigate the everchanging challenges that dementia brings. It is a safe setting for sharing information, insight, advice, and encouragement.

CHAIR YOGA MOVE AND GROOVE

Join us for a fun and upbeat yoga class! Whether you are new to chair yoga or looking for a safe and gentle exercise this could be a great fit for you. Learn breathing techniques, movement, alignment, strengthening, stretching with plenty of toe tapping and smiles to go around! The class will include variations of sitting and standing exercises.

EYE DEAL

Join us for an informative support group for people with low vision. Each meeting will feature a guest speakers, discussion, and information sharing.

FREE SINGALONG FUN

Lift your spirits and improve your sense of joy and well-being in this weekly singalong! All voices are welcome.

GOLDEN FIREFLIES

Using humour, fun acting games, and professional theatre techniques in a safe, lighthearted environment, awaken your senses, learn acting and writing skills, and explore the world of storytelling. No experience necessary. *Facilitated by professional theatre artists from Presentation House Theatre.*

GRIEF SUPPORT

Everyone is welcome to this safe and supportive weekly meeting space for individuals to explore grief and loss. Participants are encouraged (not obligatory) to share their experiences and feelings around the grief process. Being with others who 'understand' what you are going through can be extremely comforting and powerful. This is an excellent next step for caregivers who have experienced loss. Led by Jen F.

KEEP ON MOVING

Take the effort out of staying active! This exercise class is designed for older men experiencing decreasing strength.

Participants will work on strength and flexibility exercises seated in a chair.

LADIES SOCIAL CLUB

Ladies, join this social group to enjoy discussion, mental aerobics, games, and entertainment.

LIVE WELL 55+

Start your Saturday with a fitness program that includes stretching, strength, mobility, weights, resistance, and balance exercises.

MEMORY AND MOVEMENT

This fitness and social program is intended for people living with memory loss and their partners/caregivers/friends. Participate in exercises designed to stimulate the mind and invigorate the body for the first hour, followed by tea/snacks and social time together. Learn special tips and techniques on how to live well with Dementia. Participants must attend with a friend, caregiver or partner. *Cost of program is for 2 people.*

MEN'S CLUB

Join this group of gentlemen every week for lively discussion of current affairs, mental aerobics, and social connections.

MINDS IN MOTION

Join us for a class offered in partnership with the Alzheimer's Society of BC, designed to exercise your body and mind. Participants attend with caregiver/loved one.

MUSICAL MONDAY (once a month)

Stand up and dance or just sing along to live music every Monday in a coffee house setting.

NEUROMOVEMENT

Join our neuroplasticity-based NeuroMovement class today and embark on a transformative journey! This movement-based learning method combines gentle movements, precise attention, and novel experiences to stimulate positive brain change. NeuroMovement promotes optimal movement, improved balance, and increased cognitive function.

PICK UP THE PACE

Lift your spirits and your heart rate with this new class designed to get your blood flowing. Get ready for some fun and movement! This is a class that will be done from a standing position.

REBOOT

Reboot yourself with a new SAC program. This 30 minute program twice a week will include strengthening movements, balancing exercises, stretches to improve breathing and joint mobility.

SCREEN TIME FOR SENIORS

Learn more about your phones, tablets, laptops, and more! Students from Collingwood can help you learn all about technology and answer any questions you have. Learn how to use apps, facetime, email, apps, QR code setup and general troubleshooting. *****Must bring your own device.**

STAND TALL

Do you want to improve your posture and core? Learn basic exercises that will help restore muscle imbalance and spinal alignment allowing you to stand tall.

STRETCH AND MOVEMENT

Enjoy a safe and creative class for people living with Parkinson's and other physical challenges. Maintain a sense of confidence and grace in movement through the fundamentals of stretch. NOTE: Caregivers must register, but at no charge.

SOUND ADVICE FOR HEARING IMPAIRED (first Friday of each month)

This program is a series of informal workshops and discussions for people who are hard of hearing. Discussion topics include technology, speech reading, behavioural issues, improving relationships, improving hearing environments, and more. Sponsored by the Canadian Hard of Hearing Association - North Shore Branch.

TEA PARTY (quarterly)

Put on your best smile and party outfit and join us for a tea party! Special teas and snacks will be served. Enjoy drinking tea and being "proper" for an afternoon!

TECH TIME

Do you have questions about your device or how to use it? Book a one-on-one appointment with Justin who is qualified and patient and can help you troubleshoot your device issues! Call 604-925-7280 to register.

TED TALKS

Enjoy watching a 20-minute Ted Talk, followed by a discussion. This monthly initiative is meant to introduce innovative ideas and thoughts and stimulate conversation. *Last Tuesday of every month.*

YOGA FOR HEALTHY AGEING

Join us for a dynamic movement class designed to make you feel stronger in body and mind. Reduce back pain, increase strength and memory, and sleep better. You will love this class!

FAME FOR STROKE

Did you know that stroke is the leading cause of disability in Canada? Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. FAME (Fitness & Mobility Exercise Program) is a community-based exercise program developed by researchers at UBC for post-stroke individuals that still maintain standing and walking ability.

WELL BALANCED

Has your balance changed? Do you find yourself hesitating to go for walks, to the grocery store, or up and down stairs? Well Balanced is designed to improve your balance and confidence! Join us to strengthen and stretch all those stabilizing muscles, help improve your posture, and stay Well Balanced in a small group setting!

PARKINSON'S MOVEMENT THERAPY

formerly Parkinson's Rehabilitation
Did you know that exercise is a vital component to maintaining balance, mobility, and performing the activities of daily living for people with Parkinson's? Prolong your overall strength with resistance training, aerobic fitness, and flexibility through a personalized program designed for you by our Personal trainers who facilitate the group and monitor your progress.