



zoom

JANUARY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4	5	6	7
		LAF Fitness 1:30 - 2:30 pm	StrongerU Fitness 9:30 -10:00 am Chair Yoga 1:00 - 2:00 pm	Zumba Gold 1:00 - 1:30 pm
10	11	12	13	14
LAF Fitness 1:30 - 2:30 pm	LAF Coffee Social 9:30-11:00 am Learn to Zoom 1:00 pm- 2:00pm	LAF Fitness 1:30 - 2:30 pm Watercolour Wellness Workshop 1:30 - 3:00 pm	StrongerU Fitness 9:30 -10:00 am Chair Yoga 1:00 - 2:00 pm	Zumba Gold 1:00 - 1:30 pm
17	18	19	20	21
LAF Fitness 1:30 - 2:30 pm	LAF Coffee Social 9:30-11:00 am Learn to Zoom 1:00 pm- 2:00pm	LAF Fitness 1:30 - 2:30 pm	StrongerU Fitness 9:30 -10:00 am Chair Yoga 1:00 - 2:00 pm	Zumba Gold 1:00 - 1:30 pm
24	25	26	27	28
LAF Fitness 1:30 - 2:30 pm	LAF Coffee Social 9:30-11:00 am Ceramics- Valentine's Day Workshop 1:00-3:00 pm	LAF Fitness 1:30 - 2:30 pm	StrongerU Fitness 9:30 -10:00 am Chair Yoga 1:00 - 2:00 pm	Zumba Gold 1:00 - 1:30 pm
31	<p>ZOOM classes require a monthly membership. Please call 519-254-1108 to register.</p>			

What is Zoom?

A computer, tablet or smartphone app for video communication. It enables you to virtually interact with others.



To get connected:

- Pre-register by calling: **519-254-1108**
- Download **ZOOM**
- On the day and time of program click on the link provided by LAF



ZOOM

List of Programs



LAF Fitness

Suitable for any fitness level, this fitness class is a total body workout that includes a variety of exercises designed to target key muscles while improving your flexibility, endurance and balance. This class can be done seated or standing and can include weights and resistance bands. Please have available a secure and comfortable chair, without wheels. Join us every Monday and Wednesday from 1:30- 2:30 pm.

LAF Coffee Social



Interested in socializing and conversing with LAF friends? We will have activities, games, and provide time to interact with others. Join us every Tuesday from 9:30- 11:00 am.

StrongerU Fitness

Performed seated or standing, this program engages the heart, lungs, and brain, through movement combinations set to music. This program is in collaboration with the StrongerU Senior Fitness Student Sponsorship Program. Please have available a secure and comfortable chair, without wheels. Join us every Thursday from 9:30- 10:00 am.

Chair Yoga with Zachara

Learn proper breathing and gentle stretching techniques designed specifically for older adults to aid with daily movement. Movements are done seated. Please have a secure and comfortable chair, without wheels. Join us every Thursday from 1:00- 2:00 pm.

Zumba Gold with JoAnne

This class combines strength and resistance training with innovative dance moves. Come experience a high-intensity workout that focuses on defining your muscles and improving overall cardiovascular health. Join us every Friday from 1:00-1:30 pm.

It is strongly recommended that you check with your primary care provider before beginning any fitness program.

Learn to Zoom

Want to be a part of the Zoom fun, but not sure how to connect. Register with us today and we will walk you through the steps!

Watercolour Wellness Workshop

Sit back and relax! Join us on Zoom with Ainslee Winters from Revival Through Hands and learn watercolour painting techniques to create a beautiful masterpiece. Pre-registration by January 10th is required. **Cost: \$10, includes supplies and program fee.** Kits to can be picked up at the WSC between Jan 6th-Jan 11th.

Ceramics- Valentine's Day Workshop

Join us on Zoom for a Valentine's Day Ceramics Workshop. You will have a choice of painting a festive mug or mini dish. Pre-registration by Fri, Jan 21st is required. **Cost: \$10, includes supplies and program fee.** Kits will be available at the WSC between Jan 17th-21st. Once registered, we will reach out to participants for post workshop drop off and pick up options.

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Please visit www.lifeafterfifty.ca for more information.