



# zoom

## FEBRUARY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>LAF Coffee Social</b> 9:30-11:00 am	2 <b>Chair Yoga</b> 11:00 - 12:00 pm <b>LAF Fitness</b> 1:30 - 2:30 pm	3 <b>StrongerU Fitness</b> 9:30 -10:00 am	4 <b>NEW Qigong</b> 10:00 -11:00am <b>Zumba Gold</b> 1:00 - 1:30 pm
7 <b>LAF Fitness</b> 1:30 - 2:30 pm	8 <b>LAF Coffee Social</b> 9:30-11:00 am <b>Paint Workshop: Lantern of Love</b> 1:30 - 3:00 pm	9 <b>Chair Yoga</b> 11:00 - 12:00 pm <b>LAF Fitness</b> 1:30 - 2:30 pm	10 <b>StrongerU Fitness</b> 9:30 -10:00 am	11 <b>Qigong</b> 10:00 -11:00am <b>Zumba Gold</b> 1:00 - 1:30 pm
14 <b>LAF Fitness</b> 1:30 - 2:30 pm	15 <b>LAF Coffee Social</b> 9:30-11:00 am	16 <b>Chair Yoga</b> 11:00 - 12:00 pm <b>LAF Fitness</b> 1:30 - 2:30 pm	17 <b>StrongerU Fitness</b> 9:30 -10:00 am	18 <b>Qigong</b> 10:00 -11:00am <b>Zumba Gold</b> 1:00 - 1:30 pm
21 <b>NO PROGRAMS</b> 	22 <b>LAF Coffee Social</b> 9:30-11:00 am	23 <b>Chair Yoga</b> 11:00 - 12:00 pm <b>LAF Fitness</b> 1:30 - 2:30 pm	24 <b>StrongerU Fitness</b> 9:30 -10:00 am	25 <b>Qigong</b> 10:00 -11:00am <b>Zumba Gold</b> 1:00 - 1:30 pm
28 <b>LAF Fitness</b> 1:30 - 2:30 pm	<b>ZOOM classes require pre-registration. Please call 519-254-1108 to register.</b>			

### 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.

### **LAF Coffee Social**

Interested in socializing and conversing with LAF friends? We will have activities, games, and provide time to interact with others.

### **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.

### **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.

### **Qigong**



Holistic system of coordinated body posture/movement, breathing, and meditation used for health, spirituality, and martial arts training. Qigong can help improve your circulation, balance, alignment and help restore your energy (chi).

### **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.

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

### **Paint Workshop**

Valentine's Day is just around the corner! Let's celebrate on Zoom and learn how to paint a festive picture of "a lantern of love" with JoAnne Ediger. **Cost: \$10** kit, includes supplies and program fees. Kits will be available for pick-up at the WSC between Jan 31st - Feb 7th. Zoom link will be sent out via e-mail.

**ZOOM classes require pre-registration. Please call 519-254-1108 to register.  
Please visit [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca) for more information.**