



# zoom



## JANUARY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				 <b>Happy New Year!</b>
<b>4</b> <b>Gentle Fitness with Darrin</b> 1:00 - 2:00 pm	<b>5</b> <b>Yoga with Tina</b> 1:00 - 2:00 pm	<b>6</b> <b>Gentle Fitness with Darrin</b> 1:00 - 2:00 pm	<b>7</b> <b>Chair Yoga with Zachara</b> 1:00 - 2:00 pm	<b>8</b>
<b>11</b> <b>Gentle Fitness with Darrin</b> 1:00 - 2:00 pm <b>Learn to ZOOM</b> 2:30-3:30 pm	<b>12</b> <b>Yoga with Tina</b> 1:00 - 2:00 pm	<b>13</b> <b>Gentle Fitness with Darrin</b> 1:00 - 2:00 pm	<b>14</b> <b>StrongerU Cardio</b> 10:00 -10:45 am <b>Chair Yoga with Zachara</b> 1:00 - 2:00 pm	<b>15</b>
<b>18</b> <b>Gentle Fitness with Darrin</b> 1:00 - 2:00 pm <b>Computer/Digital Security</b> 2:30-3:30 pm	<b>19</b> <b>Yoga with Tina</b> 1:00 - 2:00 pm	<b>20</b> <b>Gentle Fitness with Darrin</b> 1:00 - 2:00 pm	<b>21</b> <b>StrongerU Cardio</b> 10:00 -10:45 am <b>Chair Yoga with Zachara</b> 1:00 - 2:00 pm	<b>22</b>
<b>25</b> <b>Gentle Fitness with Darrin</b> 1:00 - 2:00 pm <b>Computer/Digital Security</b> 2:30 -3:30 pm	<b>26</b> <b>Yoga with Tina</b> 1:00 - 2:00 pm	<b>27</b> <b>Gentle Fitness with Darrin</b> 1:00-2:00 pm	<b>28</b> <b>StrongerU Cardio</b> 10:00 -10:45 am <b>Chair Yoga with Zachara</b> 1:00 - 2:00 pm	<b>29</b>

**ZOOM classes are FREE for members only.  
Please call 519-254-1108 to register.**

### 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



### Gentle Fitness with Darrin

This program 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. Please have available a secure and comfortable chair, without wheels.

### Floor Yoga with Tina

This is a great class for those comfortable with getting up and down off the floor. If you have decreased flexibility or just enjoy stretching, this is a perfect class for you. No previous experience necessary. Yoga mat is recommended.

### 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.

### StrongerU Cardio



Performed seated or standing, this program engages the heart, lungs, and brain, through aerobic movement combinations set to music. Beginning Jan 14th, we kick off our collaboration with the StrongerU Senior Fitness Student Sponsorship Program. Our Instructors, Teodora and Amanda are completing the StrongerU Senior Fitness Instructor course, in exchange they will offer a weekly StrongerU class at Life After Fifty on Thursdays at 10:00 a.m. Please have available a secure and comfortable chair, without wheels.

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

## Workshops

### Learn to ZOOM



Do you want to learn how to get started on ZOOM? Or ready to go and need some pointers? Join us by phone and through ZOOM to get started!

### Computer/Digital Security



This 3 week course will use practical and fun examples to convey best practices to protect yourself against cyber criminals when using computers, tablets, smartphones and other devices. We will talk about how to create & manage your passwords; how to detect fraudulent web sites, emails, etc; how to protect your internet browsing and information; and how to setup anti-virus protection on your devices; and more.

**ZOOM classes require pre-registration. Please call 519-254-1108 to register.**

**Please visit [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca) for more information.**

