

Updated December 22, 2020

55+ Virtual Programs - Winter 2021

HST included on all pricing listed

Programs that do not have sufficient registration maybe cancelled & you will be notified.

Please note that registration is mandatory for all virtual classes!

In order to participate in all of these programs, you must join Zoom.

Instructions are listed below.

Winter 2021 Registration Dates

	DATE	TIME
Registration	Tuesday Jan 5	6:00 pm

Painting – Watercolour

Instructor: Hi-Sook

This course will focus on developing a solid foundation through basic techniques. With demonstrations and individual assistance, you will learn how to paint loose, transparent watercolours in an impressionistic style. Students are responsible for bringing their own supplies – supply list will be available. **This will be offered as a Virtual Program via Zoom!**

Day	Time	Start Date	End Date	# of Classes	Resident Fee	Barcode
Mon.	1:30 – 3:30 pm	Jan. 18	Mar. 1	6	\$67.80	16457

* No class on February 15th!

** A non resident fee of \$25.14 applies to this course

Yoga – Chair

Instructor: Wendy

All are welcomed and modifications are offered for every level of flexibility and mobility. All poses are adapted to the chair. The focus of this class is to improve balance and increase flexibility by bringing awareness to breath, lubricate all joints, tendons, ligaments and muscles.

This program will be offered as a Virtual Program Via Zoom!

Day	Time	Start Date	End Date	# of Classes	Resident Fee	Barcode
Tue.	9:45 – 10:30 am	Jan. 12	Jan. 12	1	Free trial	16466
Tue.	9:45 – 10:45 am	Jan. 19	Feb. 23	6	\$49.49	16463

Scattergories

With: TBA

This free program is a creative-thinking category-based game. Each game of Scattergories consists of three rounds. Each round will have a list of different categories. The Instructor will randomly pick a letter each time and will announce what has been selected. The objective of the game is to come up with as many words as possible that start with the rolled letter given within each category listed per round. Participants will be emailed their Scattergories categories the day prior.

This will be offered as a Virtual Program via Zoom!

Day	Time	Start Date	End Date	# of Classes	Resident Fee	Barcode
Tues.	1:30-2:30pm	Jan. 19	Feb. 23	6	Free Trial	16458

Stretch 'n' Core

Instructor: Joanne

This gentle class offers weight bearing and resistance exercises that stretch and strengthen the whole body. Students will see improvements in their balance, build strong, lean muscles and improvement efficiency of movement and mobility.

This will be offered as a Virtual Program via Zoom!

Day	Time	Start Date	End Date	# of Classes	Resident Fee	Barcode
Wed.	10:30 am – 11:15 am	Jan. 13	Jan. 13	1	Free Trial	16465
Wed.	10:30 am – 11:15 pm	Jan. 20	Feb. 24	6	\$49.49	16459

Bingo

With: TBA

This free program is game of chance played with cards having numbered squares corresponding to numbered balls drawn at random and won by covering five such squares in a specific row. Participants will be emailed their Bingo card the day prior.

This will be offered as a Virtual Program via Zoom!

Day	Time	Start Date	End Date	# of Classes	Resident Fee	Barcode
Wed.	1:00-2:30pm	Jan 20	Feb. 24	6	FREE	16456

Trivia

With: TBA

This free program is a game where participants are asked questions about different topics and they have to get as many correct answers as possible.

This will be offered as a Virtual Program via Zoom!

Day	Time	Start Date	End Date	# of Classes	Resident Fee	Barcode
Thurs.	1:30 – 3:00 pm	Jan. 21	Feb. 25	6	FREE	16460

Zumba

Instructor: Garlice

This Zumba class is specifically designed for older adults. If you would like to get some exercise in a fun class that keeps you moving, then this is the one for you! You don't need to know how to dance! Just move to the music. The instructor will gear the exercise pace to the participants' level.

This will be offered as a Virtual Program via Zoom!

Day	Time	Start Date	End Date	# of Classes	Resident Fee	Barcode
Fri.	9:30 -10:15 am	Jan.15	Jan.15	1	Free Trial	16467
Fri.	9:30 -10:15 am	Jan. 22	Feb. 26	6	\$49.49	16464

Workshop - Decluttering & Downsizing

How do you 'downsize' a life's worth of possessions? What can you do now to ensure you sell for the highest price possible? How do you decide where to move to? Learn from an industry expert the essential steps that you need to take when downsizing, relocating and improving your lifestyle to help make this next phase of your journey the most exciting and rewarding ever.

This will be offered as a Virtual Program via Zoom!

Day	Time	Date	# of Classes	Resident Fee	Barcode
Fri.	1:30 - 3:30 pm	Jan. 29	1	\$6.00	16461

Workshop – Hearing Care

Helix Hearing Care Centre will be doing a brief virtual presentation which will focus on “Hearing the Best You Can”. Covering such topics as: hearing loss, how do we hear, hearing technology, hearing care in pandemic times as well as tele-hearing services that are currently available.

This will be offered as a Virtual Program via Zoom!

Day	Time	Date	# of Classes	Resident Fee	Barcode
Fri.	1:30 – 2:30 pm	Feb. 12	1	Free	16462

Steps to Participate via Zoom

Please visit zoom.us and download zoom for (free). Once you are on the site, tutorials are available to help you understand what to do. Zoom is very user friendly.

Jen – jen.mceachen@townofws.ca will send a confirmation email with a link to the program, once you’re registered through the town - townofws.ca/wsplayonline.

Please note: a few minutes before the session starts, you have to click on the link within the email. You may be prompted to wait if you log in too soon, but Jen or an instructor will enter the call a few minutes before the start time and then admit you to the class.