

Updated September 25, 2020

55+ Virtual Programs Fall 2020

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 some of these programs, you must join Zoom.

Instructions are listed below.

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	Nov. 2	Dec. 7	6	\$67.80	15036

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 at the Leisure Centre.**

Day	Time	Start Date	End Date	# of Classes	Resident Fee	Barcode
Tue.	9:45 – 10:45 am	Nov. 3	Dec. 8	6	\$49.15	15037

Scattergories

With: Allie

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 program coordinator will roll a giant alphabetical die and will announce what letter the roll landed on. 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	Dates	# of Classes	Resident Fee	Barcode
Tues.	5:30-6:30pm	Nov. 17, Dec 1 & 15	3	FREE	15041

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.	11:30 am – 12:15 pm	Nov. 4	Dec. 9	6	\$49.15	15045

Bingo

With: Allie

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	Dates	# of Classes	Resident Fee	Barcode
Wed.	1:00-2:30pm	Nov.18, Dec. 2 & 16	3	FREE	15044

Tai Chi

Instructor: Ricky & Rosa

A graceful and healthy ancient Chinese form of exercise that combines relaxed, fluid movement with a calm and alert mental state. Tai Chi is a no-impact exercise and is ideal for all fitness levels. **This program will be offered at the Leisure Centre.**

Day	Time	Start Date	End Date	# of Classes	Resident Fee	Barcode
Thurs.	11:15am – 12:15pm	Nov. 5	Dec. 10	6	\$50.85	15046

Bingo

With: Allie

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	Dates	# of Classes	Resident Fee	Barcode
Thurs.	1:00-2:30pm	Nov. 19, Dec. 3 & 17	3	FREE	15042

Trivia

With: Allie

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	Dates	# of Classes	Resident Fee	Barcode
Thurs.	3:00-4:30pm	Nov. 12, 26 & Dec. 10	3	FREE	15043

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 – 10:15am	Nov. 6	Dec. 11	6	\$49.15	15038

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 industry experts the essential steps 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	Start Date	End Date	# of Classes	Resident Fee	Barcode
Fri.	1:30 - 3:30 pm	Nov. 6	Nov. 6	1	\$6.00	15039

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 – 2:00 pm	Nov. 20	1	Free	15040

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.

Either Jen – jen.meachen@townofws.ca or Allie – alessandra.romano@townofws.ca will send a confirmation email with a link to the program, once you’re registered through the town - [townofws.ca/wsplayonline](https://www.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 Allie will enter the call a few minutes before the start time.