

**Sign up for these fun activities that you can attend for one price.**

These activities are priced by the session and occur over multiple dates. Anyone can join these activities. Minimum numbers are required to run.



**GLEE with Katie on ZOOM**

**Date:** Mondays; 9:30 - 10:00 a.m.

**Note:** No class on Monday, February 20 (Family Day)

**Cost:** \$150 (for all 11 classes)

Come together weekly to enjoy a variety of music, to listen to others, and join our voices together with purpose.



**Artshine In-Person**

**Note:** This is in-person at 99 Ottawa St. S, 1st Floor

**Date:** Wednesdays; 1:15 - 2:30 p.m.

**Cost:** \$350 (for all 11 classes)

**Registration closes December 9**

Welcome back to in-person classes! Join Monica from Artshine to create unique, artistic projects. All supplies are provided.



**Creative Music with Len on ZOOM**

**Date:** Wednesdays; 10:30 - 11:00 am (first 3 Wednesdays of the month)

**Note:** No class on January 25, February 22, March 22, 29

**Cost:** \$135 (for all 9 classes)

Join music therapist Len and use your voice and other instruments in this fun and interactive group, singing and playing the group's favourite songs.



**Drumming with Sam on ZOOM**

**Date:** Thursdays; 11:00 - 11:30 a.m.

**Cost:** \$120 (for all 12 classes)

Jam with Sam! Follow the beats, learn some rhythm and play as a group.



**Music with Katie on ZOOM**

**Date:** Thursdays; 1:45 - 2:15 p.m.

**Cost:** \$150 (for all 11 classes)

Join Music Therapist Katie and use your voice and other instruments in this fun and interactive group



**Sing A Long with Brad on ZOOM**

**Date:** Mondays, Wednesdays, Fridays; 11:15-11:45 am

**NOTE:** no sing along on Monday, October 10.

**Cost:** \$20 (for all 12 weeks)

Join Brad 3 times a week and sing your favourite tunes.

**\*\*NEW\*\* ZOOM Activities Bundle! \$20 for all 12 weeks!**  
**Sign up for ALL of the fun activities listed below for one price.**  
These activities are priced together and occur over multiple dates.  
You can attend what you want, when it works for you!  
All activities are open for anyone to join.

Click **ZOOM Activities Bundle** at registration to sign up for:



**Feel Good Fridays on ZOOM**

**Date:** Fridays; 9-10am

Join fun conversation about:

January: New Year, All About Winter

February: Ground Hog Day, Valentines, Mari Gras Day/Fat Tuesday, Chinese New Year

March: Mental Aerobics Day, St Patrick's, Mad Lib Day



**Mindfulness, Chair Yoga, Speak Up on ZOOM**

**Date:** Tuesdays; 9-10:45 am

**Note:** These run back to back, with short breaks in between topics

**Mindfulness** helps you to bring awareness to what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing exercise, guided imagery, self-affirmations and other practices to relax the body and mind and help reduce stress.



**Chair Yoga** is sitting in your chair, holding the position so your muscles stabilize and strengthen. Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Exercises help to strengthen muscle tone and to improve flexibility and stability.

**Speak Up** is an opportunity for people to come together for conversation and learning. Come Speak Up! about what is important to you.