

KEEPING CONNECTED SUMMER SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri
9 - 10 a.m.		Parkinson's Movement Therapy** with Ian (9:15 - 10:15 a.m.)		Pick Up the Pace with Christina (9 - 10 a.m.)	
				Parkinson's Movement Therapy** with Ian (9:15 - 10:15 a.m.)	
10 - 11 a.m.	Daybreak (DF+) with Margaret & Marie (10 a.m. - 1 p.m.)	Adapted Chair Yoga (DF) with Peter (10:30 - 11:30 a.m.)	Keep on Moving (DF) with Jayson (10 - 11 a.m.)	Caregiver Support with Jen (10:30 a.m. - 12 p.m.)	Stand Tall (DF) with Jayson (10 - 11 a.m.)
11 a.m. - 12 p.m.		End of Life Conversations with Jen (11:45 a.m. - 12:45 p.m.)	Keep Well (11:15 a.m. - 12:45 p.m.)	Men's Club (DF+) with Marie (10:30 a.m. - 12 p.m.)	Sound Advice for Hearing Impaired with Hugh <i>once/month</i> (10 - 11:30 a.m.)
	Yoga for Healthy Ageing with Peter (11:45 a.m. - 12:45 p.m.)	FAME for Stroke*** with Allison (11:45 a.m. - 12:45 p.m.)	Adapted Strength & Balance (DF) with Jayson (11:45 a.m. - 12:45 p.m.)	Chair Yoga: Move and Groove with Sandi (11:15 a.m. - 12:30 p.m.)	Keep on Moving with Jayson (11:10 - 11:50 a.m.)
12 - 1 p.m.		Reboot 30 with Peter (12 - 12:30 p.m.)		FAME for Stroke*** with Allison (11:45 a.m. - 12:45 p.m.)	Reboot 30 with Peter (12 - 12:30 p.m.)
1 - 2 p.m.	Well Balanced* (Level 1) with Annie (1:15 - 2:10 p.m.)	Tea Party (DF+) <i>quarterly</i> (1:15 - 2:15 p.m.)	Well Balanced* (Level 1) with Annie (1:15 - 2:10 p.m.)	Eye Deal (DF+) <i>once/month</i> (12:15 - 1:15 p.m.)	Well Balanced* (Lv 1) with Annie (1:15 - 2:10 p.m.)
	Stretch & Movement (DF) with Peter (1:30 - 2:30 p.m.)	Free Singalong Fun (DF+) (1 - 2:30 p.m.)	Ladies Social Club (DF+) with Marie (1:30 - 3 p.m.)		Free Singalong Fun (DF+) (1 - 2:30 p.m.)
2 - 3:30 p.m.	Well Balanced* (Level 2) with Annie (2:15 - 3:10 p.m.)				Minds in Motion (DF+) with Alzheimer's Society of BC (1 - 2:30 p.m.)
	Musical Mondays (DF+) <i>live sing-along once/month</i> (2:30 - 3:30 p.m.)		Well Balanced* (Level 2) with Annie (2:15 - 3:10 p.m.)		Well Balanced* (Level 2) with Annie (2:15 - 3:10 p.m.)

+: Social Activity | DF: Dementia Friendly | *pre-requisite: Well Balanced Consultation | **pre-requisite: Parkinson's Consultation
 ***pre-requisite: FAME Consultation | To book a consultation, please call 604-925-7280

KEEPING CONNECTED PROGRAMS

ADAPTED CHAIR YOGA

Join us for yoga from safety and comfort of your chair. We will make simple adaptations to support your needs. For participants' safety, there are no floor exercises in this class.

ADAPTED STRENGTH & BALANCE

Did you know that leg strength is one of the keys to living a longer life? Increase leg strength and balance to improve wellness and longevity!

CAREGIVER SUPPORT GROUP

This group meets weekly to support caregivers navigate the everchanging challenges that dementia brings. It is a safe setting for sharing information, insight, advice, and encouragement.

CHAIR YOGA MOVE AND GROOVE

Join us for a fun and upbeat yoga class! Whether you are new to chair yoga or looking for a safe and gentle exercise this could be a great fit for you. Learn breathing techniques, movement, alignment, strengthening, stretching with plenty of toe tapping and smiles to go around! The class will include variations of sitting and standing exercises.

DAYBREAK

Introducing a new program designed for those living with Alzheimer's. We will be reminiscing, playing games, creating art, and appreciating life together. Our goal is to promote independence, choice, well-being, and person-centered care. A morning snack will be provided. Limit of 6 per class. *Requirement: pre-assessment with Stephanie.

END OF LIFE CONVERSATIONS

This is a weekly drop-in/open conversation about anything and everything connected to death and dying. Intended to be a relaxed and an ingenious way to talk about the hard stuff without the awkwardness, fear or formality. Each week the facilitator will pose thoughtful questions to inspire and ignite difficult conversations and deep engagement. Expect lively discussions about things that matter. Really matter. Everyone welcome. Believe it or not you will come away uplifted!

FAME FOR STROKE

Did you know that stroke is the leading cause of disability in Canada? Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. FAME (Fitness & Mobility Exercise Program) is a community-based exercise program developed by researchers at UBC for post-stroke individuals that still maintain standing and walking ability.

TEA PARTY (quarterly)

Put on your best smile and party outfit and join us for a tea party! Special teas and snacks will be served. Enjoy drinking tea and being "proper" for an afternoon!

KEEP ON MOVING

Take the effort out of staying active! This exercise class is designed for older men experiencing decreasing strength. Participants will work on strength and flexibility exercises seated in a chair.

LADIES SOCIAL CLUB

Ladies, join this social group to enjoy discussion, mental aerobics, games, and entertainment.

MEN'S CAREGIVER SUPPORT GROUP

An inviting and safe space where individuals can connect with other caregivers who can relate and support what you are going through. At the beginning of each meeting, participants are encouraged (though not obligated) to share their caregiving experiences with the group. The remainder of the meeting will be devoted to topics and resources related to caregiving, peer support, and conversations about strategies for caregiving challenges. This is a weekly meeting space for men only. A "walking" version will occasionally be observed if the group agrees.

MEN'S CLUB

Join this group of gentlemen every week for lively discussion of current affairs, mental aerobics, and social connections.

MINDS IN MOTION

Join us for a class offered in partnership with the Alzheimer's Society of BC, designed to exercise your body and mind. Participants attend with caregiver/loved one.

MUSICAL MONDAY (once a month)

Stand up and dance or just sing along to live music every Monday in a coffee house setting.

WELL BALANCED

Has your balance changed? Do you find yourself hesitating to go for walks, to the grocery store, or up and down stairs? Well Balanced is designed to improve your balance and confidence! Join us to strengthen and stretch all those stabilizing muscles, help improve your posture, and stay Well Balanced in a small group setting!

PICK UP THE PACE

Lift your spirits and your heart rate with this new class designed to get your blood flowing. Get ready for some fun and movement! This is a class that will be done from a standing position.

REBOOT 30

Reboot yourself with a new SAC program. This 30 minute program twice a week will include strengthening movements, balancing exercises, stretches to improve breathing and joint mobility.

SCREEN TIME FOR SENIORS

Learn more about your phones, tablets, laptops, and more! Students from Collingwood can help you learn all about technology and answer any questions you have. Learn how to use apps, facetime, email, apps, QR code setup and general troubleshooting.***Must bring your own device.

STAND TALL

Do you want to improve your posture and core? Learn basic exercises that will help restore muscle imbalance and spinal alignment allowing you to stand tall.

STRETCH AND MOVEMENT

Enjoy a safe and creative class for people living with Parkinson's and other physical challenges. Maintain a sense of confidence and grace in movement through the fundamentals of stretch. NOTE: Caregivers must register, but at no charge.

SOUND ADVICE FOR HEARING IMPAIRED (first Friday of each month)

This program is a series of informal workshops and discussions for people who are hard of hearing. Discussion topics include technology, speech reading, behavioural issues, improving relationships, improving hearing environments, and more. Sponsored by the Canadian Hard of Hearing Association - North Shore Branch.

YOGA FOR HEALTHY AGEING

Join us for a dynamic movement class designed to make you feel stronger in body and mind. Reduce back pain, increase strength and memory, and sleep better. You will love this class!

PARKINSON'S MOVEMENT THERAPY

formerly Parkinson's Rehabilitation

Did you know that exercise is a vital component to maintaining balance, mobility, and performing the activities of daily living for people with Parkinson's? Prolong your overall strength with resistance training, aerobic fitness, and flexibility through a personalized program designed for you by our Personal trainers who facilitate the group and monitor your progress.