

Tuesday, March 2, 2021

Music Jam

Date and Time: Tuesday, March 2 1:00 pm - 3:00 pm

Address: 1621 Mosley Street

Weekly opportunity to play music together. Participants are encouraged to share songs and music knowledge as the group plays along together. Participants should have basic knowledge of instrument.

Tuesday, March 9, 2021

Music Jam

Date and Time: Tuesday, March 9 1:00 pm - 3:00 pm

Address: 1621 Mosley Street

Weekly opportunity to play music together. Participants are encouraged to share songs and music knowledge as the group plays along together. Participants should have basic knowledge of instrument.

Monday, March 22, 2021

Older Adult Community Chats

Date and Time: Monday, March 22 1:00 pm - 2:00 pm

Address: Online Zoom Older Adult Recreation Programs

Sydney Loughheed - Registered Dietitian from the South Georgian Bay Community Health Care Centre will be chatting about Healthy Cooking options for One... plus!

Tuesday, March 23, 2021

Older Adult 55+ Online Guitar Jam

Date and Time: Tuesday, March 23 1:00 pm - 2:30 pm

Address: Online Zoom Older Adult Recreation Programs

Register to participate in our online Jam. Participants join using Zoom, and take turns playing songs. Music is shared over Zoom so all participants can play along. Guitar, Ukulele, or just come and sing along. Participants do not require to have some knowledge of chords, this is not an instructional program, but participants do assist each other with tips and hints.

Friday, March 26, 2021

Older Adult 55+ Chair Yoga

Date and Time: Friday, March 26 1:00 pm - 2:00 pm

Address: Online Zoom Older Adult Recreation Programs

Learn the basics of Chair Yoga on Zoom. Join our instructor Adele as she guides you each week through a series of seated chair yoga exercises. Direct link to online registration in website link

Tuesday, March 30, 2021

Older Adult 55+ Online Guitar Jam

Date and Time: Tuesday, March 30 1:00 pm - 2:30 pm

Address: Online Zoom Older Adult Recreation Programs

Register to participate in our online Jam. Participants join using Zoom, and take turns playing songs. Music is shared over Zoom so all participants can play along. Guitar, Ukulele, or just come and sing along. Participants to require to have some knowledge of chords, this is not an instructional program, but participants do assist each other with tips and hints.

Older Adult Recreation - Games Night on Zoom

Date and Time: Tuesday, March 30 7:00 pm - 8:00 pm

Address: Online Zoom Older Adult Recreation Programs

Join us on the last Tuesday of every month for **Games night**. Great evening of fun chit chat, laughs and this month we are playing good old Fashion **B.I.N.G.O.**! Register to get monthly Zoom link.

*****Please note: This is a free and fun online Zoom - recreational program, there is no cost to participate and no prizes awarded. Winners do get bragging rights for the month!**

<https://calendar.wasagabeach.com>