

Monday, February 1, 2021

Community Chats

Date and Time: Monday, February 1 1:00 pm - 2:00 pm

Address: Online Zoom Hosted by Senior Active Living Centre

Join us each Monday at 1:00 pm on Zoom as we talk about a variety of topics each week. Opportunity to connect with others safely from your own home.

February Topics

Feb 1 informal chats

Feb 8 Chat with a dietitian from the SGBCHCC - Courtney O'Neill

Feb 15 Family Day no chat

Feb 22 Chat with Deb Rogers from 211

Tuesday, February 2, 2021

Music Jam

Date and Time: Tuesday, February 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.

Wednesday, February 3, 2021

Group Learn to Play Ukulele Program

Date and Time: Wednesday, February 3 2:00 pm - 3:00 pm

Address: Online Zoom Older Adult Recreation Programs

Four week program that will teach participants all they need to know to be able to play the Ukulele. Participants will learn how to tune the instrument, learn strumming patterns and each week the instructor will forward music so participants can practise before each class. Guaranteed to have you humming, and strumming in no time! Ukelele Loaner program available.

Cost \$20.00/participant. plus HST for (4) week program. Ukulele rental available if needed.

Group Learn to Play Ukulele Program

Date and Time: Wednesday, February 3 2:00 pm - 3:00 pm

Address: Online Zoom Older Adult Recreation Programs

Four week program that will teach participants all they need to know to be able to play the Ukulele. Participants will learn how to tune the instrument, learn strumming patterns and each week the instructor will forward music so participants can practise before each class. Guaranteed to have you humming, and strumming in no time! Ukelele Loaner program available.

Cost \$20.00/participant. plus HST for (4) week program. Ukulele rental available if needed.

Monday, February 8, 2021

Community Chats

Date and Time: Monday, February 8 1:00 pm - 2:00 pm

Address: Online Zoom Hosted by Senior Active Living Centre

Join us each Monday at 1:00 pm on Zoom as we talk about a variety of topics each week. Opportunity to connect with others safely from your own home.

February Topics

Feb 1 informal chats

Feb 8 Chat with a dietitian from the SGBCHCC - Courtney O'Neill

Feb 15 Family Day no chat

Feb 22 Chat with Deb Rogers from 211

Tuesday, February 9, 2021

Music Jam

Date and Time: Tuesday, February 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.

Wednesday, February 10, 2021

Group Learn to Play Ukulele Program

Date and Time: Wednesday, February 10 2:00 pm - 3:00 pm

Address: Online Zoom Older Adult Recreation Programs

Four week program that will teach participants all they need to know to be able to play the Ukulele. Participants will learn how to tune the instrument, learn strumming patterns and each week the instructor will forward music so participants can practise before each class. Guaranteed to have you humming, and strumming in no time! Ukulele Loaner program available.

Cost \$20.00/participant. plus HST for (4) week program. Ukulele rental available if needed.

Tuesday, February 16, 2021

Music Jam

Date and Time: Tuesday, February 16 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.

Wednesday, February 17, 2021

Group Learn to Play Ukulele Program

Date and Time: Wednesday, February 17 2:00 pm - 3:00 pm

Address: Online Zoom Older Adult Recreation Programs

Four week program that will teach participants all they need to know to be able to play the Ukulele. Participants will learn how to tune the instrument, learn strumming patterns and each week the instructor will forward music so participants can practise before each class. Guaranteed to have you humming, and strumming in no time! Ukelele Loaner program available.

Cost \$20.00/participant. plus HST for (4) week program. Ukulele rental available if needed.

Monday, February 22, 2021

Community Chats

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

Address: Online Zoom Hosted by Senior Active Living Centre

Join us each Monday at 1:00 pm on Zoom as we talk about a variety of topics each week. Opportunity to connect with others safely from your own home.

February Topics

Feb 1 informal chats

Feb 8 Chat with a dietitian from the SGBCHCC - Courtney O'Neill

Feb 15 Family Day no chat

Feb 22 Chat with Deb Rogers from 211

Learn to Snowshoe

Date and Time: Monday, February 22 1:00 pm - 3:00 pm

Address: 1816 Mosley Street

Program Full

Register for this New Outdoor Recreation (4) week program. \$20.00 plus HST Equipment supplied with Expert guides from Free Spirit Tours. Learn what to expect when you go snowshoeing the first time, how to put on snowshoes, how to pick the right pair of snowshoes, how to walk in snowshoes, and all sorts of tips to make snowshoeing a wonderful way to enjoy winter.

Tuesday, February 23, 2021

Music Jam

Date and Time: Tuesday, February 23 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.

Wednesday, February 24, 2021

Group Learn to Play Ukulele Program

Date and Time: Wednesday, February 24 2:00 pm - 3:00 pm

Address: Online Zoom Older Adult Recreation Programs

Four week program that will teach participants all they need to know to be able to play the Ukulele. Participants will learn how to tune the instrument, learn strumming patterns and each week the instructor will forward music so participants can practise before each class. Guaranteed to have you humming, and strumming in no time! Ukulele Loaner program available.

Cost \$20.00/participant. plus HST for (4) week program. Ukulele rental available if needed.

V.O.N. Healthy Aging Series

Date and Time: Wednesday, February 24 2:00 pm - 3:00 pm

Address: Online Zoom Hosted by Senior Active Living Centre