

Thursday, April 1, 2021

Older Adult Virtual Field Trip - Royal Botanical Gardens

Date and Time: Thursday, April 1 1:00 pm - 2:00 pm

Address: Online Zoom Hosted by Senior Active Living Centre

Older Adult Virtual Outing



Thursday April 1 - 1pm Chocolate: From Rainforest Treasure to Sweet Treat

Chocolate has been many things to many people over the years. Learn about the ecology of the Cacao tree, then journey through history to get the complete story behind the tasty treat that we call chocolate. Discover the role and impact of cacao plantation farming on the environment and society.

Register to receive Zoom link
email ivolunteer@wasagabeach.com

zoom



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Tuesday, April 6, 2021

Older Adult Learn Meditation Program

Date and Time: Tuesday, April 6 10:00 am - 10:30 am

Address: Online Zoom Older Adult Recreation Programs

Take time for you during this 1/2 hour Mid Morning Meditation. Throughout these (8) classes, we will explore a variety of meditation techniques including breath work, guided mantra(a word or phrase to focus on), affirmations, mindfulness and silent meditations so you can find out what works best for you. No experience necessary. No sitting on floor required. Led by Jennifer Tindale - Wasaga Beach Yoga Fee: \$20.00 for 8 sessions April 6 - April 29th Tuesday and Thursday 10:00 am

Older Adult 55+ Online Guitar Jam

Date and Time: Tuesday, April 6 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 require to have some knowledge of chords, this is not an instructional program, but participants do assist each other with tips and hints.

Friday, April 9, 2021

Older Adult 55+ Chair Yoga

Date and Time: Friday, April 9 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

Monday, April 12, 2021

Older Adult Community Chats

Date and Time: Monday, April 12 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 cha

Tuesday, April 13, 2021

Older Adult 55+ Online Guitar Jam

Date and Time: Tuesday, April 13 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 require to have some knowledge of chords, this is not an instructional program, but participants do assist each other with tips and hints.

Friday, April 16, 2021

Older Adult 55+ Chair Yoga

Date and Time: Friday, April 16 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, April 20, 2021

Older Adult 55+ Online Guitar Jam

Date and Time: Tuesday, April 20 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 require to have some knowledge of chords, this is not an instructional program, but participants do assist each other with tips and hints.

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Thursday, April 22, 2021

Celebrate Earth Day

Date and Time: Thursday, April 22 1:00 pm - 2:00 pm

Address: facebook live



VOLUNTEER PROGRAM

KEEP WASAGA BEACH Beautiful TAKE PICTURES LEAVE FOOTPRINTS

Are you looking for a great way to stay active and give back to your community?

"Keep Wasaga Beach Beautiful"
Join other environmentally conscious volunteers in our program. We are looking for Volunteers to commit to walking a predetermined area 2-3 times per week, in an effort to keep Wasaga Beach litter free.

More information ivolunteer@wasagabeach.com or 705-429-3321 ext 2510
Ready to sign up? Fill out a volunteer application www.ivolunteerwasaga.com

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Join us at 1:00pm to Learn about the "Keep Wasaga Beach Beautiful" Volunteer program.

Friday, April 23, 2021

Older Adult 55+ Chair Yoga

Date and Time: Friday, April 23 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, April 27, 2021

Older Adult 55+ Online Guitar Jam

Date and Time: Tuesday, April 27 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 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, April 27 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!**

Friday, April 30, 2021

Older Adult 55+ Chair Yoga

Date and Time: Friday, April 30 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

<https://calendar.wasagabeach.com>