

SENIORS MONTH VIRTUAL ACTIVITIES

The Neighbourhood Group and Community Centre 55 have teamed up to offer seniors some great virtual programming for the entire month of June!

Our programs are offered in a variety of languages over Zoom and/or by phone.

Please see our calendar on the reverse.

To register for any of these programs, please see contact information below.

Programs in **Red** are offered in English:
contact Jade at 416-691-1113.

Programs in **Green** are offered in Mandarin and Cantonese:
contact Amy or Billie at 416-693-4762.

Programs in **Blue** are offered in English, Cantonese, Mandarin, Korean and/or Portuguese:
contact Irene at 416-925-2103 x 3100.

Programs in **Purple** are offered in English:
contact Janet at 647-882-4882.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:15-9:15 Fitness 9:30-10:00 Pilates 10:00-11:00 Yoga 10:00-11:00 Singing Class 10:30-11:30 How to use your Android Tablet Workshop 11:00-12:00 Let's Move 12:00-1:00 Dance 1:15-2:15 Ball Class 1:30-2:30 Cooking Class 1:30-2:30 Chair Exercise & Shake Out the Truth 2:00-3:00 Chair Yoga 4:00-5:30pm Financial Health & Management	2 9:45-10:45 Fitness 10:30-11:30 Boat Cruise 11:00-12:00 Ball Class 12:30-1:30 Sing with Susan 1:00-2:00 Recipes for Your Dinner 2:00-3:00 Music Station 2:00-3:00 Toronto Police Services - Senior Safety 2:30-3:30 Crosswords	3 8:15-9:15 Ball Class 9:30-10:00 Pilates 10:00-11:00 Yoga 10:00-11:00 Let's Move 10:30-11:30 Chair Exercise & Picture Jigsaw 11:00-12:00 Trivia 11:00-12:00 Leisure Time 11:15-12:15 Fitness 12:30-1:30 Bingo 1:00-2:00 Memory Techniques 1:30-2:30 Erhu class 2:00-3:00 Scattergories 2:00-3:00 Fitness & Dance Class	4 9:30-10:30 Fitness 10:00-11:00 Chair Yoga 10:00-11:00 Chair Yoga 10:00-11:00 Mistreatment and Neglect Awareness Workshop 10:45-11:45 Ball Class 11:00-11:30 Gesture dance 11:30-12:00 Talent Show 12:00-1:00 Dance 1:15-2:15 Bingo 1:30-2:30 Chair Exercise 1:30-2:30 English Class 2:00-3:00 Pilates Fusion 2:30-3:30 Level 2 Ukulele
7 10:00-10:45 Towel Exercise 10:00-11:00 Fitness with 10:45-12:00 Singing Class 11:15-12:15 Ball Class 1:00-2:00 Stay Calm & Carry On 1:30-2:30 Jeopardy 1:30-2:30 Sign language song 2:15-3:15 Current News 2:15-3:15 Breathe with Motion 2:30-3:30 Ding It! 3:30-4:00 Trivia	8 8:15-9:15 Fitness 9:30-10:00 Pilates 10:00-11:00 Yoga 10:00-11:00 Singing Class 11:00-12:00 Let's Move 12:00-1:00 Dance 1:30-2:30 Craft Class 1:30-2:30 Chair Exercise & Meditation and Wellness 1:15-2:15 Ball Class 2:00-3:00 Chair Yoga 2:30-4:00 Eye Health and Vision Care 4:00-5:30pm Financial Health & Management	9 9:45-10:45 Fitness 10:30-11:30 Virtual Art Museum: Musée d'Orsay 11:00-12:00 Ball Class 12:30-1:30 Sing with Susan 1:00-2:00 Portugal Day & Senior Month Celebration 2:00-3:00 Food Demo by Dietitian 2:00-3:00 Stress Management Support Group 2:30-3:30 Crosswords	10 8:15-9:15 Ball Class 9:30-10:00 Pilates 10:00-11:00 Yoga 11:00-12:00 Trivia 10:00-11:00 Let's Move 10:30-11:30 Chair Exercise & Health Info Workshop: Degenerative Arthritis 11:15-12:15 Fitness 12:30-1:30 Bingo 1:00-2:00 Memory Techniques 1:30-2:30 Erhu class 2:00-3:00 Scattergories 2:00-3:00 Fitness & Dance Class	11 9:30-10:30 Fitness 10:00-11:00 Laughter Yoga 10:00-11:00 Chair Yoga 10:00-11:00 Seniors Month Celebration 10:45-11:45 Ball Class 11:00-11:30 Gesture dance 11:30-12:00pm Talent Show 12:00-1:00 Dance 1:15-2:15 Bingo 1:30-2:30 English Class 1:30-2:30 Chair Exercise 2:00-3:00 Pilates Fusion 2:30-3:30 Level 2 Ukulele
14 10:00-10:45 Laughter Yoga 10:00-11:00 Fitness 10:45-12:00 Singing Class 11:15-12:15 Ball Class 1:00-2:00 Stay Calm & Carry On 1:30-2:30 Sign language song 1:30-2:30 Jeopardy 2:15-3:15 Tongue Twister 2:15-3:15 Breathe with Motion 2:30-3:30 Ding It! 3:30-4:00 Trivia	15 8:15-9:15 Fitness 9:30-10:00 Pilates 10:00-11:00 Yoga 10:00-11:00 Singing Class 11:00-12:00 Let's Move 12:00-1:00 Dance 1:00-2:30 Rights Don't Get Old- World Elder Abuse Awareness 1:15-2:15 Ball Class 1:30-2:30 Cooking Class 1:30-2:30 Chair Exercise & Things Make You Smile 2:00-3:00 Chair Yoga 2:30-4:00 Senior Benefits Programs & Housing Updates 4:00-5:30pm Financial Health & Management	16 9:45-10:45 Fitness 10:00-11:00 Emergency Preparedness Workshop 10:30-11:30 Cantonese Slangs 11:00-12:00 Ball Class 12:30-1:30 Sing with Susan 1:00-2:00 Share Your Memories with Pai 2:00-3:00 Zoom Music Station 2:00-3:00 Stress Management Support Group 2:30-3:30 Crosswords	17 8:15-9:15 Ball Class 9:30-10:00 Pilates 10:00-11:00 Yoga 10:00-11:00 Let's Move 10:30-11:30 Chair Exercise & Absolute Unit 11:00-12:00 Trivia 11:00-12:00 Leisure Time 11:15-12:15 Fitness 12:30-1:30 Bingo 1:30-2:30 Erhu class 1:00-2:00 Memory Techniques 2:00-3:00 Scattergories 2:00-3:00 Fitness & Dance Class 2:30-4:00 Senior Benefits Programs & Housing Updates	18 9:30-10:30 Fitness 10:00-11:00 Korean seniors 10:00-11:00 Chair Yoga 10:00-11:00 Chair Yoga 10:45-11:45 Ball Class 11:00-12:00 Father's Day Event & Flower Show 12:00-1:00 Dance 1:15-2:15 Bingo 1:30-2:30 English Class 1:30-2:30 Chair Exercise & Intro of Seniors Services 2:00-3:00 Pilates Fusion 2:30-3:30 Level 2 Ukulele
21 10:00-10:45 Bottle 10:00-11:00 Fitness 10:45-12:00 Singing Class 11:15-12:15 Ball Class 1:00-2:00 Stay Calm & Carry On 1:30-2:30 Jeopardy 1:30-2:30 Sign language song 2:15-3:15 Reminiscing: Father's Day 2:15-3:15 Breathe with Motion 2:30-3:30 Ding It! 3:30-4:00 Trivia	22 8:15-9:15 Fitness 9:30-10:00 Pilates 10:00-11:00 Yoga 10:00-11:00 Singing Class 11:00-12:00 Let's Move 12:00-1:00 Dance 1:15-2:15 Ball Class with 1:30-2:30 Craft Class 1:30-2:30 Chair Exercise & Memory Matching 2:00-3:00 Chair Yoga 4:00-5:30pm Financial Health & Management	23 9:45-10:45 Fitness 10:30-11:30 Safety Awareness - Toronto Fire Services 11:00-12:00 Ball Class 12:30-1:30 Sing with Susan 1:00-2:00 Cataract Awareness 2:00-3:00 Senior Month Celebration 2:00-3:00 Stress Management Support Group 2:30-3:30 Crosswords 3:30-4:00 Pet Parade!	24 8:15-9:15 Ball Class 9:30-10:00 Pilates 10:00-11:00 Yoga 10:00-11:00 Let's Move 10:30-11:30 Chair Exercise & Family Feud 11:00-12:00 Health 11:00-12:00 Trivia 11:15-12:15 Fitness 12:30-1:30 Bingo 1:00-2:00 Memory Techniques 1:30-2:30 Erhu class 2:00-3:00 Scattergories 2:00-3:00 Fitness & Dance Class	25 9:30-10:30 Fitness 10:00-12:00 Senior Month Celebration & Jun Birthday Party 10:00-11:00 Chair Yoga 10:00-11:00 Korean seniors 10:45-11:45 Ball Class 12:00-1:00 Dance 1:15-2:15 Bingo 1:30-2:30 English Class 1:30-2:30 Chair Exercise & Virtual Aquarium 2:00-3:00 Pilates Fusion 2:30-3:30 Level 2 Ukulele
28 10:00-10:45 Towel Exercise 10:00-11:00 Fitness 10:45-12 Singing Class 11:15-12:15 Ball Class 1:00-2:00 Stay Calm & Carry On 1:30-2:30 Sign language song 1:30-2:30 Jeopardy 2:15-3:15 Canada Day Trivia 2:15-3:15 Breathe with Motion 2:30-3:30 Ding It! 3:30-4:00 Trivia	29 8:15-9:15 Fitness 9:30-10:00 Pilates 10:00-11:00 Yoga 10:00-11:00 Singing Class 11:00-12:00 Virtual Day Trip 12:00-1:00 Dance 1:15-2:15 Ball Class 1:30-2:30 Movie Sharing 1:30-2:30 Chair Exercise & Quotes That Changed the Way You Look at Things 2:00-3:00 Chair Yoga 4:00-5:30pm Financial Health & Management	30 9:45-10:45 Fitness 10:30-11:30 Extraordinary Things 11:00-12:00 Ball Class 12:30-1:30 Sing with Susan 1:00-2:00 One Piece of Life Advice 2:00-3:00 Painting 2:00-3:00 Stress Management Support Group 2:30-3:30 Crosswords		