

Wellness, Exercise & Falls Prevention Catalogue

May 3 – May 28, 2021

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Unsure which classes are best for you? Email the instructor or ask your Community Development Coordinator in your local office.

Latest News for Our Participants


- No classes on Monday, May 24th. We are unable to offer Pole Walking and Walking Groups and in-person exercise classes because of the COVID-19 guidelines. See Michelle's Pole Walking Videos on YouTube.
- **Mindful Moves Mondays: 1:00 – 1:45 p.m.**
 - Relax to the max with gentle stretches and mindfulness practices with a focus on spring renewal.
- **Tea & Conversations on Tuesdays and Thursdays: 2:30 – 3:15 p.m.**
 - Make yourself a cup of tea. Join Karin and folks from our Exercise & Wellness classes for positive and fun chats. A wonderful afternoon activity especially if you're tired of all the bad news.
- **Wellness Wednesdays: 1:00. – 1:45 p.m.**
 - **May 5: Ageless Grace** - a brain health program, promotes longevity of the body and the brain by supporting the neuroplasticity, making new neural pathways, in the brain. As a Certified Ageless Grace® Educator, Karin has learned that recent research shows that no longer is cancer or heart disease the greatest fear among the 60 + population. It is the loss of brain function! This program makes keeping one's body and brain healthy and it as easy as child's play. It is powerful and FUN!
 - **May 12: All about Growing** - Container Gardening (Sheila in consultation with a Master Gardener) and How to Take Great Pictures of Flowers.
 - **May 19: Victorian Tea Cooking Show** – Make a simple “high tea” at home to enjoy on the May 24th long weekend.
 - **May 26: Short Story Club** – May is short story month. Let us know in advance if you plan to join and we'll send you a short, short story. During the session we'll discuss your impressions.
- **Virtual Spring Flower Show** – take pictures of your favourite spring flowers wherever you find them – your gardens, neighbours front yard, park or forest. Email them to Sheila and she'll create a photo album for us all to enjoy.
- **Seniors Centre without Walls Project** – Community Care Peterborough is joining other Age Friendly Peterborough partners to offer a variety of programs by telephone. Stay tuned for the May calendar.
- **Good for You!** - Designed by our instructors, simple exercises to do at home with the support of a chair. Contact your local Community Care Office to get a brochure with instructions and pictures - for yourself, a neighbour or parent.
- **Class Videos**
 - You asked for videos you can do on weekends, holidays and whenever you feel like it. We've put together a play list of a variety of classes. See page 6 for details.
- **What you need for class** – make the most of your class time by having the following items handy
 - All classes: Water bottle
 - Advanced Cardio & Strength: Hand weights.
 - Energizer – Morning and Afternoon: Hand weights, towel or strap, cushion/small pillow.
 - Mindful Mondays: Notebook or paper and pen or pencil. Blanket and cushion.
 - Wellness Wednesdays: Notebook or paper and pen or pencil.
- **Zoom Support**
 - Interested in trying a class but have never used Zoom before? We can help with that. Call your local Community Care Office or email scook@commcareptbo.com





SECTION A: Exercise Classes Offered On-Line (Zoom)

New to On-Line Classes or using Zoom?

- Look in our Zoom Guide or call your local office for support. Our staff and volunteers are happy to help.
- Click on the link for each class OR go to: www.zoom.us. When prompted enter the Meeting ID and Passcode from the charts below.

Class	Advanced Cardio & Weights – On-Line 	
Description	In this class, we start with standing warm-up exercises, followed by bursts of activities to boost our heart rates and improve our cardiovascular endurance. Standing and seated strength exercises, and seated stretches round out the session. Level of Difficulty ****	
Day & Time	Monday, Tuesday, Wednesday and Thursday: 11:00 a.m. – 11:45 a.m.	
Instructors	Sheila Cook scook@commcareptbo.org	Michelle Holdforth yogasouls101@gmail.com
Zoom Info	Meeting ID: 353 640 081	Passcode: 267589
Link	https://us02web.zoom.us/j/353640081?pwd=elB1VTloanpocDNScEVlbzdGWEI0Zz09	

Class	Afternoon Energy Boost Exercises – On-Line 	
Description	A combination of seated and standing exercises to improve your flexibility, strength and balance. There's an option to use small weights. A good choice if you're able to stand on your own or with the support of a chair. Level of Difficulty ** *NEW Special Class on Thursdays: POUND - Move and groove with this fun, energetic workout to build endurance, strength and coordination while toning your muscles. You'll use 2 wooden spoons or drumsticks to create your own beat. Level of Difficulty +++	
Day & Time	Monday, Tuesday, Wednesday, Thursday & Friday: 3:30 p.m. – 4:00 p.m.	
Instructors	Jodie Mulder jodiemulder74@gmail.com	Michelle Holdforth yogasouls101@gmail.com
Zoom Info	Meeting ID: 827 9842 0166	Passcode: Energy
Zoom Link	https://us02web.zoom.us/j/82798420166?pwd=akpVSlo2a3lIMjVhVWFdVDkyMWkwQT09	

Class	Body and Brain Fitness – On-Line 	
Description	Seated and standing (with the support of a chair) activities designed to keep your brain sharp and your body strong and flexible. Exercise is one of the best ways to boost our brain health and improve our coordination. Level of Difficulty *	
Day & Time	Monday, Wednesday & Friday: 9:00 – 9:45 a.m.	
Instructor	Sue Bitonte	yogasue@gmail.com
Zoom Info	Meeting ID: 889 5539 9531	Passcode: Brain
Zoom Link	https://us02web.zoom.us/j/88955399531?pwd=Mm5oRUZDb09hMTZUViB6aHRQbWN1Zz09	

Class	Gentle Stretch and Strengthen Exercises – On-Line 😊	
Description	A gentle seated class for people just starting to exercise, prefer to exercise from a chair and/or have health conditions like arthritis, osteoporosis and breathing challenges. Exercises for better bones and greater flexibility. Level of Difficulty *	
Day & Time	Monday and Friday: 10:00 – 10:45 a.m.	
Instructor	Sue Bitonte	yogasue@gmail.com
Zoom Info	Meeting ID: 852 6713 0918	Passcode: Gentle
Link	https://us02web.zoom.us/j/85267130918?pwd=b2IBY3ptSTI0V1RGVHorNHd5QIRyZz09	

Class	Fun Fusion – On-Line 😊	
Description	A special combination of fun energetic movements plus activities to improve balance, coordination, focus and posture. Level of Difficulty **	
Day & Time	Tuesday and Thursday: 9:00 – 9:45 a.m.	
Instructor	Sue Bitonte	yogasue@gmail.com
Zoom Info	Meeting ID: 875 5449 2935	Passcode: Fusion
Link	https://us02web.zoom.us/j/87554492935?pwd=OFIXZVRqSmNBM2hLQIRHQ3Q5UkJWZz09	


Class	Mat and Band Wednesday ✨	
Description	Get a full body workout with resistance bands, then move on down to your mat for core and strengthening exercises. You need an exercise or yoga mat, hand weights and a stretchy exercise band. Level of Difficulty ***	
Day & Time	Wednesday: 2:00 p.m.	
Instructors	Michelle Holdforth	yogasouls101@gmail.com
Zoom Info	Meeting ID: 823 6943 9288	Passcode: Band
Link	https://us02web.zoom.us/j/82369439288?pwd=QXQ4ZE0wZTRrY3hURUk0WldTSG9EUT09	


Class	Morning Energizer – On-Line ✨	
Description	A combination of seated and standing exercises to improve your flexibility, strength and balance. There's an option to use small weights. A good choice if you're able to stand on your own or with the support of a chair. Level of Difficulty **	
Day & Time	Tuesday, Wednesday and Thursday: 10:00 a.m. – 10:45 a.m.	
Instructors	Sheila Cook scook@commcareptbo.org	Michelle Holdforth yogasouls101@gmail.com
Zoom Info	Meeting ID: 885 9782 2244	Passcode: Energy
Link	https://us02web.zoom.us/j/88597822244?pwd=R0l4Qyt5VlJXK2gyYlROam0yYjFyUT09	


Class	Zumba 🧘	
Description	A fun way to get fit with simple dance moves specially choreographed by Amarilis. If you're a bit shy, remember you can turn your video off and dance to your heart's content. Level of Difficulty ***	
Day & Time	Friday: 11:00 – 11:45 a.m.	
Instructor	Amarilis Rivero	amarilis1132@hotmail.com
Zoom Info	Meeting ID: 845 7114 9797	Passcode: Dance
Link	https://us02web.zoom.us/j/84571149797?pwd=cGg1YkIUU0tMRIl6VUxNMktMcUJldz09	




SECTION B: Yoga On-Line (Zoom)


Class	Chair Yoga with Laura 	
Description	Gentle yoga stretches and strengtheners practiced in a chair. Level of Difficulty: **	
Day & Time	Monday, Wednesday and Friday: 10:00 a.m. – 11:00 a.m.	
Instructor	Laura Dunford	sweetwellnessandyoga@gmail.com
Zoom Info	Meeting ID: 884 6622 5786	Passcode: 733853
Zoom Link	https://us02web.zoom.us/j/88466225786?pwd=NU9Mc3FqaytBaUNGUlpGMTcwaHFiUT09	

Class	Chair Yoga with Mark 	
Description	Gentle yoga stretches and strengtheners practiced in a chair. Level of Difficulty: **	
Day & Time	Monday and Wednesday: 10:00 a.m. – 10:45 a.m.	
Instructor	Mark Severin	mhseverin@outlook.com
Zoom Info	Monday Meeting ID: 125 762 897	Monday Password: breathin
	Monday Link: https://us04web.zoom.us/j/125762897	
	Wednesday Meeting ID: 129 942 015	Wednesday Password: mindful
	Wednesday Link: https://us04web.zoom.us/j/129942015	

Class	Mat Yoga with Mark 	
Description	Gentle yoga class that includes standing and mat poses. Level of Difficulty: ***	
Day & Time	Tuesday and Thursday: 10:00 a.m. – 10:45 a.m.	
Instructor	Mark Severin	mhseverin@outlook.com
Zoom Info	Tuesday Meeting ID: 512 056 214	Tuesday Password: breathout
	Tuesday Link: https://us04web.zoom.us/j/512056214	
	Thursday Meeting ID: 145 332 468	Thursday Password: namaste
	Thursday Link: https://us04web.zoom.us/j/145332468	


NEW ADDITIONS! Evening Classes Monday and Wednesday


Class	Evening Mat Yoga with Mark - Monday 	
Description	Gentle yoga class that includes standing and mat poses. Level of Difficulty: ***	
Day & Time	Monday: 7 p.m.	
Instructor	Mark Severin	mhseverin@outlook.com
Zoom Info	Meeting ID: 846 8321 4437	Password: flexible
	Link: https://us02web.zoom.us/j/84683214437?pwd=aklhCThRYVU1d2lGbGZPWU5wOTlLdz09	


Class	Evening Yoga with Mark - Wednesday 	
Description	Every other week, Mark switches it up. One week you'll be guided through Yin Yoga – a slower paced class in which poses are held for longer periods of time. Then the next week, you'll experience a free-form yoga dance party. Mark plays his favourite songs and offers yoga-inspired moves. Level of Difficulty: ***	
Day & Time	Wednesday: 7 p.m.	
Instructor	Mark Severin	mhseverin@outlook.com
Zoom Info	Meeting ID: 798 6541 2602	Password: smiles
	Link: https://us04web.zoom.us/j/79865412602?pwd=dTloUFJcendNZGNuc2ZjdHJBT1djUT09	



SECTION C: Health & Wellness Classes Offered On-Line (Zoom)

Class	Mindful Moves Mondays 	
Description	Practice breathing techniques and gentle moves to help reduce stress, build resiliency and improve focus. Level of Difficulty: *	
Day & Time	Monday: 1:00 – 1:30 p.m.	
Instructor	Sheila Cook	scook@commcareptbo.com
Zoom Info	Meeting ID: 853 1288 4920	Passcode: Move
Zoom Link	https://us02web.zoom.us/j/85312884920?pwd=VHFncW9SU0pycENNQTRSS0lxV0h1dz09	

Class	Tea and Inspirational Chats 	
Description	Pour yourself a cup of tea and join us for interesting and fun conversations. Karin will offer a thought-provoking question or a fun conversation starter. Level of Difficulty: *	
Day & Time	Tuesday and Thursday: 2:30 – 3:15 p.m.	
Instructor	Karin DesChamp	
Zoom Info	Meeting ID: 830 1695 6782	Passcode: Chat
Link	https://us02web.zoom.us/j/83016956782?pwd=RzhrQUtDbVV4MUNxTDJGSiNiOXBBQT09	

Class	Wellness Wednesdays 	
Description	An interesting topic each week to help you learn more about how to stay healthy and vibrant. You'll need a notebook/paper and pencil/pen. Level of Difficulty: *	
Day & Time	Wednesdays: 1:00 – 1:30 p.m.	
Instructor	Sheila Cook & Special Guests	scook@commcareptbo.com
Zoom Info	Meeting ID: 879 4928 8486	Passcode: Wellness
Link	https://us02web.zoom.us/j/87949288486?pwd=VWVWUmUxS1p0QXVQSzk4blpZQVZlQT09	



SECTION D: Videos

OPTION 1: Go to Community Care's YouTube Channel. This link will take you there.

<https://www.youtube.com/channel/UCw4ljigBIHY7NWzsFKWg2rg/playlists>

We organized the classes by Playlists or types of classes: Advanced; Gentle; Yoga; and Wellness (coming soon)
Click on the VIEW FULL PLAYLIST to see the classes available in this category.

OPTION 2: Go to the link below.

<https://www.youtube.com/playlist?list=PLctjX5MizqsWo4QWvLxI3ETKf1S8rDcq>

To see a list of classes offered.

For each class, we provided a short description, name of instructor and class length.