

## CALENDAR OF VIRTUAL PROGRAMS – COMMUNITY PROGRAMS

### PROGRAMS LED IN ENGLISH

#### *Exercise Programs*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ZOOM FITNESS*</b> (Open) <b>9:30 to 10:30</b> Marzena Salemme 905-713-3373 X 7040 <a href="mailto:Msalemme@chats.on.ca">Msalemme@chats.on.ca</a>	<b>ZOOM STRENGTH*</b> (Open) <b>9:30 to 10:30</b> Marzena Salemme 905-713-3373 X 7040 <a href="mailto:Msalemme@chats.on.ca">Msalemme@chats.on.ca</a>	<b>ZOOM FITNESS*</b> (Open) <b>9:30 to 10:30</b> Marzena Salemme 905-713-3373 X 7040 <a href="mailto:Msalemme@chats.on.ca">Msalemme@chats.on.ca</a>	<b>ZOOM CARDIO*</b> (Open) <b>9:30 to 10:30</b> Marzena Salemme 905-713-3373 X 7040 <a href="mailto:Msalemme@chats.on.ca">Msalemme@chats.on.ca</a>	<b>ZOOM FITNESS*</b> (Open) <b>9:30 to 10:30</b> Marzena Salemme 905-713-3373 X 7040 <a href="mailto:Msalemme@chats.on.ca">Msalemme@chats.on.ca</a>
	<b>ZOOM CHAIR YOGA*</b> (Open) <b>11:00 to 11:30</b> Jeanne Alderton 905-713-3373 X 7001			

\*Fitness programs target a general audience; exercises can be adapted to any level. Participants are expected to exercise at their own pace as directed by the facilitator.

### PROGRAM DESCRIPTIONS

A variety of fitness classes, including strength, cardio and yoga. The programs take into consideration different age groups, client's abilities, strength, flexibility and balance. Clients follow the facilitator and do as much as they feel comfortable doing.

**PROGRAMS LED IN ENGLISH**

**Virtual Social and Wellness Programs**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TELECONFERENCE <b>BINGO</b> (Limited, Keswick) <b>10:00 to 11:00</b> Jeanne Alderton <a href="mailto:jalderton@chats.on.ca">jalderton@chats.on.ca</a> 905-713-3373 X 7001 Teleconference line 3 Conf. Line x 5557 Password: 123690</p>	<p>TELECONFERENCE <b>BINGO</b> (Limited, Rural) <b>10:00 to 11:00</b> Laura Manley 905-713-3373 ext. 7050 <a href="mailto:lmanley@chats.on.ca">lmanley@chats.on.ca</a> Conference line 1, 5555 Password: 123690</p>	<p><b>ZOOM FIT MINDS</b> (Open) <b>10:00 to 11:00</b> Laura Manley 905-713-3373 ext. 7050 <a href="mailto:lmanley@chats.on.ca">lmanley@chats.on.ca</a></p>	<p>TELECONFERENCE <b>BINGO</b> (Limited, Rural) <b>10:00 to 11:00</b> Glenys MacKay 905-713-3373 X 7002 <a href="mailto:gmackay@chats.on.ca">gmackay@chats.on.ca</a> conference line 1, 5557 Password: 12369</p>	<p>N/A</p>
	<p>TELECONFERENCE <b>BINGO</b> (Limited, Markham) <b>11:10 to 12:10</b> Glenys Mackay 905-713-3373 X 7002 Conference line 2, 5557 Password: 123690</p>	<p><b>TELECONFERENCE SOCIAL</b> (Limited, Georgina) <b>11:00 to 12:00</b> Jeanne Alderton 905-713-3373 X 7001 <a href="mailto:jalderton@chats.on.ca">jalderton@chats.on.ca</a> Teleconference line 3 Password: 123690</p>	<p><b>TELECONFERENCE SOCIAL</b> (Limited, East) <b>11:10 to 12:10</b> Glenys MacKay 905-713-3373 X 7002 <a href="mailto:gmackay@chats.on.ca">gmackay@chats.on.ca</a> Conference line 1. 5557 Password: 123690</p>	
	<p><b>ZOOM VIRTUAL TOURS</b> (Open) <b>1:00 to 2:00</b> Laura Manley 905-713-3373 ext. 7050 <a href="mailto:lmanley@chats.on.ca">lmanley@chats.on.ca</a></p>	<p><b>MONTHLY BOOK CLUB</b> <i>by TELECONFERENCE</i> (On Hold) <i>1<sup>st</sup> Wednesday each month</i> <b>10:00 to 11:00</b> Jeanne Alderton 905-713-3373 X 7001 <a href="mailto:jalderton@chats.on.ca">jalderton@chats.on.ca</a> Conf. Line 3 x 5557 Password: 123690</p>	<p>TELECONFERENCE <b>BINGO</b> (Limited, Mt. Albert) <b>11:00 to 12:00</b> Jeanne Alderton 905-713-3373 X 7001 <a href="mailto:jalderton@chats.on.ca">jalderton@chats.on.ca</a> Teleconference line 3 Conf. Line x 5557 Password: 123690</p>	
	<p>TELECONFERENCE <b>BINGO</b> (Limited, Stouffville) <b>2:00 to 3:00</b> Glenys Mackay 905-713-3373 X 7002 Conference line 2, 5557 Password: 123690</p>			

**PROGRAM DESCRIPTIONS**

**FIT MINDS:** Entertaining brain teasers, jokes, story sharing and short informative videos.

**VIRTUAL TOUR:** Take a one-hour virtual tour to exciting destinations around the world.

**SOCIAL:** Gather with others virtually and enjoy friendly discussion.

**PROGRAMS LED IN FARSI**

*Virtual Exercise & Social and Wellness Programs*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>GENTLE EXERCISE via TELEGRAM*</b> (Open) <b>11:00 to 11:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p>	<p><b>ZOOM ESL</b> (Open) <b>11:00 to 12:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p>	<p><b>GENTLE EXERCISE via TELEGRAM*</b> (Open) <b>11:00 to 11:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p>	<p><b>GENTLE EXERCISE via TELEGRAM*</b> (Open) <b>11:00 to 11:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p>	<p><b>ZOOM ESL</b> (Open) <b>11:00 to 12:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p>
<p><b>TELEPHONE SOCIAL</b> (Limited) <b>by appointment</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a></p>			<p><b>TELEPHONE SOCIAL</b> (Limited) <b>by appointment</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a></p>	<p><b>ZOOM SOCIAL</b> (Open) <b>2:00 to 3:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p>

\*Fitness programs target a general audience; exercises can be adapted to any level. Participants are expected to exercise at their own pace as directed by the facilitator.

**PROGRAM DESCRIPTIONS**

**GENTLE EXERCISE:** Gentle exercise tips and videos for clients to follow along.

**SOCIAL:** Gather with others virtually and enjoy friendly discussion.

**ESL:** English as a second language.

**PROGRAMS LED IN ITALIAN**

*Virtual Social and Wellness Programs*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>TELEPHONE SOCIAL</b> (Limited) by appointment Roza Baci 905-713-3373 X 6402 <a href="mailto:Rbaci@chats.on.ca">Rbaci@chats.on.ca</a></p>	<p><b>ZOOM SOCIAL</b> (Open) 2:00 to 3:00 Roza Baci 905-713-3373 X 6402 <a href="mailto:Rbaci@chats.on.ca">Rbaci@chats.on.ca</a></p>	<p><b>TELECONFERENCE ROSARY</b> (Limited) 2:00 to 3:00 Roza Baci 905-713-3373 X 6402 <a href="mailto:Rbaci@chats.on.ca">Rbaci@chats.on.ca</a> Conference line 1, 5555 Password: 123690</p>	N/A	<p><b>TELECONFERENCE ROSARY</b> (Limited) 2:00 to 3:00 Roza Baci 905-713-3373 X 6402 <a href="mailto:Rbaci@chats.on.ca">Rbaci@chats.on.ca</a> Conference line 1, 5555 Password: 123690</p>

**PROGRAM DESCRIPTIONS**

**SOCIAL:** Gather with others virtually and enjoy friendly discussion.

**ROSARY:** Pray together in Italian.

**PROGRAMS LED IN RUSSIAN**

*Virtual Social and Wellness Programs*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ZOOM WELLNESS*</b> (Open) 9:30 to 11:00 Elena Savransky 905-713-3373 X 7039 <a href="mailto:Esavransky@chats.on.ca">Esavransky@chats.on.ca</a></p>	<p><b>ZOOM PERFORMANCE</b> (Limited) 9:30 to 11:00 Elena Savransky 905-713-3373 X 7039 <a href="mailto:Esavransky@chats.on.ca">Esavransky@chats.on.ca</a></p>	<p><b>ZOOM ESL – BEGINNER</b> (Open) 1:00 to 2:30 Elena Savransky 905-713-3373 X 7039 <a href="mailto:Esavransky@chats.on.ca">Esavransky@chats.on.ca</a></p>	<p><b>ZOOM WELLNESS*</b> (Open) 10:30 to 12:30 Elena Savransky 905-713-3373 X 7039 <a href="mailto:Esavransky@chats.on.ca">Esavransky@chats.on.ca</a></p>	<p><b>ZOOM ESL ADVANCED</b> (Open) 10:00 to 11:30 Elena Savransky 905-713-3373 X 7039 <a href="mailto:Esavransky@chats.on.ca">Esavransky@chats.on.ca</a></p>

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**PROGRAM DESCRIPTIONS**

**WELLNESS:** Socializing, games, activities, gentle exercise, and presentations.

**PERFORMANCE:** A variety of activities: drama, games, book club.

**ESL:** English as a second language.