

Virtual Wellness and Activity Calendar 2021

Last Updated: 7 June 2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:15am 30 min	WELLNESS GYM - MOVE AT EASE Ideal for participants with limited mobility or have not recently exercised. This class involves gentle, low impact chair-based exercise.	11:15am 45 min	LET'S HAVE A CONVERSATION AT HOME Make new friends and connect online in the comfort of your own home while participating in a casual, educational wellness conversation.	10:15am 30 min	WELLNESS GYM - MOVE AT EASE Ideal for participants with limited mobility or have not recently exercised. This class involves gentle, low impact chair-based exercise.	11:30am 60 min	GAMES AND TRIVIA - BRAIN TRAINING Challenge yourself with word games and puzzles to help wake up the brain.	9:15am 30 min	WELLNESS GYM - MOVE AT PACE Ideal for participants who move confidently. This class involves more advanced chair based and body weight exercises.
11:00am 60 min	GET CREATIVE - SKETCHING Get your paper and lead pencils ready to sketch a new image each week.	12:15pm 30 min	WELLNESS GYM - MOVE AT EASE Ideal for those with limited mobility or have not recently exercised. This class involves gentle, low impact chair-based exercise.	11:00am 60 min	MUSIC & SINGING Get your favourite singer or artist ready and enjoy the music you love, trivia and reminiscing about your favourite songs from the past.	1:30pm 60 min	ARMCHAIR TRAVEL Armchair Travel from the comfort of your own home. Visit and learn about other countries and cultures.	11:00am 60 min	GAMES AND TRIVIA - WHO AM I? A fun and interactive game to identify the mystery person.
12:00pm 60 min	GAMES AND TRIVIA - BINGO Grab your bingo cards and dabbers and get ready for a fun hour of BINGO!			11:15am 30 min	WELLNESS GYM - STRETCH AND FLOW Gentle, low impact chair-based exercise focusing on improving balance and mobility and reducing stress and tension.	2:15pm 30 min	WELLNESS GYM - MOVE AT PACE Ideal for participants who move confidently. This class involves more advanced chair based and body weight exercises.	12:00pm 60 min	LEARN AND DISCOVER - REMINISCING Bring your favourite photos and talk about the good old days.
				12:00pm 60 min	GAMES AND TRIVIA Test your knowledge with various topics and games that will challenge your memory.			1:15pm 30 min	WELLNESS GYM STRETCH AND FLOW Gentle, low impact chair-based exercise focusing on improving balance and mobility and reducing stress and tension