

# Virtual Wellness Services Calendar 2022

Last Updated: 18/03/2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:00am 120 min	DIGITAL DIALOGUE			9:00am 60 min	MUSIC AND SINGING	9:00am 60 min	LET'S HAVE A CONVERSATION	9:15am 30 min	MOVE AT PACE
9:15am 30 mins	MOVE AT PACE	10:00am 60 min	GAMES AND TRIVIA	10:15am 30 min	MOVE AT PACE			10:00am 60 min	GAMES AND TRIVIA
10:15am 30 min	MOVE AT EASE	10:15am 30 min	MOVE AT PACE			11:00am 120 min	DIGITAL DIALOGUE	10:00am 120 min	DIGITAL DIALOGUE
11:00am 60 min	ARTS AND CRAFTS	11:00am 60 min	LET'S HAVE A CONVERSATION	11:15am 30 min	STRETCH AND FLOW	11:00am 60 min	LEARN AND DISCOVER	11:00am 60 min	MUSIC AND SINGING
12:00pm 60 min	MUSIC AND SINGING	12:00pm 120 min	DIGITAL DIALOGUE	12:00pm 60 min	LET'S HAVE A CONVERSATION			12:00pm 60 min	LET'S HAVE A CONVERSATION
1:15pm 30mins	STRETCH AND FLOW	12:15pm 30 min	MOVE AT EASE			1:00pm 60mins	GAMES AND TRIVIA	1:15pm 30mins	STRETCH AND FLOW
2:00pm 60 min	LET'S HAVE A CONVERSATION	1:15pm 30mins	STRETCH AND FLOW	2:00pm 120 min	DIGITAL DIALOGUE	1:15pm 30 min	MOVE AT EASE		
		2:00pm 60 min	LEARN AND DISCOVER			2:15pm 30 min	MOVE AT PACE		
				3:00pm 60mins	ARTS AND CRAFTS				

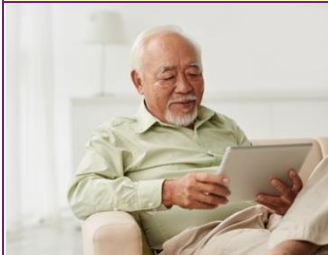
**Please note:** integratedliving class timetables are subject to change due to minimum class bookings. Bookings are essential to attend any class.

Phone 1300 782 896

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## DIGITAL DIALOGUE



Our Digital Dialogue program will empower you to become confident using an iPad. Learn to navigate the internet, use Apps, stay in touch with family and friends online, take photos and create videos, as well as access news, music, videos, podcasts and more!

## LET'S HAVE A CONVERSATION



Let's Have a Conversation online is a social and educational casual conversation delivered digitally. Join our friendly staff and guest speakers to learn about topics related to health and wellbeing and make new friends that you can connect with from the comfort of your home.

## ACTIVITY CLASSES



Stay connected to the community and discover new friendships with our Activity Classes. With a variety of services available, our Activity Classes offer general wellbeing, social connectedness and support for people living in regional, rural and remote communities. Classes include, but are not limited to:

- **Arts and Crafts** – flex your creative muscle.
- **Games and Trivia** – bingo, trivia, and brain training games.
- **Music and Singing** – live performances and music therapy.
- **Learn and Discover** – learn a language, travel back in time, or visit countries near and far. Share your own stories, experiences and reminisce on days gone by.

## MOVEMENT CLASSES



Our Movement Classes are perfect for anyone looking to improve their movement, balance, strength and general wellbeing without needing to leave the comfort of their home. The classes are designed so you move at your own pace, allowing you to make the class as challenging or easy as you'd like.

- **Move at Ease** – low impact, chair-based exercise classes ideal for participants who have limited mobility, chronic disease or anyone who has not recently participated in exercise.
- **Move at Pace** – low impact, chair-based exercise classes ideal for participants who are active and move confidently. This class involves more advanced chair-based and body weight exercises.
- **Stretch and Flow** – a gentle, low impact, chair-based exercise class focused on improving balance, mobility, circulation, and flexibility, while reducing stress and tension. This class is suited to all levels of fitness and mobility.

*All clients will have an individual assessment with one of our Exercise Physiologists prior to commencing exercise classes and regular reviews are performed to track your progress and keep you motivated as you get stronger and more confident.*