

BETTER LIVING VIRTUAL PROGRAMMING

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Our Active Living Team has been working hard to curate Virtual Active Living Programs to ensure our current members can stay in touch with their friends and engage in some health and wellness activities during this time. These programs are currently open to current members and Clients of Better Living.

If you have additional questions or want to register contact our Active Living Team at frontdesk@betterlivinghealth.org

GENERAL INTERESTS**Mercuri—Telephone Based****Dial-in: 1-866-279-1594, Guest Code is required.**Please email us at frontdesk@betterlivinghealth.org to receive the code.**Coffee/Tea and Chat****Monday 10:00 AM****Mindfulness Meditation****Wednesday & Friday 9:00 AM****English Conversation for Mandarin Speakers****Tuesday 10:00 AM****Fun Fact Frenzy/Trivia****Thursday 10:00 AM****Zoom—Video Based****Spanish: Beginner Level****Tuesday 3 PM**Zoom ID 890-2433-2269 | zoom.us/j/89024332269**Spanish: Intermediate Level****Monday 3 PM**Zoom ID 831-7884-8280 | zoom.us/j/83178848280**Mandarin: Beginner Level****Thursday 11:30 AM**Zoom ID 876-2619-0136 | zoom.us/j/87626190136**Essential Korean Words****Friday 1:00 PM**Zoom ID 871-1362-2800 | zoom.us/j/87113622800**Group Meetings/Presentations****RSVP Required.** Please email us at frontdesk@betterlivinghealth.org to sign-up.**Everyone is an Artist Creative Expression****Mondays, May 4, 11, & 25 at 10:30 AM****Understanding and Coping****with the Psychological Impacts of COVID 19****Tuesday May 12 at 2 PM****Wellness Wednesday | 11:30 AM**

- **May 6** Brain Health and Exercise
- **May 13** How to Fall Safely
- **May 20** Immune System and Exercise
- **May 27** Self-Care Session: Yoga, Meditation & Journaling

Photography Club**Monday May 4 at 2:15 PM****Advanced Care Planning****Tuesday May 19 at 11:30 AM****Men's Shed (Telephone-based)****Thursday at 10:30 AM****May 7, 21, June 4 & 18****Book Club****Thursday May 28 at 2 pm**

- Book: A House for Mr. Biswas by V.S. Naipaul

Thursday June 25 at 2 pm

- Book: Becoming by Michelle Obama

FITNESS AND FALLS PREVENTION

Falls Prevention

Monday to Friday 1 PM (45-min), Zoom ID 423-993-393 | zoom.us/j/423993393

Falls Prevention Program is geared towards building a strong foundation while teaching preventive measures to help reduce the risk of falls.

LOW INTENSITY

Chair Yoga

Thursday 9 AM (45-min)

Zoom ID 715-574-961 | zoom.us/j/715574961

Designed to help you find more energy, stay focused, bring flexibility back to your muscles and joints as well as reduce stress in your body. Take time to reconnect with your body, breath and mind.

Core and Flexibility

Monday & Thursday 10 AM (45-min)

Zoom ID 884-4751-6903 | zoom.us/j/88447516903

Enjoy the benefits of this Core and Flexibility class that consists of standing, seated and floor stretches. You will relax and strengthen your entire body, while improving your posture.

Respiratory Pilates (Chair-based)

Monday, Wednesday, & Friday 3 PM (45-min)

Zoom ID 880-1678-5207 | zoom.us/j/88016785207

Restorative Pilates is a style of Pilates that focuses on rehabilitation and recovery. It is a low-impact method of exercise that corrects posture and aligns the body to move more efficiently.

MEDIUM INTENSITY

Building Bones & Balance

Monday, Wednesday, & Friday 9 AM (45-min)

Zoom ID 852-1293-4998 | zoom.us/j/85212934998

Strong bones build a strong foundation and improve balance, posture and confidence in everyday activities. Bone density and muscle mass are both affected by regular weight-bearing exercise.

Gentle Fitness

Monday to Friday 2 PM (45-min)

Zoom ID 303-652-518 | zoom.us/j/303652518

This fitness class will focus on a circulatory warm-up, cardio, strength training as well as balance to help promote and improve flexibility and strength.

Hatha Yoga Flow (Floor-based)

Tuesday 9 AM (45-min)

Zoom ID 346-482-486 | zoom.us/j/346482486

This Hatha Yoga Flow practice is a great way to relieve stress, relax and unwind. Poses and transitions are linked fluidly with the breath, you will be guided through floor and standing postures slowly and mindfully as you build strength, improve balance and release tension.

Bone Fitness

Tuesday & Friday 10 AM (60-min)

Zoom ID 545-372-598 | zoom.us/j/545372598

Improve bone and muscle strength in a fitness class that is filled with variety! Exercises include weight bearing, balance, strength training and those promoting proper alignment. This class follows the new guidelines of Osteoporosis Canada for exercising to improve bone density and prevent bone loss.

Pilates (Floor-based)

Thursday 3 PM (60-min)

Zoom ID 842-2495-6751 | zoom.us/j/84224956751

This class will help you to increased flexibility to improve your posture and coordination.

Total Body Conditioning **Start Date: May 11*

Monday to Friday 11 AM (45-min)

Zoom ID 859-3100-9024 | zoom.us/j/85931009024

This class provides a balance to your cardio workout and good strength training for all muscle groups. A variety of equipment is used – free weights, resistance bands, and more.

HIGH INTENSITY

Zumba

Tuesday 3 PM (60-min)

Zoom ID 747-222-991 | zoom.us/j/747222991

Join this exciting calorie-burning and body-energizing class that incorporates global music rhythms, a mix of International and Latin moves with strength training.

Stay Strong

Wednesday 10 AM (60-min)

Zoom ID 923-1161-3248 | zoom.us/j/92311613248

This class is geared to the active older adult and features 30 minutes of moderate to vigorous cardio (aerobic) exercise to build stamina and endurance, followed by balance, muscle strength, and flexibility training. No complicated choreography but lots of familiar movements to keep you quick on your feet and breathing harder. **Part of the class will be done lying on the floor.**