

May 2021 digital program schedule



Therapeutic Activation Programming for Seniors at Nanaimo Family Life Association

Tuesday	Wednesday	Thursday	Friday
May 4 yoga w Sheila 10 - 11 am Garden Group Chat 1 - 2 pm	5 Zesty Moves w OT Sue 10 - 11 am Healthy Eating Habits noon - 1 pm	6 coffee chat 10 am - 11 am	7 yoga w Lynne 1 pm - 2 pm
May 11 yoga w Sheila 10 - 11 am Garden Group Chat 1 - 2 pm	12 Zesty Moves w OT Sue 10 - 11 am Healthy Eating Habits noon - 1 pm	13 coffee chat 10 am - 11 am	14 yoga w Lynne 1 pm - 2 pm Afternoon concert: Elise Boulanger 2:30 pm - 3:30 pm
May 18 yoga w Sheila 10 - 11 am Garden Group Chat 1 - 2 pm	19 Zesty Moves w OT Sue 10 - 11 am Healthy Eating Habits noon - 1 pm	20 coffee chat 10 am - 11 am	21 yoga w Lynne 1 pm - 2 pm
May 25 yoga w Sheila 10 - 11 am Garden Group Chat 1 - 2 pm	26 Zesty Moves w OT Sue 10 - 11 am Healthy Eating Habits noon - 1 pm	27 coffee chat 10 am - 11 am Seniors Talent Show! 5 - 6 pm	28 yoga w Lynne 1 pm - 2 pm

To register for sessions, please email: s_burton@nflabc.org

Include your name and the classes you are interested in (and your skills if you are signing up for a spot in the talent show!).

May digital program descriptions

Yoga with Sheila

Tuesdays, 10 am - 11 am

Follow yoga instructor Sheila Crampton through a series of seated chair yoga poses. A firm, armless chair and leggings or loose fitting pants are recommended.

Garden Group Chats

Tuesdays, 1 - 2 pm

An informal space for seasoned green thumbs and new growers to gather. Come with your tips, questions, and exciting garden news. Participants will lead the discussion.

Zesty Moves! With OT Sue

Wednesdays, 10 am - 11 am

Join Occupational Therapist Susan Shellinck for a class that promotes balance, agility, and mindful movement. A firm, armless chair is recommended, as well as a small space to walk around.

Healthy Eating Habits Presentations

Wednesdays, noon - 1 pm

Dietitian Alice Wyche shares her knowledge through interactive presentations on topics like inflammation, vegetarianism, bone health, and more. Come ready to make a plan for eating well!

Coffee Chat

Thursdays, 10 am - 11 am

A time to chat and connect with other seniors while sipping your morning coffee or tea. Facilitated by Senior Peer Counsellor Irene Morrison.

Yoga with Lynne

Fridays, 1 pm - 2 pm

Yoga instructor Lynne Henshaw will guide you through a seated yoga series to wind down your week. A firm, armless chair and leggings or loose fitting pants are recommended.

Afternoon Concert: Elise Boulanger

Friday May 14, 2:30 pm - 3:30 pm

As bilingual multi-instrumentalist with classical training, Elise will offer an enchanting afternoon performance.

Seniors Talent Show!

Thursday May 27, 5 pm - 6 pm

Do you have a skill to show off? Then YOU can join our show! Local seniors are invited to showcase their skills in an afternoon of celebration and fun. This online event will be open to the public.