

## Other Recommended Programs

### Community Support Centre of Essex – Virtual Community Centre Daily Fitness Programs

← Events
☰ 📷 👤

🎓 Education
🎬 Entertainment
🎨 The Arts
🏃 Fitness

← February 2024 →

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01	02	03
	10:01am Lite Fitness	10:00am Zumba 11:00am Pound Fitne	12:30pm Drum Fit		9:00am Chair Yoga 9:00am Chair Yoga	
04	05	06	07	08	09	10
	10:00am Lite Fitness		12:30pm Drum Fit	1:00pm Intermediate	9:00am Chair Yoga	
11	12	13	14	15	16	17
	10:00am Lite Fitness	10:00am Zumba 11:00am Pound Fitne	12:30pm Drum Fit	1:00pm Intermediate	9:00am Chair Yoga	
18	19	20	21	22	23	24
	10:00am Lite Fitness	10:00am Zumba 11:00am Pound Fitne	12:30pm Drum Fit	1:00pm Intermediate	9:00am Chair Yoga	
25	26	27	28	29		
	10:00am Lite Fitness	10:00am Zumba 11:00am Pound Fitne	12:30pm Drum Fit	1:00pm Intermediate		

Sign up at: <https://virtualcommunitycentre.ca/>

Phone: 1-855-728-1433 or 519-728-1435. Email: [weccc@communitysupportcentre.ca](mailto:weccc@communitysupportcentre.ca)

### Adult Day Programs – both in person and virtual

### Lakeshore Site - 4-962 Old Tecumseh Rd

## October 2023 - April 2024- Weekly Schedule

**Monday**

ART  
9:00 AM (IP)  
LITE FITNESS  
10:00 AM (V)(IP)  
CONGREGATE DINING  
11:30 AM (\$7)(IP)  
FALLS PREVENTION  
1:00 PM (IP)  
ACTIVITY HOUR  
2:00 PM (IP)

**Tuesday**

ZUMBA/DANCE  
10:00 AM (V) (IP)  
POUND FITNESS  
11:00 AM (V)(IP)  
CONGREGATE DINING  
11:30 AM (\$7)(IP)  
EUCHRE  
12:30 PM (\$3)(IP)  
BOOK CLUB [Monthly]  
2:00 PM (V)(IP)

**Wednesday**

SMOOTH MOVES  
10:00 AM (IP)  
CONGREGATE DINING  
11:30 AM (\$7)(IP)  
DRUM FIT  
12:30 PM (IP)  
TECHNOLOGY & ME  
1:00 PM (IP)  
BRIDGE  
2:30 PM (\$3) (IP)

**Thursday**

TAI CHI  
10:30 AM (IP)  
ARTS & CRAFTS  
10:30 AM (IP)  
CONGREGATE DINING  
11:30 AM (\$7)(IP)  
INTERMEDIATE FITNESS  
1:00 PM (V)(IP)  
CARDS AND BOARD GAMES  
2:00 PM (IP)

**Friday**

CHAIR YOGA  
9:00 AM (V)(IP)  
MEDITATION  
10:00 AM (IP)  
CONGREGATE DINING  
11:30 AM (\$7)(IP)  
GIVING BACK/COFFEE CHAT  
11:50 AM (V)(IP)  
CREATIVE SPACES/GAMES  
12:00 PM (V)(IP)  
CIRCUIT CLASS  
1:00 PM (IP)

QR CODE

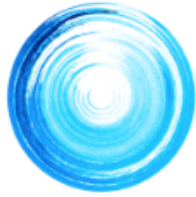
SCAN WITH PHONE

CALL FOR MORE INFORMATION

**(519) 728-1435**

FREE CLASSES AGES 55+

(V) VIRTUAL (IP) IN-PERSON (\$) COST  
CONGREGATE DINING: PRE-REGISTER 48H ADVANCE | \$7.00 / PERSON



# HEALTH STORY COLLABORATIVE

See <https://www.healthstorycollaborative.org/>

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## Sign Up for Our Creative Meetups!

**Come share your creative side with us and feel the health benefits of artistic expression!**

### Writing for Expression and Connection *(New day and new facilitator)*

Join our **new facilitator, Jennifer Harris**, on the **second Tuesday of each month** for a group reflective writing class. Jennifer has spent over two decades facilitating storytelling workshops for individuals and organizations and is excited to share her experience with you.



Meets 2nd Tuesday each month 6:00-7:00 pm EST Feb 13-Dec 10 2024  
<https://www.healthstorycollaborative.org/writing-registration>

### Watercolor for Calming and Creating

Working with watercolors is a great practice for releasing our grip and letting things flow. Join artist, **Deb Putnoi**, on the **third Wednesday of each month**. No previous painting experience required!



Meets 3rd Wednesday each month 6:00-7:30 pm EST Feb 21-Dec 18 2024  
<https://www.healthstorycollaborative.org/watercolor-registration>

## Other

### Action for Happiness

<https://www.actionforhappiness.org/calendars>

Join an [Action for Happiness](#) discussion group

Find groups near you and register here: <https://actionforhappiness.org/groups>

### Find Local or Virtual Activities and Groups

Search **Eventbrite** for events and groups based on your interests

<https://www.eventbrite.ca/>

Join a [Meet Up group](#)

Whatever your interest, there's likely a group for you – find virtual and in-person events

<https://www.meetup.com/>

### Daily Seniors Meet Up Network

Reserve Your Spot At: <https://events.oneclick.chat/>

### Navigation Illness

The podcast, [The Waiting Room Revolution](#) reviews the 7 keys to unlocking a better illness experience—created for patient, families and health care providers.

To **LISTEN** go to: [waitingroomrevolution.com](http://waitingroomrevolution.com) (or available on all podcast players).

New episodes every TUESDAY. **SUBSCRIBE** [ClickHere](#) to stay updated on new episodes and events.

### Huddol Journeys (Your Virtual Life Coach)

<https://www.eventbrite.com/o/huddol-journeys-30781186512> (\$ fee)

### Caregivers: Ontario Caregiver Organization

<https://ontariocaregiver.ca/events/>

### Loss and Grief

TAPS Institute for Hope and Healing – for upcoming events see [www.taps.org](http://www.taps.org)

**Death Café** – Upcoming Events – Destigmatizing discussions about death and normalizing conversations. Search for upcoming virtual events and in-person groups near you at: <https://deathcafe.com/>