

AMICA

WESTBORO PARK

In this dynamic time of physical (social) distancing and self-isolating it can be hard to feel connected with your community. We are running three online programs through the application "BlueJeans". It is free to use; you simply need an internet connection. Please read below to see the variety of programs that will be hosted by Erin & Julia and join into any (or all!) of the ones that interest you.

To register online: https://seniorlifestyles.amica.ca/virtualevents_042020

Joining from a computer or laptop:

Morning programs:

<https://bluejeans.com/659780494?src=calendarLink>

Afternoon programs:

<https://bluejeans.com/888458934?src=calendarLink>

Joining from a smart device:

Morning programs Meeting ID:

659 780 494

Afternoon programs Meeting ID:

888 458 934

Fun & Fitness:

Tuesday & Thursday at 10 am <https://bluejeans.com/659780494?src=calendarLink>

Get your daily workout in with Erin & Julia! We will do a stretching warm up, some chair exercise with a focus on strength, balance, mobility & cardio and then a cool down. Estimated 30 minutes. Weights optional.

Social Programs:

Trivia (Tuesday 2 pm) <https://bluejeans.com/888458934?src=calendarLink>

Join us as we boost our brain activity with trivia! There are 30 questions in total covering six categories: Geography, Entertainment, History, Arts & Literature, Science & Nature, and Sports & Leisure. Estimated 60 minutes.