

# Magnificent May

## Virtual Programs for 55+

### Coffee Time

Mondays 10:30 am and Thursdays 2 pm as follows.

#### Coffee and Conversation Monday Mornings

Enjoy your morning coffee with Humber Valley friends. Together we share friendly updates, interesting topics and some ideas for more activities and programs

#### Coffee and Activity Thursday Afternoons

**Thurs May 7 - Games Day** - Have some fun and challenge your mind with riddles, puzzles, games and trivia as part of a fun and energetic group.

**Thurs May 14 - Songs in the Key of Life** - "Timeless Treasures" let's join in singing some favourite hymns that bring hope and life! Send your requests to [anne@hvuc.ca](mailto:anne@hvuc.ca) and we'll let the words, music and beautiful photography lift our spirits!

**Thurs May 21 - Kitchen Party** - We will welcome a special guest, Maria Lindgren, Programs Manager from the *Bernard Betel Centre for Creative Living*. Maria is going to get us started on fun with cooking on Zoom! She's got yummy and healthy recipes to share from her home kitchen. This will be a great kick off to us starting our own cooking club! Join us as we discuss cooking, recipes, healthy eating and have some fun in the kitchen!

**Thurs May 28 - Paint Day** - Just like popular paint nights, we'll provide you with a kit of all the materials you will need to create your own unique painting, and enjoy some company with friends at the same time! Licia Meldrum will be our special guest and guide our creativity and there will be an opportunity to share our work with the *Arts in Isolation* Project.

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*Please contact Anne to register and receive Zoom information for both phone and video access.*

*See "Keeping in Touch" for weekly reminders and Zoom information.*

**Anne Pietropaolo, Seniors' Program Coordinator at [anne@hvuc.ca](mailto:anne@hvuc.ca) or 416 231 2263 x 31**

## Humber Valley United Church

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## **Fitness Wednesdays at 3 pm**

Let's get up and get moving together!! Zoom in for free fitness classes with Instructor Christina, right from the comfort of your own home!

## **Chair Yoga - Tuesdays at 10 am**

A modified, gentle, seated yoga class using a chair to provide support. We combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind. Everybody is welcome to practice yoga in this supportive environment. No yoga experience is required.

Join us for a 30-minute chair yoga class with Instructor Sheila. Please register with Anne at [anne@hvuc.ca](mailto:anne@hvuc.ca) or call Anne at 416 579 2288.

## **Yoga at Home - Fridays at 10 am**

Whether you are new to yoga or are familiar with the practice, *Yoga at Home* will help you develop balance, strength and flexibility. In this class we will combine yoga postures and breathing exercises to strengthen the body, reduce stress and calm the mind. It is a 60-minute class with Instructor Sheila. Please register with Anne at [anne@hvuc.ca](mailto:anne@hvuc.ca) or call Anne at 416 579 2288.

## **Mens' Group May 25, 7 pm**

Please join us for Part Two of this fascinating presentation and discussion: **"Breathing Assistance Via Home-Made Iron Lung", presented by Michael Flaman.** We will have an additional presentation by Dave Mader and continue our Q & A session. Please send an email to [anne@hvuc.ca](mailto:anne@hvuc.ca) if you would like to attend. You will receive a link to a video by Michael Flaman. Please view it and send in your questions for discussion.

## **Drop in Book Club May 19, 1 pm**

Join in on discussion of the *Humber Valley Reads* book "The Silence of the Girls" by Pat Barker. Let's talk about what else you're reading and help select a new title for next month!

## **Daytimers Speaker - Mon. May 25, 12 noon, Risa Shuman, Film Expert**

Risa Shuman brings films to life for us as she shares her experience as Executive Producer of Elwy Yost's *Saturday Night at the Movies*. Make yourself a sandwich, popcorn, or your favourite treat and join us for this entertaining presentation. Please contact [anne@hvuc.ca](mailto:anne@hvuc.ca) or call 416 579 2288 for information on how to join with Zoom by video or telephone.

