

## Hollyer House Community Room Activities

### 3865 Old Richmond Rd, Bells Corners

<p><b>Tuesday July 2</b></p> <p>9.30-10.30 <b>Move and Groove – Chair Exercise</b></p> <p>10.30-11.30 <b>Munch and Mingle</b></p> <p>2.00-3.30 <b>Activity Café (crafts, chat)</b></p>	<p><b>Tuesday August 6</b></p> <p>9.30-10.30 <b>Move and Groove – Chair Exercise</b></p> <p>10.30-11.30 <b>Munch and Mingle</b></p> <p>2.00-3.30 <b>Activity Café (crafts, chat)</b></p>
<p><b>Tuesday July 9</b></p> <p>9.30-10.30 <b>Move and Groove – Chair Exercise</b></p> <p>10.30-11.30 <b>Munch and Mingle</b></p> <p>2.00-3.30 <b>Activity Café (games, chat)</b></p>	<p><b>Tuesday August 13</b></p> <p>9.30-10.30 <b>Move and Groove – Chair Exercise</b></p> <p>10.30-11.30 <b>Munch and Mingle</b></p> <p>2.00-3.30 <b>Activity Café (games, chat)</b></p>
<p><b>Tuesday July 16</b></p> <p>9.30-10.30 <b>Move and Groove – Chair Exercise</b></p> <p>10.30-11.30 <b>Munch and Mingle</b></p> <p>2.00-3.30 <b>Activity Café (chat)</b></p>	<p><b>Tuesday August 20</b></p> <p>9.30-10.30 <b>Move and Groove – Chair Exercise</b></p> <p>10.30-11.30 <b>Munch and Mingle</b></p> <p>2.00-3.30 <b>Activity Café (chat)</b></p>
<p><b>Tuesday July 23</b></p> <p>9.30-10.30 <b>Move and Groove – Chair Exercise</b></p> <p>10.30-11.30 <b>Munch and Mingle</b></p> <p>2.00-3.30 <b>Activity Café (games, chat)</b></p>	<p><b>Tuesday August 27</b></p> <p>9.30-10.30 <b>Move and Groove – Chair Exercise</b></p> <p>10.30-11.30 <b>Munch and Mingle</b></p> <p>2.00-3.30 <b>Caregiver Support In-person Group</b></p>
<p><b>Tuesday July 30</b></p> <p>9.30-10.30 <b>Move and Groove – Chair Exercise</b></p> <p>10.30-11.30 <b>Munch and Mingle</b></p> <p>2.00-3.30 <b>Caregiver Support In-person Group</b></p>	

**Move and Groove – Chair Exercise:** Open to seniors of all ages. Chair exercises with warm-up stretching, a little cardio, strength training, and final cooldown.

**Munch and Mingle:** Social activity with a small snack including: coffee, tea, and muffins and/or cookies.

**Activity Café:** Social group around a cup of tea or coffee enjoying a craft activity or board games.

**Caregiver Support In-person Group:** Are you caring for an older adult and feeling overwhelmed? Would you like to connect with other caregivers?

**Transportation Available:** If you need transportation to come to these programs, please reach out to 613-591-3686 option 3.