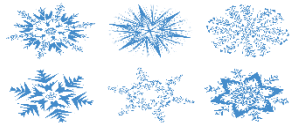
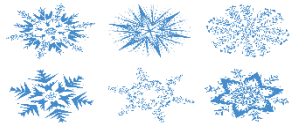


Bringing care and community together / Jumeler soins et collectivité

Hollyer House Community Room Activities

3865 Old Richmond Rd, Bells Corners

<p>Tuesday, January 7</p> <p>9.30-10.30 Move and Groove – Chair Exercise</p> <p>10.30-11.30 Munch and Mingle</p> <p>2.00-3.30 Activity Café (crafts, chat)</p>	<p>Tuesday, February 4</p> <p>9.30-10.30 Move and Groove – Chair Exercise</p> <p>10.30-11.30 Munch and Mingle</p> <p>2.00-3.30 Activity Café (crafts, chat)</p>
<p>Tuesday, January 14</p> <p>9.30-10.30 Move and Groove – Chair Exercise</p> <p>10.30-11.30 Munch and Mingle</p> <p>2.00-3.30 Activity Café (games, chat)</p>	<p>Tuesday, February 11</p> <p>9.30-10.30 Move and Groove – Chair Exercise</p> <p>10.30-11.30 Munch and Mingle</p> <p>2.00-3.30 Activity Café (games, chat)</p>
<p>Tuesday, January 21</p> <p>9.30-10.30 Move and Groove – Chair Exercise</p> <p>10.30-11.30 Munch and Mingle</p> <p>2.00-3.30 Activity Café (chat)</p>	<p>Tuesday, February 18</p> <p>9.30-10.30 Move and Groove – Chair Exercise</p> <p>10.30-11.30 Munch and Mingle</p> <p>2.00-3.30 Activity Café (games, chat)</p>
<p>Tuesday, January 28</p> <p>9.30-10.30 Move and Groove – Chair Exercise</p> <p>10.30-11.30 Munch and Mingle</p> <p>2.00-3.30 Caregiver Support In-person Group</p>	<p>Tuesday, February 25</p> <p>9.30-10.30 Move and Groove – Chair Exercise</p> <p>10.30-11.30 Munch and Mingle</p> <p>2.00-3.30 Caregiver Support In-person Group</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.