

Hollyer House Community Room Activities

3865 Old Richmond Rd, Bells Corners

Tuesday, May 6 9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 2.00-3.30 Activity Café	Tuesday, June 3 9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 2.00-3.30 Activity Café
Tuesday, May 13 9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 2.00-3.30 Activity Café	Tuesday, June 10 9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 2.00-3.30 Activity Café
Tuesday, May 20 9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 2.00-3.30 Activity Café	Tuesday, June 17 9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 2.00-3.30 Activity Café
Tuesday, May 27 9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 2.00-3.30 Caregiver Support In-person Group	Tuesday, June 24 9.30-10.30 Move and Groove – Chair Exercise 10.30-11.30 Munch and Mingle 2.00-3.30 Caregiver Support In-person Group
	

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.