

KEEPING CONNECTED SPRING 2026 SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9 – 10 a.m.	Mind Connection (9 – 10 a.m.)		Massage (9:30 a.m. – 12 p.m.)	Pick Up the Pace (9 – 10 a.m.) <i>Drop-ins welcome</i>			
10 – 11 a.m.		Parkinson's Movement Therapy** Tue/Thu (9:15 – 10:15 a.m.)	Adapted Strength and Balance (DF) (10 – 11 a.m.)	Parkinson's Movement Therapy** (9:15 – 10:15 a.m.)	Stand Tall (DF) (10 – 11 a.m.)	Choose to Move (10 – 11 a.m.)	
	Chair Yoga Move and Breathe (10:30 – 11:30 a.m.)	Adapted Chair Yoga (DF) (10:30 – 11:30 a.m.)		Grief Support Group (10 – 11 a.m.)			
11 a.m. – 12 p.m.	Let Your Yoga Dance (10:30 – 11:15 a.m.) <i>Drop-ins welcome</i>		Lunch and Learn <i>Feb 18 and Mar 18</i> (10:30 a.m. – 1 p.m.)	Parkinson's Movement Therapy** (10:30 – 11:30 a.m.)			
		Parkinson's Movement Therapy** Tue/Thu (10:30 – 11:30 a.m.)	Laughter Yoga (11:15 – 11:55 a.m.) <i>Drop-ins welcome</i>	Men's Club (DF+) (10:30 a.m. – 12 p.m.)	Gentle Fit (11:15 a.m. – 12 p.m.)	ActivAge (11 a.m. – 12 p.m.)	Tai Chi (11 a.m. – 12 p.m.)
			Parkinson's Movement Therapy** (11:15 a.m. – 12:15 p.m.)	Balance, Movement, and Flow (11 a.m. – 12 p.m.)		Parkinson's Movement Therapy** (11:15 a.m. – 12:15 p.m.)	
		FAME for Stroke*** Tue/Thu (11:45 a.m. – 12:45 p.m.)	Keep Well (11:15 a.m. – 12:45 p.m.)	Eye Deal (DF+) <i>once a month</i> (11:30 – 1 p.m.)			
12 – 1 p.m.	Mindfulness Meditation Monday (12:30 – 1:30 p.m.)			FAME for Stroke*** Tue/Thu (11:45 a.m. – 12:45 p.m.)		Functional Fitness (11:40 a.m. – 12:40 p.m.)	
1 – 2 p.m.	Well Balanced* (Level 1) (1 – 2 p.m.)	Ted Talks Series (+) <i>once a month</i> (12:30 – 2 p.m.)	Well Balanced* (Level 1) (1 – 2 p.m.)		Well Balanced* (Level 1) (1 – 2 p.m.)		
	Active Mind / Active Body (DF) (1:15 – 2:15 p.m.)	Social Tea Party (DF+) <i>quarterly</i> (1 – 2:30 p.m.)	Ladies' Social Club (DF+) <i>Drop-ins welcome</i> (1:30 – 3 p.m.)	Golden Fireflies (1 – 3 p.m.)	Singalong Fun (DF+) (1 – 2 p.m.)		
2 – 4 p.m.	Well Balanced* (Level 2) (2:15 – 3:15 p.m.)		Well Balanced* (Level 2) (2:15 – 3:15 p.m.)		Minds in Motion (DF+) <i>Alzheimer's Society of BC</i> (1 – 2:30 p.m.)		
					Well Balanced* (Level 2) (2:15 – 3:15 p.m.)		
4 – 5:30 p.m.		Qi Gong Stress Release (4 – 5:30 p.m.)		Sound Therapy and Healing <i>once a month</i> (4 – 5:30 p.m.)			
5:30 – 6:30 p.m.	Screen Time for Seniors <i>once a month</i> (5:30 – 6:30 p.m.)						

■ Keeping Connected ■ Wellness ■ Active Rehabilitation

+: Social Activity | DF: Dementia Friendly | *pre-requisite: Well Balanced Consultation | **pre-requisite: Parkinson's Consultation
***pre-requisite: FAME Consultation | To book a consultation, please call 604-925-7280 | Learn about upcoming workshops in *The Scene!*

KEEPING CONNECTED PROGRAMS

ACTIVE MIND / ACTIVE BODY

Enjoy this uplifting class using movement for all levels. Maintain a sense of confidence and grace in movement through the fundamentals of stretch. Build strength, balance, and mobility.

ADAPTED CHAIR YOGA

Join us for yoga from the safety and comfort of your chair. We will make simple adaptations to support your needs. There are no floor exercises in this class.

BALANCE, MOVEMENT, AND FLOW

Move your body, calm your mind, and find your balance! Improve your strength, flexibility, and coordination through smooth, flowing movements. Move with ease, build confidence, and reduce stress. All levels are welcome.

CAREGIVER SUPPORT GROUP

This group meets weekly to support caregivers navigate the everchanging challenges that dementia brings. It is a safe setting for sharing information, insight, advice, and encouragement.

CHAIR YOGA MOVE AND BREATHE

Join us for a fun and upbeat yoga class! Whether you are new to chair yoga or looking for safe and gentle exercise, this could be a great fit for you. Learn breathing techniques, movement, alignment, strengthening, and stretching with plenty of toe tapping and smiles to go around! The class will include variations of sitting and standing exercises.

CHOOSE TO MOVE AND ACTIVATE

This is a free, three-month program designed for older adults who are inactive and wish to become more active. Meet with an activity coach and discuss ways to incorporate more physical activity into your life.

EYE DEAL

Join us for an informative support group for people with low vision. Each meeting will feature guest speakers, discussion, and information sharing.

FUNCTIONAL FITNESS

Start your Saturday with a fitness program that includes stretching, strength, mobility, weights, resistance, and balance exercises.

SINGALONG FUN

Lift your spirits and improve your sense of joy and well-being in this weekly singalong! All voices are welcome

GENTLE FIT

Improve your physical stability, flexibility, and coordination through movement, stretching, and balance work aimed at maintaining leg strength.

GOLDEN FIREFLIES

Using humour, fun acting games, and professional theatre techniques in a safe, lighthearted environment, awaken your senses, learn acting and writing skills, and explore the

world of storytelling. *Facilitated by professional theatre artists from Presentation House Theatre.*

GRIEF SUPPORT

Everyone is welcome to this safe and supportive weekly meeting space for individuals to explore grief and loss. Participants are encouraged to share their experiences and feelings around the grief process. Being with others who understand what you are going through can be extremely comforting and powerful.

LADIES SOCIAL CLUB

Ladies, join this social group to enjoy discussion, mental aerobics, games, and entertainment.

LAUGHTER YOGA

Laughter Yoga class is a blend of various yoga breathing practices, gentle stretching, and laughter exercises. Cultivate child-like playfulness and celebrate your amazing body, heart, and spirit!

LET YOUR YOGA DANCE

Let Your Yoga Dance is a body, brain, heart, and soul nourishing class designed to spread joy and peace, supporting the health of all. Celebrate your body and spirit as you journey through discovering, balancing, and celebrating the chakras. Join us for a blissful 45-minute session combining gentle yoga movements with rhythmic and meditative music. No need to be a dancer to participate, all backgrounds can join! Drop-ins welcome.

LUNCH AND LEARN

Learn about wellness, independence, safety, and personal finance through these informative sessions led by The Rotary Club of Lions Gate.

MEN'S CLUB

Join this group of gentlemen every week for lively discussion of current affairs, mental aerobics, and social connections.

MIND CONNECTION

Work on connecting to the earth with gratitude and kindness! Ease anxiety and work through past experiences.

MINDFULNESS MEDITATION

Are you feeling overwhelmed, anxious, or have trouble sleeping? Experience a sense of belonging, peace, and happiness as you learn practical tools and techniques in this mindfulness meditation class.

MINDS IN MOTION

Join us for a class offered in partnership with the Alzheimer's Society of BC, designed to exercise your body and mind. Participants attend with a caregiver/loved one.

PICK UP THE PACE

Lift your spirits with this class designed to get your blood flowing. Get ready for some fun and movement! This is a class that will be done from a standing position. Drop-ins welcome.

QI GONG STRESS RELEASE

Improve your physical, mental, emotional, and spiritual well-being through meditative movements and guided music.

SCREEN TIME FOR SENIORS

Learn about your phones, tablets, laptops, and more! Students from Collingwood can help you learn all about technology and answer any questions you have. Learn how to use apps, facetime, email, QR code setup, and general troubleshooting.****Must bring your own device.*

STAND TALL

Do you want to improve your posture and core? Learn basic exercises that will help restore muscle imbalance and spinal alignment, allowing you to stand tall.

SOUND THERAPY AND HEALING

Combine guided meditation, breathwork, and sound instruments (singing bowls, drums, gongs, and Zaphir chimes) to promote healing and relaxation.

SOCIAL TEA PARTY (quarterly)

Put on your best smile and party outfit and join us for a tea party! Special teas and snacks will be served. Enjoy drinking tea and being "proper" for an afternoon!

TAI CHI

Discover the fundamentals of Tai Chi through slow, flowing movements that support balance, posture, and relaxation. Learn stances, stepping techniques, and sequences. Improve your balance, joint mobility, coordination, and well-being. No experience required.

TED TALKS

Enjoy watching a 20-minute Ted Talk, followed by a discussion. This monthly initiative introduces innovative ideas and thoughts to stimulate conversation. *Last Tuesday of every month.*

YOGA FOR HEALTHY AGEING

Join us for a dynamic movement class designed to make you feel stronger in your body and mind. Reduce back pain, increase strength and memory, and sleep better. You will love this class!

FAME FOR STROKE

Did you know that stroke is the leading cause of disability in Canada? Improve overall mobility, build up lost cardiovascular endurance, and develop arm and hand functions with the guidance of an experienced personal trainer. FAME (Fitness & Mobility Exercise Program) is a community-based exercise program developed by researchers at UBC for post-stroke individuals that still maintain standing and walking ability.

WELL BALANCED

Has your balance changed? Do you find yourself hesitating to go for walks, to the grocery store, or up and down stairs? Well Balanced is designed to improve your balance and confidence! Join us to strengthen and stretch all those stabilizing muscles, help improve your posture, and stay Well Balanced in a small group setting!

PARKINSON'S MOVEMENT THERAPY

Did you know that exercise is a vital component to maintaining balance, mobility, and performing the activities of daily living for people with Parkinson's? Prolong your overall strength with resistance training, aerobic fitness, and flexibility through a personalized program designed for you by our Personal trainers who facilitate the group and monitor your progress.