

### Telephone and Virtual Group Programs for Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;"> <b>Advanced Exercise with Hong on Zoom</b>            10:00 am         </div> <div style="border: 1px solid blue; padding: 5px;"> <b>Mental Aerobics with Abbie on Mercuri</b>            10:30 am         </div>	<div style="border: 1px solid purple; padding: 5px; text-align: center;"> <b>Mandarin Exercise with Hong on Zoom</b>            10:00 am         </div>	<div style="border: 1px solid green; padding: 5px; text-align: center;"> <b>Advanced Exercise with Hong on Zoom</b>            10:00 am         </div>	<div style="border: 1px solid purple; padding: 5px; margin-bottom: 10px; text-align: center;"> <b>Mandarin Exercise with Hong on Zoom</b>            9:45 am         </div> <div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px; text-align: center;"> <b>Gentle Exercise with Cynthia on Mercuri</b>            10:00 am         </div> <div style="border: 1px solid red; padding: 5px; text-align: center;"> <b>Dance with Fran on Zoom</b>            11:00 am         </div>	

**All group programs are over the telephone (Mercuri) or Zoom. For information on how to join our virtual and telephone programs, please call our intake line at 416-243-0127 ext 503.**

<b>Program Descriptions</b>	
<b>Advanced Exercise with Hong</b>	This faster paced seniors' fitness class on Zoom combines standing light cardio, strength and balance exercises to improve overall mobility, endurance and balance. Resistance bands, balls and weights are sometimes used. Led by a Certified Seniors Fitness Instructor.
<b>Dance with Fran</b>	Get energized and invigorated with some dance exercise. Our amazing volunteer Fran, a yoga instructor and professional dancer and choreographer, will get your body moving and grooving during this easy dance exercise.
<b>Gentle Exercise with Cynthia</b>	This seated seniors' fitness class includes strength and balance exercises you can safely do at home to improve mobility, endurance, and balance. Resistance bands, balls and weights are sometimes used. Led by a Certified Seniors Fitness Instructor who describes the movements over the telephone.
<b>Mandarin Exercise with Hong</b>	Hong's same Advanced Exercise class with instruction in Mandarin on Zoom.
<b>Mental Aerobics with Abbie</b>	Cognitive fitness is just as important as physical fitness. Join our welcoming group where you'll try some brain teasers, challenging riddles and test your knowledge of history, geography, food, entertainment and more.