

Senior Mind, Body & Soul Workshops

The Town of Tecumseh Senior Advisory Committee has received funding under the Seniors Community Grant Program for a series of Mind, Body & Soul Workshops to offer Tecumseh older adults and seniors (55+) opportunities to engage in health and wellness activities. From the top of the head, to the tip of the toes, participants will partake in a variety of education and fitness classes to increase their safety, mental well-being and skills development while encouraging virtual social interaction.

Go all in - 'Mind, Body & Soul' - Virtually for FREE!

The Mind, Body & Soul Workshops afford Tecumseh older adults and seniors the benefit of participating in the following upcoming Zoom events:

Workshop	Date	Time
Chair Yoga	Wednesdays March 23 – April 27	1:00 – 1:45 pm
La Blast Silk Fitness	Thursdays March 24 – April 28	11:00 – 11:45 am
Gardening with Nicole	Wednesday, March 30	11:00 am – 12:00 pm
Painting Class	Tuesday, April 5	1:00 pm – 3:00 pm

Chair Yoga

Katera Zappacosta will guide participants virtually through gentle movements while seated in a chair, as well as optional yoga postures on the floor. These exercises can help improve strength, flexibility, stability and balance. Breathing techniques will be taught for increased mental clarity and calm. Yoga mats will be provided to registered participants.

La Blast Silk Fitness

Jo-Anne Ediger's La Blast Silk Fitness class is a fun-filled ballroom fitness program without a partner. La Blast Silk Fitness is the perfect low intensity balance between fitness and dance. Come have a blast virtually and tone your body while dancing to the music and learning new techniques! Light hand weights will be provided to registered participants.

Gardening with Nicole

Green thumb or no green thumb, join one of our very own - Nicole Hall from the Town's Parks Department to 'kick off' the gardening season by creating a beautiful tropical house planter. Participants will be required to provide their own pot (maximum 8") and potting soil; other materials will be provided by curbside pick up.

Painting

Join local contemporary artist Nora Harvey for an art-filled virtual painting class. Nora will guide you through the creative process as you create your own masterpiece. With spring right around the corner, Nora will walk you through the step-by-step technique of creating 'Hydrangeas After Rain'. All supplies will be provided by curbside pick up.

Tecumseh residents (55+) register to attend these **FREE** and virtual event(s) at:
www.tecumseh.ca/seniorschool.

Limited spaces are available and issued on a first-come, first-served basis.

For further programming questions, please contact extension 143 or email chebert@tecumseh.ca.

zoom To get connected:

- Pre-registration is required
- Download ZOOM on a computer or tablet to virtually connect
- Click on the link provided by the Town of Tecumseh on the day/time of selected workshop(s)

Funded by:

