

## CALENDAR OF VIRTUAL PROGRAMS – COMMUNITY PROGRAMS

### PROGRAMS LED IN ENGLISH

#### Exercise Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ZOOM FITNESS*</b> (Open) <b>9:30 to 10:30</b> Marzena Salemme 905-713-3373 X 7040 <a href="mailto:Msalemme@chats.on.ca">Msalemme@chats.on.ca</a></p>	<p><b>ZOOM STRENGTH*</b> (Open) <b>9:30 to 10:30</b> Marzena Salemme 905-713-3373 X 7040 <a href="mailto:Msalemme@chats.on.ca">Msalemme@chats.on.ca</a></p>	<p><b>ZOOM FITNESS*</b> (Open) <b>9:30 to 10:30</b> Marzena Salemme 905-713-3373 X 7040 <a href="mailto:Msalemme@chats.on.ca">Msalemme@chats.on.ca</a></p>	<p><b>ZOOM CARDIO*</b> (Open) <b>9:30 to 10:30</b> Marzena Salemme 905-713-3373 X 7040 <a href="mailto:Msalemme@chats.on.ca">Msalemme@chats.on.ca</a></p>	<p><b>ZOOM FITNESS*</b> (Open) <b>9:30 to 10:30</b> Marzena Salemme 905-713-3373 X 7040 <a href="mailto:Msalemme@chats.on.ca">Msalemme@chats.on.ca</a></p>
	<p><b>ZOOM CHAIR YOGA</b> (Open) <b>11:00 to 11:30</b> Jeanne Alderton 905-713-3373 X 7001</p>			

\*Fitness programs target a general audience; exercises can be adapted to any level. Participants are expected to exercise at their own pace as directed by the facilitator.

#### Virtual Social and Wellness Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TELECONFERENCE <b>B I N G O</b> (Limited, Keswick) <b>10:00 to 11:00</b> Jeanne Alderton <a href="mailto:jalderton@chats.on.ca">jalderton@chats.on.ca</a> 905-713-3373 X 7001 Teleconference line 3 Conf. Line x 5557 Password: 123690</p>	<p>TELECONFERENCE <b>B I N G O</b> (Limited, Rural) <b>10:00 to 11:00</b> Laura Manley 905-713-3373 ext. 7050 <a href="mailto:lmanley@chats.on.ca">lmanley@chats.on.ca</a> Conference line 1, 5555 Password: 123690</p>	<p><b>ZOOM FIT MINDS</b> (Open) <b>10:00 to 11:00</b> Laura Manley 905-713-3373 ext. 7050 <a href="mailto:lmanley@chats.on.ca">lmanley@chats.on.ca</a></p>	<p>TELECONFERENCE <b>B I N G O</b> (Limited, Rural) <b>10:00 to 11:00</b> Glenys MacKay 905-713-3373 X 7002 <a href="mailto:gmackay@chats.on.ca">gmackay@chats.on.ca</a> conference line 1, 5557 Password: 12369</p>	<p style="text-align: center;">N/A</p>
<p><b>ZOOM FIT MINDS</b> (Open) <b>10:00 to 11:00</b> Laura Manley 905-713-3373 ext. 7050 <a href="mailto:lmanley@chats.on.ca">lmanley@chats.on.ca</a></p>	<p>TELECONFERENCE <b>B I N G O</b> (Limited, Markham) <b>11:10 to 12:10</b> Glenys Mackay 905-713-3373 X 7002 Conference line 2, 5557 Password: 123690</p>	<p><b>TELECONFERENCE SOCIAL</b> (Limited, Georgina) <b>11:00 to 12:00</b> Jeanne Alderton 905-713-3373 X 7001 <a href="mailto:jalderton@chats.on.ca">jalderton@chats.on.ca</a> Teleconference line 3 Password: 123690</p>	<p><b>TELECONFERENCE SOCIAL</b> (Limited, East) <b>11:10 to 12:10</b> Glenys MacKay 905-713-3373 X 7002 <a href="mailto:gmackay@chats.on.ca">gmackay@chats.on.ca</a> Conference line 1. 5557 Password: 123690</p>	
	<p><b>ZOOM VIRTUAL TOURS</b> (Open) <b>1:00 to 2:00</b> Laura Manley 905-713-3373 ext. 7050 <a href="mailto:lmanley@chats.on.ca">lmanley@chats.on.ca</a></p>	<p><b>MONTHLY BOOK CLUB</b> <i>by TELECONFERENCE</i> (On Hold) <i>1<sup>st</sup> Wednesday each month</i> <b>10:00 to 11:00</b> Jeanne Alderton 905-713-3373 X 7001 <a href="mailto:jalderton@chats.on.ca">jalderton@chats.on.ca</a> Conf. Line 3 x 5557 Password: 123690</p>	<p><b>TELECONFERENCE SOCIAL</b> (Limited, Mt. Albert) <b>11:00 to 12:00</b> Jeanne Alderton 905-713-3373 X 7001 <a href="mailto:jalderton@chats.on.ca">jalderton@chats.on.ca</a> Teleconference line 3 Conf. Line x 5557 Password: 123690</p>	
	<p>TELECONFERENCE <b>B I N G O</b> (Limited, Stouffville) <b>2:00 to 3:00</b> Glenys Mackay 905-713-3373 X 7002 Conference line 2, 5557 Password: 123690</p>			

**PROGRAMS LED IN FARSI**

*Exercise Programs*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ZOOM GENTLE EXERCISE</b> (Open) <b>11:00 to 11:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p>	N/A	<p><b>ZOOM GENTLE EXERCISE</b> (Open) <b>11:00 to 11:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p>	<p><b>ZOOM GENTLE EXERCISE</b> (Open) <b>11:00 to 11:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p>	N/A

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*Virtual Social and Wellness Programs*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>TELEPHONE SOCIAL</b> (Limited) <b>by appointment</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a></p>	<p><b>ZOOM ESL</b> (Open) <b>11:00 to 12:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p>	N/A	<p><b>TELEPHONE SOCIAL</b> (Limited) <b>by appointment</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a></p>	<p><b>ZOOM ESL</b> (Open) <b>11:00 to 12:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p> <hr/> <p><b>ZOOM SOCIAL</b> (Open) <b>2:00 to 3:30</b> Sara Hooshiyarfard 905-713-3373 X 7037 <a href="mailto:shooshiyarfard@chats.on.ca">shooshiyarfard@chats.on.ca</a> Videos &amp; Voice Notes sent via Telegram &amp; WhatsApp</p>

**PROGRAMS LED IN ITALIAN**

*Virtual Social and Wellness Programs*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>TELEPHONE SOCIAL</b> (Limited) <b>by appointment</b> Roza Baci 905-713-3373 X 6402 <a href="mailto:Rbaci@chats.on.ca">Rbaci@chats.on.ca</a></p>	<p><b>ZOOM SOCIAL</b> (Open) <b>2:00 to 3:00</b> Roza Baci 905-713-3373 X 6402 <a href="mailto:Rbaci@chats.on.ca">Rbaci@chats.on.ca</a></p>	<p><b>TELECONFERENCE ROSARY</b> (Limited) <b>2:00 to 3:00</b> Roza Baci 905-713-3373 X 6402 <a href="mailto:Rbaci@chats.on.ca">Rbaci@chats.on.ca</a> Conference line 1, 5555 Password: 123690</p>	N/A	<p><b>TELECONFERENCE ROSARY</b> (Limited) <b>2:00 to 3:00</b> Roza Baci 905-713-3373 X 6402 <a href="mailto:Rbaci@chats.on.ca">Rbaci@chats.on.ca</a> Conference line 1, 5555 Password: 123690</p>

**PROGRAMS LED IN RUSSIAN**

*Virtual Social and Wellness Programs*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>ZOOM WELLNESS</b> (Open) <b>9:30 to 11:00</b> Elena Savransky 905-713-3373 X 7039 <a href="mailto:Esavransky@chats.on.ca">Esavransky@chats.on.ca</a></p>	<p><b>ZOOM PERFORMANCE</b> (Limited) <b>9:30 to 11:00</b> Elena Savransky 905-713-3373 X 7039 <a href="mailto:Esavransky@chats.on.ca">Esavransky@chats.on.ca</a></p>	<p><b>ZOOM ESL – BEGINNER</b> (Open) <b>1:00 to 2:00</b> Elena Savransky 905-713-3373 X 7039 <a href="mailto:Esavransky@chats.on.ca">Esavransky@chats.on.ca</a></p>	<p><b>ZOOM WELLNESS</b> (Open) <b>10:30 to 12:30</b> Elena Savransky 905-713-3373 X 7039 <a href="mailto:Esavransky@chats.on.ca">Esavransky@chats.on.ca</a></p>	<p><b>ZOOM ESL ADVANCED</b> (Open) <b>10:00 to 11:00</b> Elena Savransky 905-713-3373 X 7039 <a href="mailto:Esavransky@chats.on.ca">Esavransky@chats.on.ca</a></p>