



Monday April 4th - Join Kali for some fun movement, as well as some simple resistance band exercises, to maintain strength and balance in our everyday lives. Sit or stand. Exercise band required but can be provided. Beginner's welcome!
Join us: 10:00-11:00am
Join Zoom Meeting: <https://us02web.zoom.us/j/89694228577>

Wednesday April 6th– New Session of Active Seniors 10:00am – 11:00am at Beasley Community Hall. A fun low-impact movement class for seniors. All abilities welcome.
Pre-registration required.

Thursday April 7th – Join Sally for another exciting round of trivia, where each participant gets to pick the next category! We can do many activities to keep our brains active and healthy, and joining this group is one of them! Have a pen and paper handy. 1:30-2:30pm
Join Zoom Meeting: <https://us02web.zoom.us/j/84647894529>

Monday April 11th- Join Kali for some fun movement, as well as some simple resistance band exercises, to maintain strength and balance in our everyday lives. Sit or stand. Exercise band required but can be provided. Beginner's welcome!
Join us: 10:00-11:00am
Join Zoom Meeting: <https://us02web.zoom.us/j/89694228577>

Wednesday April 13th – NO ACTIVE SENIORS

Wednesday April 13th – Caregiver Coffee Chat – Do you care for an older adult still living in the community? We have a peer support group, every 2nd and 4th Wednesday of the month 7:00pm-8:30pm at the Alliance Church.

Thursday April 14th – Join Brooke as she teaches us about mental health and how to support our self and a loved one. This Keep Connected she will be discussing Depression and ADHD.
Join Zoom Meeting: <https://us02web.zoom.us/j/84647894529>



Monday April 18th - Join Kali for some fun movement, as well as some simple resistance band exercises, to maintain strength and balance in our everyday lives. Sit or stand. Exercise band required but can be provided. Beginner's welcome!
Join us: 10:00-11:00am
Join Zoom Meeting: <https://us02web.zoom.us/j/89694228577>

Wednesday April 20th – Active Seniors 10:00am – 11:00am at Beasley Community Hall. A fun low-impact movement class for seniors. All abilities welcome. Pre-registration required.

Thursday April 21st – Join Pam Laing, local bird photographer as she shows us some of her favourite photographs of local birds. She will also give you tips and tricks as to where you may find these beautiful creatures and answer your birding questions as well! 1:30-2:30pm
Join Zoom Meeting: <https://us02web.zoom.us/j/84647894529>

Monday April 25th - Zoomer's - Join Kali for some fun movement, as well as some simple resistance band exercises, to maintain strength and balance in our everyday lives. Sit or stand. Exercise band required but can be provided. Beginner's welcome! Join us: 10:00-11:00am
Join Zoom Meeting: <https://us02web.zoom.us/j/89694228577>

Wednesday April 27th– **NO ACTIVE SENIORS**

Wednesday April 27th Caregiver Coffee Chat - Do you care for an older adult living in the community? We have a peer support group, every 2nd and 4th Wednesday of the month 7:00pm-8:30pm at the Alliance Church.

