

SPRING 2021

STAYING HEALTHY & WELL

— a free weekly virtual series for seniors



All sessions are hosted online via Zoom and require preregistration.

To register, visit waterloo.ca/staying-healthy or call 519-888-6356.



APR.7
1-2 PM

GENTLE MOVEMENT MEDITATION

Angela Bryson

Relaxation done from the comfort of your home, guiding you into a sense of peace.



APR.14
1-2 PM

GARDENS OF THE WORLD

David Hobson

Feel the sunshine and smell the flowers on this trip to lush green gardens around the world.



APR.21
1-2 PM

VIRTUAL VISIT TO CAMBRIDGE BUTTERFLY CONSERVATORY

Cambridge Butterfly Museum

Take a virtually guided tour through the tropical conservatory and get up close to a stick insect. Q&A session to follow.

APR.28
1-2 PM

BOOST YOUR BRAIN FITNESS

Chartwell Retirement Residences and Fit Minds

Keep your brain active by giving it a new experience and a workout.



MAY 5
1-2 PM

SPEED FRIENDING

Waterloo Public Library

We'll match and group you and give you fun things to do. Find new friends and folks to click with.



MAY 12
1-2 PM

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MAY 19
1-2 PM

THE HISTORY OF THE SEAGRAM'S EMPIRE

City of Waterloo Museum

We'll explore the rich history of the Seagram's dynasty and how it shaped Waterloo as we know it today.



University of Waterloo
Entech@home is offering
Zoom assistance. For free
support call 226-336-9684
in advance.

WE SUPPORT CANADIAN MENTAL HEALTH WEEK, MAY 3-9.

waterloo.ca/staying-healthy



CHARTwell
retirement residences

THE CITY OF
Waterloo