

# Fall 2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 - 12:30	ART THERAPY (Concordia)	COMMUNITY KITCHEN  Prima Dance (4 week)	KNITTING & CRAFTS	BRAIN GYM  COMPUTER/ TABLET COURSES	ART THERAPY (Concordia)  YOGA & LIGHT EXERCISE

### Art Therapy:

Concordia Art Therapy students look at how visual imagery can help people overcome psychological issues and address emotional difficulties in ways that spoken language cannot. They will help our seniors express themselves through art and creation.

### Yoga/Light Exercise:

Join us in getting our bodies moving. Light exercises adapted for low mobility and health restrictions.

### Social Media/Computer/Tablet Classes:

Learn to use a tablet, computer and to navigate the internet. We will help you learn to use web browsing, social media (Facebook, Instagram), zoom and create emails. Learn to connect to friends and family!

### Brain Gym:

We need to use and exercise our brain to optimize our memory. Join us for brain and memory activities that help us stay sharp!

### Prima Dance Company:

We will be hosting 4 weekly on creating a dance and on the fifth week, they will film the dance performance.

### Community Kitchen

Seniors supporting their Little Burgundy Community and partnering with the Committee du Quartier to create, prepare and package community meals.

### Workshops, Special Events & Outings:

- September 23<sup>rd</sup> will be our annual Apple Picking Outing
  - Mental Health Workshops
- Workshops on aging, health and safety



#### For More information:

#### Adult Development Department

753 des Seigneurs

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This initiative is made possible through funding from the Secretariat for relations with English-speaking Quebecers

Secrétariat aux relations  
avec les Québécois  
d'expression anglaise

Québec



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