

CALENDAR OF VIRTUAL PROGRAMS – COMMUNITY PROGRAMS

PROGRAMS LED IN ENGLISH

Exercise Programs

Monday	Tuesday	Wednesday	Thursday	Friday
ZOOM FITNESS* (Open) 9:30 to 10:30 Marzena Salemme 905-713-3373 X 7040 Msalemme@chats.on.ca	ZOOM STRENGTH* (Open) 9:30 to 10:30 Marzena Salemme 905-713-3373 X 7040 Msalemme@chats.on.ca	ZOOM FITNESS* (Open) 9:30 to 10:30 Marzena Salemme 905-713-3373 X 7040 Msalemme@chats.on.ca	ZOOM CARDIO* (Open) 9:30 to 10:30 Marzena Salemme 905-713-3373 X 7040 Msalemme@chats.on.ca	ZOOM FITNESS* (Open) 9:30 to 10:30 Marzena Salemme 905-713-3373 X 7040 Msalemme@chats.on.ca

*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
TELECONFERENCE B I N G O (Limited, Keswick) 10:00 to 11:00 Jeanne Alderton jalderton@chats.on.ca 905-713-3373 X 7001 Teleconference line 2 Conf. Line x 5557 Password: 123690	ZOOM VIRTUAL TOURS (Open) 11:00 to 12:00 Laura Manley 905-713-3373 ext. 7050 lmanley@chats.on.ca	ZOOM FIT MINDS (Open) 11:00 to 12:00 Laura Manley 905-713-3373 ext. 7050 lmanley@chats.on.ca	BRADFORD IN PERSON SOCIAL (Open) 10:00 to 12:00 Laura Manley 905-713-3373 ext. 7050 lmanley@chats.on.ca	TELECONFERENCE B I N G O (Limited, Rural) 10:00 to 11:00 Glenys MacKay 905-713-3373 ext. 7002 gmackay@chats.on.ca Conference line 2, 5557 Password: 123690
TELECONFERENCE B I N G O (Limited, Rural) 10:00 to 11:00 Glenys MacKay 905-713-3373 ext. 7002 gmackay@chats.on.ca Conference line 2, 5557 Password: 123690	TELECONFERENCE B I N G O (Limited, Markham) 10:30 to 11:30 Glenys MacKay 905-713-3373 X 7002 gmackay@chats.on.ca Conference line 3, 5558 Password: 123690	TELECONFERENCE SOCIAL (Limited, Georgina) 11:00 to 12:00 Jeanne Alderton 905-713-3373 X 7001 jalderton@chats.on.ca Teleconference line 2 Conf. line ext. 5557 Password: 123690	TELECONFERENCE SOCIAL (Limited, East) 11:15 to 12:00 Glenys MacKay 905-713-3373 X 7002 gmackay@chats.on.ca Conference line 1. 5555 Password: 123690	TELECONFERENCE B I N G O (Unlimited, Rural West) 10:00 to 11:00 Laura Manley 905-713-3373 ext. 7050 lmanley@chats.on.ca Conference line 2, 5557 Password: 123690
TELECONFERENCE B I N G O (Unlimited, Rural West) 10:00 to 11:00 Laura Manley 905-713-3373 ext. 7050 lmanley@chats.on.ca Conference line 2, 5557 Password: 123690	TELECONFERENCE B I N G O (Limited, Stouffville) 2:00 to 3:00 Glenys MacKay 905-713-3373 X 7002 gmackay@chats.on.ca Conference line 2, 5557 Password: 123690			

PROGRAMS LED IN FARSI

Exercise Programs

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

PROGRAMS LED IN ITALIAN

Virtual Social and Wellness Programs

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

PROGRAMS LED IN RUSSIAN

Virtual Social and Wellness Programs

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