



FREE Seniors Programs at SHARE!

Online Book Club

Do you enjoy reading and discussing interesting books? Join us on the 2nd Thursday of each month at 7pm on Zoom for a conversation about the book of the month.

Online Fitness Classes

Join us for a fun aerobic workout and light weight training on Mondays (at 10:30am) and Thursdays(at 3:30pm) on Zoom. If you are interested in a fun cardio work-out without the weights we also offer a class on Tuesdays at 4pm on Zoom. All abilities welcome.

Online Healthy Cooking Class

Learn how to cook simple, nutritious meals while socializing and meeting new people! This group meets once a month (On a Wednesday at 10am) on Zoom. Please call for the date of the next class.

Weekly Walking Group (Closed Temporarily due to COVID-19)

Join us for our weekly walk **Thursdays at 10am**. Stretch your legs for a short walk or challenge yourself to break a sweat – it's up to you! All abilities welcome. Please dress for the weather, we walk Rain or Shine.

If you are interested in participating in any of these activities, or have any questions please contact

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