



## **VIRTUAL STRIVE CENTRE PROGRAMS**

To stay connected during this difficult time of Covid-19, the Strive Centre will be offering a variety of virtual programs and activities for adults.

### **WHAT YOU NEED TO KNOW:**

- Programs start on **April 14th, 2020** and will occur daily.
- These programs will be accessed via the virtual software **Zoom**.
- To participate in these programs, you will need an Internet connection, an email address, and a smartphone, tablet, or computer with a microphone and webcam.
- For getting set up with Zoom please refer to our “**How-to Set up Zoom Guide**” below.
- **Strive Centre will send the Zoom Meeting ID and password to your email.**
- **For more information or further assistance feel free to email us at [info@strivecentre.ca](mailto:info@strivecentre.ca) or phone us at (778) 370-5499.**

## **PROGRAM DESCRIPTIONS**

### **Coffee Connections: Monday to Friday between 10am-11am**

Join us virtually for Coffee Connections! This group is for anyone interested in social connection and conversation. We explore current events to promote questions, perspectives and expressions. This is a safe, respectful space to encourage healthy communication and friendships. We are open to topic suggestions and bring along articles or ideas to support you in conversation.

### **Stretch and Meditation: Monday to Friday between 11am-12pm**

Join us virtually for Stretch and Meditation! This program is designed to incorporate both meditation and mindfulness, while improving balance, circulation, flexibility and strength. Follow along in this video facilitated class via your computer or smartphone. All you will need is a mat/or towel, and a chair to participate. The class will be adaptable for all abilities, focusing on simple postures, breathing and movement.

### **ASL Hangouts: Monday to Friday between 12pm-1pm**

Come hang out virtually! ASL Hangouts is for those who use American Sign Language to communicate. We will discuss a range of different topics between social distancing activities, current events in the News, sports, movies/TV Shows, etc. Any topics or questions regarding articles from the news can be discussed and researched together. This is a safe space where all discussions will be respectfully explored and listened to.

### **ASL Games: Monday to Friday between 1pm-2pm**

Social distancing doesn't have to be boring so join us for ASL Games! Following ASL Virtual Hangouts, we will host games through the web. Staff will facilitate a game played through a website over Zoom. Additional game suggestions are always welcome!

### **Film and Media: Mondays and Fridays 2pm-3pm**

Join us virtually for Film and Media! This program promotes conversations through engaging with film and media. Participants watch both short and long format films. The facilitator will provide an opportunity for an open group discussion to share thoughts and perspectives on the film.

### **Home Fitness: Tuesdays and Thursdays between 2pm-3pm**

Join us virtually for Home Fitness! Learn a series of adapted exercises to include movement, strength, and stretching. This video facilitated class, via computer or smartphone, is focused on posture, strength and flexibility. There will also be a focus on working towards training neural pathways to improve balance, coordination and reaction time. Participants set their own personal fitness goals based on safety and choice. The exercises will be bodyweight focused, and all you will need is a chair and mat/towel to participate.

### **Speech and Literacy: Wednesdays between 2pm-3pm**

Join us virtually for Speech and Literacy! This group encourages and focuses on the practice of reading, writing, communication and social skills. Participants will have an opportunity to explore a self-paced curriculum to achieve their personal goals. Materials and topics range from, but are not limited to vocabulary, history, science and nature.

### **Games Hour: Mondays, Wednesdays, and Fridays between 3pm-4pm**

Join us virtually for Games Hour! This program is an opportunity for participants to play both traditional, and new board games via the Board Games Arena website. Just create an account and a facilitator will add you into the game. Games will be played while video chatting on Zoom, to promote further conversation.

### **Karaoke: Tuesdays and Thursdays between 3pm-4pm**

Join us virtually for Karaoke! Participants are invited to sing along to their favourite songs individually or together. Enjoy music themes and singing in a fun and supportive atmosphere.

### **VIRTUAL PROGRAMS COMING SOON**

- **Dance class**
- **Music Therapy**
- **Video Gaming**