

Yoga Demonstration
by Ingrid of Nirvana Yoga Studio
Wednesday, Jan. 11 at 10 am
In the Sunshine Room



Yoga for Seniors Class – All Levels—*If we like it, Ingrid will teach here regularly.*

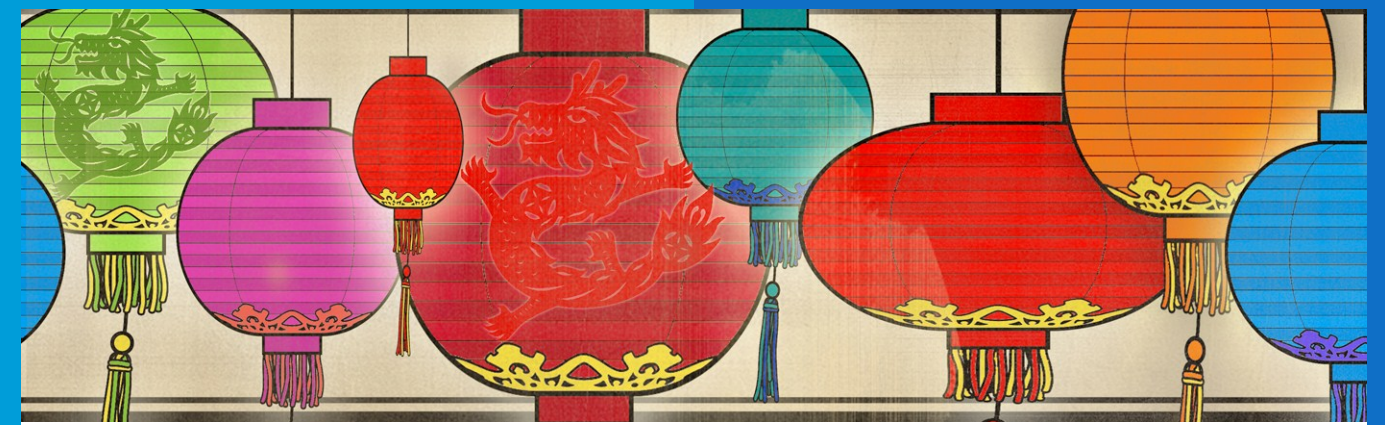
This class is suitable for seniors with a broad range of ability levels who may have health and mobility issues such as high blood pressure, cardiovascular disease, arthritis, knee problems, osteoporosis/osteopenia, obesity, pulmonary disease, depression and vision/hearing loss. Seated poses are taught in a chair or on the floor. Standing poses are taught using the chair as a prop and modifications are provided for students whose mobility levels may limit them to seated postures. Along with yoga poses, students learn breathing techniques, proper alignment and increased mind-body connection.

Benefits of Yoga

- Improves breathing: increases lung capacity and efficiency, strengthens the diaphragm, increases flexibility of the rib cage
- Calms the nervous system, reduces stress
- Releases chronic tension and improves mood
- Eases chronic pain associated with conditions such as arthritis, back pain, fibromyalgia and carpal tunnel syndrome
- Benefits the heart by lowering resting heart rate and increasing endurance
- Helps to balance blood pressure and blood sugar levels
- Improves balance, strength, flexibility and alignment
- Promotes restful sleep
- Improves mobility and quality of life

About the Teacher

Ingrid Wirsig is a certified yoga teacher and has additional training in teaching yoga for seniors. She has been practicing yoga nearly fifteen years and teaches yoga on Toronto Island, at The Yoga Sanctuary and at Urban Nirvana. Ingrid has worked at Sunnybrook Family Practice and she is delighted to share this ancient practice with others.



January 2012

Happy New Year!



Fellowship Towers

Trip to the Gardiner Museum

Friday Jan. 6th 1 - 4:30 pm



The Tsars' Cabinet presents more than 200 examples of decorative arts, including objects with Fabergé mounts, gilded dinner services, imperial porcelain eggs, and historic court photographs that document the extravagance and sumptuousness of life in palaces and yachts during the Romanov era.

The exhibition follows the history of the tsars and their family, including Peter the Great, Catherine the Great and Nicholas II, the last Tsar of Russia. *The Tsars' Cabinet* also features intimate Romanov family photographs from the Toronto-based Di Rocco Wieler Private Collection and personal artifacts once owned by Grand Duchess Olga, the younger sister of Tsar Nicholas II, who spent her final years living in Toronto.

Most of the objects in the exhibition were specifically designed for and used by the tsars and members of the Russian imperial family. The pieces include magnificent examples of works from the Imperial Porcelain Factory, the Imperial Glassworks, and the private firms of Fabergé and Ovchinnikov. Many of the objects are extremely rare and offer one of the best opportunities to see outstanding imperial Russian art outside of Russia.

The Gardiner Museum is the first stop of an international tour.

If you are interested in this outing please sign up outside the Activities Office on Friday, Dec. 30th.

A non refundable reservation fee of \$5.00

will apply.

We now have SKYPE

Why just talk when you can see each other face-to-face? Video call your family or friends, anywhere in the world, for free. It's the next best thing to being there.

See Activities Office for Details



New Service at Fellowship Towers for your DVD/TV/ Video Needs!

Just moved in and need help hooking up your DVD, VCR or TV ?

Having problems with your TV or remote?

Don't know where to turn?

Ask Alan! Our new volunteer, Alan Wedge, a retired TV service technician can help straighten you out!

See Activities Office to book an appointment.



THE FRANCES/MARSHA FASHION SALE

Specializing in:

PROFESSIONAL BRA FITTINGS, LINGERIE, SLEEPWEAR, SOCKS WITH NO ELASTIC, ELEGANT CASUAL WEAR

Petite to Oversize

TUESDAY, JAN. 31st 11-3 pm in the Sunshine Room

CASH OR CHEQUE ONLY

New Entertainer/Lecturer:

Dr. Mike Daley is a music professor and professional musician. He has taught jazz history at Later Life programmes around the GTA and has published several articles on popular music. As a guitarist and singer, he has worked with Jeff Healey, the Travellers and dozens of others. Mike will present "The Life and Music of Irving Berlin," a concert of Berlin favourites interspersed with stories from the great popular composer's life.



Mike will perform on Thursday, Jan. 5th at 7:30, B-2 Auditorium

Come Learn KINECT! - Thursday, January 5 at 2:30 - Auditorium

Like to play Ping Pong, Darts, Tennis, Baseball, or Bowling? You can play by yourself or with an opponent. Using your own body movements you play against the big screen (no remote needed). Thomas Road-knight, son of Glen, will come and show how easy and fun it can be!

**Coming in
January!**



The Yorkminstrels Show Choir is a dynamic, mixed-voice choir, based in North York, serving the greater Toronto area.

The choir was founded in 1974. Their aim was to bring music into the community and reach new audiences. Over the years, choir membership has grown considerably. The repertoire is extensive: Broadway show selections, "golden oldies" from the 30's and 40's, contemporary popular music, folk songs, seasonal favourites, choreography and costumes. Under the musical direction of Cathy Whiteside.

Thursday, January 12 at 7:30 pm. B-2 Auditorium

CELEBRATE CHINESE NEW YEAR WITH OUR CHINESE THEME WEEK: JAN 23-28TH

Monday, Jan. 23rd: Educational Video : Touring China.
This video travels across 2,000 miles and 4,000 years to discover China's great treasures 2:30 pm, Auditorium

Tuesday, Jan. 24th: Chinese Game: Tangram at 10:45
And Chinese Crafts at 2:30 pm Both in the Sunshine Room B-2



Wednesday, Jan 25th: Special Chinese Tea in the Tea Room

Thursday, Jan . 26th: SPECIAL CHINESE DINNER
At 5:00pm and 6:30 pm IN THE DINING ROOM
Chinese Movie at 7:30: The Peking Acrobats



















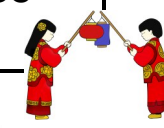




Friday Jan. 27: "Sunset Happy Seniors" Dance Group
will perform a variety of Chinese dancing with colourful costumes. 2:30 pm in the Auditorium

Movie: "Crouching Tiger, Hidden Dragon" at 7:30 pm
B-2 Auditorium

THE YEAR OF THE DRAGON



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
10:30 1 Communion Service 2:15 Games  Happy New Year	10:30 2 Educational Video 2:30 Sing-a-Long with Paul Cheung 7:15 Gaither's DVD: Nashville Homecoming	10:00 3 Exercise Gently 2:00 Library Assist. 2:30 Shredder Day 7:30 Bingo	10:00 4 Fitness 2:30 Tea Social 7:15 Bridge, Tile Rummy 	10:00 5 Movement 10:45 Chapel Time 2:30 Kinect Demo 7:30 Mike Daley: 'Life of Irving Berlin' 	10:00 6 Exercise 10:45 Crossword 1-4:30 Trip to Gardner Museum: "The Tsar's Cabinet" 7:15 Games Night 	7:30 pm 7 Yongestirs' Movie Night presents: "About Schmidt" 	
10:30 8 Worship Service & Pastor's New Year's Message 2:15 Games 	10:00 9 Fitness 10:45 Educational Video 2:30 ART CLASS with Chantelle 7:15 Bible Study	10:00 10 Exercise Gently 12:30 BIRTHDAY LUNCHEON 7:30 Bingo 	10:00 11 <u>Yoga</u> <u>Demonstration</u> 2:30 Tea Social 7:15 Bridge, Tile Rummy 	10:00 12 Movement 10:45 Chapel Time 2:30 Men's Club 7:30 Yorkminstrels Show Choir 	10:00 13 Exercise Gently 10:45 Origins Game 2:30 Knitting Group 7:15 Games Night 	10:30 14 Current Events 7:30 pm Movie: "In Her Shoes"	
10:30 15 Worship Service 2:15 Games 	10:00 16 Fitness 10:45 Storytelling With Marjorie 2:30 Sing-a-Long with Paul Cheung 7:15 Bible Study	10:00 17 Exercise Gently 2:00 Library Assist. 2:30 Scrabble 7:30 Bingo 	10:00 18 Fitness 2:30 Tea Social  7:15 Bridge, Tile Rummy	10:00 19 Movement 10:45 Chapel Time 2:30 Crafts with Dell 7:30 In Concert with "Alchemy" 	10:00 20 Exercise 10:45 Crossword 2:00 Library Assist. 2:30 Ping Pong 7:30 Arts Night	7:30 pm 21 Yongestirs' Movie Night presents: "The Court Jester" 	
10:30 22 Worship Service 2:15 Games 	10:00 23 Fitness 2:30 Educational Video: Touring China 7:15 Bible Study Happy Chinese New Year!	10:00 24 Exercise 10:45 Chinese Game: "Tangram" 2:30 Chinese Craft 7:30 Bingo 	10:00 25 Fitness 10:30 Catholic Mass 2:30 Tea Social  7:15 Bridge, Tile Rummy	10:00 26 Movement 10:45 Chapel Time 2:30 Grandfriends 5:00 SPECIAL CHINESE DINNER 7:30 Movie	10:00 27 Exercise 10:45 Chinese Quiz 2:30 IN CONCERT: "Sunset Happy Seniors" Chinese Dance Group 	7:30 Movie 28 "Crouching Tiger, Hidden Dragon" 	
10:30 29 Worship Service 2:15 Games 	10:00 30 Fitness 10:45 Discussion Group 2:30 ART CLASS 7:15 Bible Study	10:00 31 Exercise 10:30 Yongestirs Meeting 11- 3 CLOTHING SALE 7:30 Bingo 