

55Plus Activities

February 2021

Thank you to so many of you for taking the time to respond to our survey. Based on your responses, we are excited to inform you that we will be offering FREE online ZOOM classes during the month of February. Your continued well-being is important and we hope to continue to provide you with programming that you can enjoy from the safety of your homes. These programs are being made available due to a grant from The Community Foundation of Lennox and Addington.

We will need for you to register to participate; the Zoom link will only be made available to registered participants. Registration can be accomplished by phone, 613-354-6668 ext 110;

email kim@lasos.ca, or

our online registration, [MyActiveCenter - a free service from MySeniorCenter](#).

In order to utilize My Active Center you must be a member of SOS and have a key fob.

Aging Backwards

Mondays @10am

Wednesdays @10 am

Qi Gong

Tuesdays @10am

Thursdays @10am

Conversational French

Tuesdays @1pm

Creative Writing

Tuesdays @2:30 (please note time change)

There is no need to download special software to access these classes utilizing Zoom. We will send a url link to each participant and you just need to click on the link to participate.

We are also hoping that we can provide access to the videos via our website if you are unable to join the class at the specified time.