

# The VJCC Senior Wellness Program

**FREE virtual activities for all seniors**

**All events are held through Zoom**

## Virtual Chair Yoga

Instructor: Leslie Nana

WHEN: Tuesdays

TIME: 1 - 1:45 pm

REGISTER: Email Leslie at  
lesliefarkas7@gmail.com

Our breath-centered practice introduces ways to maintain or improve body awareness, flexibility, strength, and lung health, while also aiming to cultivate and increase equanimity and joy.

## Tea Time with Lian

Facilitator: Lian Ong

WHEN: Wednesday, August 19

TIME: 3-4 pm

REGISTER: Email Gayle at  
gayle\_hirami@yahoo.com

Lian will be preparing a  
Malaysian Appetizer: "curry  
puffs"



## Virtual Chair Zumba

Instructor: Leonore Miller

WHEN: Thursdays

TIME: 1 - 1:30 pm

REGISTER: Email Leonore at  
skyflakez@hotmail.com

Zumba Gold Virtual Chair Exercise class is a seated class that combines movement with Latin rhythms. Zumba uses fun and upbeat music to make the class feel like a party. Chair Zumba has very little impact on the joints while still working on our upper body and our core. Zumba Chair is for everyone!

## Virtual BINGO

Have Fun and Win Great Prizes!

Hosted by Gayle Hiram &  
Cris Pineda

WHEN: Fridays

TIME: 1 - 2 pm

REGISTER: Email Gayle at  
gayle\_hirami@yahoo.com



**If you have any  
questions contact the  
VJCC office at  
310.822.8885 or email  
office@vjcc.com**

**In order to participate in these virtual activities you  
must have access to the internet through a smartphone, tablet or  
computer.**

**\*participate at your own risk**