

Senior HeART

HeART - Health, Arts, Recreation, and Technology.
 Come be “young at HeART” with US!

**Early Spring
 2023
 (3/1 - 4/29)**

HeART is a health and wellness program committed to building an “age-friendly” community by engaging **adults 50+** with high-quality activities and services. All classes are **FREE**.

	Monday 3/6 – 4/24	Tuesday 3/7 – 4/25	Wednesday 3/1 – 4/26	Thursday 3/2 – 4/27	Friday 3/3 – 4/28	Saturday 3/4 – 4/29
In-person Class	9:30am w/ Mary Resistance Band Workout	10:00am w/Dawn Zumba	9:30am w/ Mary Pilates	9:00am w/ Demetra Healthy HeART Exercise		
		1:00pm - 2:30pm w/Henry Medium Waltz (in Mandarin)	10:30am - 12:00pm w/Henry Tango (in Mandarin)	1:00pm - 2:30pm w/Henry Rumba (in Mandarin)		
⇒ If you have tech questions with your phone, tablet, or computer, please call us to schedule a tech support appointment. ⇒ We offer one-on-one mental health counseling on Tuesdays and Fridays, please call us to set up an appointment.						
LEARN Online Class via Zoom	9:30am w/ Mary Resistance Band Workout Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	10:00am w/ Dawn Zumba Zoom ID: 869 9331 2735 https://us02web.zoom.us/j/86993312735	9:30am w/ Mary Pilates Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	9:00am w/ Demetra Health HeART Exercise Zoom ID: 884 9100 3639 https://us02web.zoom.us/j/88491003639	9:30am w/ Yelitza Strength & Endurance Zoom ID: 878 2260 0852 https://us02web.zoom.us/j/87822600852	10:00am w/ James Dynamic Stretch Zoom ID: 822 9471 9185 https://us02web.zoom.us/j/82294719185
		10:00am w/ James Better Bones Zoom ID: 822 9471 9185 https://us02web.zoom.us/j/82294719185	1:00pm w/ Concerts in Motion Chinese Concert Zoom ID: 829 0688 1632 https://us02web.zoom.us/j/82906881632			

長者藝文健康項目

HeART - 健康 (Health)、藝術 (Arts)、
娛樂 (Recreation)、科技 (Technology)
保持年輕有活力的心態!

二零二三年春季第一期
(三月一日至四月二十九日)

HeART 長者藝文健康項目為50歲以上的長者提供各種有益身心且富有創意的課程及活動，所有課程均免費。

	星期一 3/6 - 4/24	星期二 3/7 - 4/25	星期三 3/1 - 4/26	星期四 3/2 - 4/27	星期五 3/3 - 4/28	星期六 3/4 - 4/29
實體 面對面 課程	9:30am w/ Mary 彈力帶運動	10:00am w/Dawn 尊巴健身舞	9:30am w/ Mary 普拉提	9:00am w/ Demetra 健心健康操		
		1:00pm - 2:30pm w/Henry 韓老師 中三步 (普通話授課)	10:30am - 12:00pm w/Henry 韓老師 探戈 (普通話授課)	1:00pm - 2:30pm w/Henry 韓老師 伦巴 (普通話授課)		
	⇒ 如果使用電腦、平板、手機過程中遇到問題，我們可提供一對一答疑輔導，但必須提前電話預約！ ⇒ 我們提供一對一身心健康輔導，如有需要，請撥打電話預約！					
網絡 課程	9:30am w/ Mary 彈力帶運動 Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	10:00am w/ Dawn 尊巴健身舞 Zoom ID: 869 9331 2735 https://us02web.zoom.us/j/86993312735	9:30am w/ Mary 普拉提 Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	9:00am w/ Demetra 健心健康操 Zoom ID: 884 9100 3639 https://us02web.zoom.us/j/88491003639	9:30am w/ Yelitza 耐力與體力訓練 Zoom ID: 878 2260 0852 https://us02web.zoom.us/j/87822600852	10:00am w/ James 動態拉伸運動 Zoom ID: 822 9471 9185 https://us02web.zoom.us/j/82294719185
		10:00am w/ James 強健骨骼鍛煉 Zoom ID: 822 9471 9185 https://us02web.zoom.us/j/82294719185	1:00pm w/ Concerts in Motion 中文音樂會 Zoom ID: 829 0688 1632 https://us02web.zoom.us/j/82906881632			