

Tune in to the Recreation Centre's Virtual Learning

BY DAYNA STODDART



Our health, well-being (physical and mental) and self-care strategies are of utmost importance especially during these times when isolation and uncertainty can wreak havoc on so many levels. We are here to help you to instill routine and to engage in physical and learning activities.

We have been fortunate to have had many opportunities to continue to move, to learn and to connect through virtual fitness and virtual seminars in 2021. The virtual seminar topics have been diverse in content as well as educational and have provided hands-on strategies to allow us to improve our health and well-being during these challenging times. Thank you to our presenters for offering such interesting and engaging seminars.

You can find many of the presentations on our website under the Recreation Centre page where you can scroll down to the Seminar Presentations tab. Here you will find past presentations to peruse and enjoy at your own pace.

As a recap, the year started with our first seminar offered by one of our own residents, **Dr. John Cripps** on **Macular Degeneration** called **Food Choice and Vision Loss: Is Age-related Macular Degeneration Preventable?** Dr. Cripps offers invaluable insight and much detail on this topic.

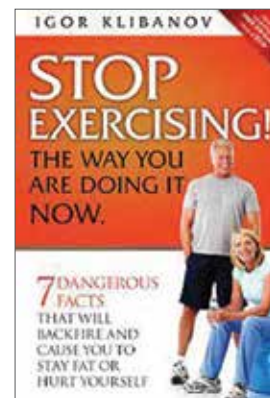
Dr. John Cripps provided another extremely thorough presentation — **Metabolic Health: Can I Improve my own Health and Lessen COVID Risks?** Metabolic health is the absence of metabolic disease and the importance of insulin resistance.

After seeing a segment on Face Yoga Renew on Breakfast Television, I was able to connect with **Sophia Ha**. She provided us with an introduction to **Face Yoga: Lift and Sculpt Workshop** where she taught us her “go to exercises” to give your face a quick lift! She focuses on stimulating lymphatic drainage and toning the facial muscles resulting in redefining the sculpture of your face and giving you the ultimate natural face lift! Find her at www.facerenewyoga.com.



Personal trainer, Igor Klibanov set us straight on busting the myths and fads on diet and exercise with **Stop Exercising! The way you are doing it now.** He explained the biggest weight loss mistakes you could be making.

Sharon Hartung, retired aerospace engineering officer from the Royal Canadian Air Force, has been interviewed on CBC, Global and TVO, The Agenda with Steve Paikin and multiple other platforms. Her presentation, **Your Digital Undertaker: Exploring Death in the Digital Age in Canada** points out that the world has gone digital and so have our estates. Everyone needs a will and in this digital age, your estate now includes your entire digital life. For executors, let it motivate you to ask a lot more questions about your role because today's “executor is a digital executor.” This is the first book of its kind that draws the reader into the world of estate planning with a digital twist, bringing the two worlds together. You can find more info at www.yourdigitalundertaker.ca



AnnaLena Seemann, owner of Photography by AnnaLena, offered strategies on how to improve the quality of your travel photos with her hands-on session, **How to Take Better Photos with your Smartphone.** These tips will allow you to be able to take higher quality photos without lugging a large bulky camera.



Vicky McGrath, of Here to Help Home Care addressed our mental health with her seminar on **Positive Mindset.** Following the techniques and strategies from this presentation will help you to understand why thinking positively is so important to a happy, healthy life. The techniques learned here will help in every area of your life. Sometimes it can feel like we're the ones standing in the way of our success but training the brain to be happy gives us the tools needed to get our mindset on board with our dreams. When we start with a positive mindset, everything else in life is easier.

Continued on page 27

Tune in to the Recreation Centre's **Virtual Learning**

CONTINUED...



Rita Mustafa, Holistic Nutritionist

addressed our nutritional well-being with hands-on cooking and baking sessions:

Cooking with Rita: Plant-based Baking and Cooking.

Recipes for blueberry scones and veggie burgers were demonstrated during these interactive

sessions. The recipes offer a gluten-free alternative. Incorporating more plant-based foods into our diet is about creating a diet rich in fruit, vegetables, nuts, seeds, pulses and grains, which together have been shown to have a profound impact on our mental and physical health, ensuring we get enough fibre and diversity to nurture our gut microbiome.



Linda Varnam, of Chanvar Yoga Qigong

instructed us on a series of **Mindfulness Practices to Help Reduce our Stress**

during this pandemic. This experiential seminar explored three short practices of yoga stretches, Tai Chi Qigong and Meditation.

Learn more at www.chanvar.com



Physiotherapist Scott Dunne taught us

The Perfect Warm-Up for Golf!

Does it take you until the third or fourth hole to feel loose enough to play your best golf?

The goal of this experiential session was to teach us how to feel "game ready" on the first tee. Scott is Titleist Performance Institute Medical 3 certified.

For more info: www.athletify.ca

Suggestions and feedback from our community are always appreciated and welcome. Email Dayna at daynas@rogers.com with suggestions for topics you would be interested in for future seminars.

Stay well. Be well.

