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NEW HORIZONS – A JOURNEY TO MENTAL WELLNESS APPLICATION FOR OUR OLDER ADULTS (60+)

*First Name:	*Last Name:
*Address:	*City: *Province:
*Postal Code:	*Your Age:
*Email:	*Phone:

***PLEASE NOTE THAT ALL FIELDS ARE MANDATORY**

These activities are only available online due to COVID-19; therefore, you will need connection to the internet through WIFI or cabled connection

***Do you have a device that you can use?** YES NO

*If 'YES', which devices do you have? Choose all that apply	<input type="checkbox"/> PC (Computer)	<input type="checkbox"/> Tablet
	<input type="checkbox"/> iPad	<input type="checkbox"/> Laptop

LIST OF ACTIVITIES BEING OFFERED

#	ACTIVITIES	Which Ones Are You Interested In?
1	Mental Health Sessions by Mental Health Professionals	
2	Fitness / Dance Sessions by various Instructors	
3	Nutrition Education Sessions by Certified Nutritionists	
4	Cooking Sessions by various people	
5	Coffee Talk Time Sessions hosted by various Older Adults	
6	Virtual Technical Sessions – How to use the tools needed to connect online – Facilitated by Tech Support	
7	Virtual Craft Sessions – which crafts are you interested in?	
8	Virtual Game Sessions – which games are you interested in?	
9	Virtual Tours of Museums, Zoos, Theme Parks, Concerts	

COMMENTS:

DEADLINE TO SUBMIT THIS APPLICATION IS: FRIDAY, 30 APRIL 2021 at 5:00 P.M.