



# NEW HORIZONS

## A JOURNEY TO MENTAL WELLNESS - **PART 2**

### APPLICATION FOR OUR OLDER ADULTS

<b>*First Name:</b>	<b>*Last Name:</b>
<b>*Address:</b>	<b>*City:</b> <span style="float: right;"><b>*Province:</b></span>
<b>*Postal Code:</b>	<b>*Your Age:</b>
<b>*Email:</b>	<b>*Phone:</b>

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

Since these activities are only available online due to COVID-19  
**You will need Internet and/or WIFI connection**

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

<b>*If 'YES', which devices do you have? Choose all that apply</b>	<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	<b>Wellness and Mental Health Sessions</b> by Mental Health Professionals	
2	<b>Fitness / Dance Sessions</b> by various Instructors	
3	<b>Nutrition Education Sessions</b> by Certified Nutritionists	
4	<b>Joy of Cooking Sessions</b> by various people	
5	<b>Black History Sessions</b>	
6	<b>iPad Training Sessions</b> – How to use the tools needed to connect online – Facilitated by Tech Support	
7	<b>Virtual Game Sessions</b> – which games are you interested in?	
8	<b>Virtual Tours</b> of Museums, Zoos, Theme Parks, Concerts	

**COMMENTS:**

**DEADLINE TO SUBMIT THIS APPLICATION IS: MONDAY, SEPT., 13<sup>TH</sup>, 2021 @ 5:00 P.M.**