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| JAM Logo2016 (1).jpgNEW HORIZONSA Journey to Mental Wellness – SESSION 3APPLICATION FOR OUR OLDER ADULTS | | | |
| \*First Name: | | | **\*Last Name:** |
| **\*Address:** | | | **\*City: \*Province:** |
| **\*Postal Code:** | | | **\*Your Age:** |
| **\*Email:** | | | **\*Phone:** |
|  | | | |
| **\*PLEASE NOTE THAT ALL FIELDS ARE MANDATORY** | | | |
|  | | | |
| Since these activities are only available online due to COVID-19You will need Internet and/or WIFI connection | | | |
| **\*Do you have a device that you can use?** **YES** **NO** | | | |
| \*If ‘YES’, which devices do you have? Choose all that apply | | PC (Computer) | Tablet |
| iPad | Laptop |
|  | | | |
| LIST OF ACTIVITIES BEING OFFERED | | | |
| **#** | **ACTIVITIES** | | **Which Ones Are You Interested In?** |
| **1** | **Wellness and Mental Health Sessions** by Mental Health Professionals | |  |
| **2** | **Fitness Sessions** by various Instructors | |  |
| **3** | **Dance Sessions** by various Instructors | |  |
| **4** | **Nutrition Education Sessions** by Certified Nutritionists | |  |
| **5** | **Joy of Cooking Sessions** by various people | |  |
| **6** | **Black History Sessions** | |  |
| **7** | **Technology & Social Media** – How to use the tools needed to connect online – Facilitated by Tech Support | |  |
| **8** | **Virtual Game Sessions** – which games are you interested in? | |  |
| **9** | **Virtual Tours** of Museums, Zoos, Theme Parks, Concerts | |  |

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| **COMMENTS:** |

**DEADLINE TO SUBMIT THIS APPLICATION IS: MONDAY, JAN.10TH, 2022 @ 5:00 P.M.**