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| JAM Logo2016 (1).jpgNEW HORIZONS A Journey to Mental Wellness – SESSION 3 APPLICATION FOR OUR OLDER ADULTS |
| \*First Name:  | **\*Last Name:** |
| **\*Address:** | **\*City: \*Province:**  |
| **\*Postal Code:** | **\*Your Age:**  |
| **\*Email:**  | **\*Phone:**  |
|  |
| **\*PLEASE NOTE THAT ALL FIELDS ARE MANDATORY** |
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| 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.**