

VIRTUAL ACTIVITIES

for **ADULTS 55+**

HOW TO SIGN UP

Call: 818.238.5353 (or)
Email: joslyn@burbankca.gov

NEW Joslyn Virtual



Limited space available!

Join us once a month for **FREE BINGO!**

Last Wednesday of the Month | 2:00 - 3:00 PM

sponsored by  Regal Medical Group, INC.

FITNESS

▶ **KUNDALINI CHAIR YOGA**

MONDAYS | 8:30 - 9:30 AM

Each class is focused on exercises that boost the Immune System and enhance the function of the Central Nervous System. This class often ends with a short meditation.

▶ **STRENGTH & BALANCE W/ HARRY**

WEDNESDAYS | 11:00 AM - 12:00 PM

Build strength, decrease body fat, and improve balance and flexibility. This class will incorporate progressive resistance training, stretching, tai chi, yoga, Pilates and circuit training.

Presented by Regal Medical Group

▶ **SHAO CHI & YOGA W/ HARRY**

THURSDAYS | 11:00 AM - 12:00 PM

This modern approach to Tai Chi will focus on balance, core strength, flexibility, gait, posture, and anticipatory postural control. This class also combines yoga tailored for a wide range of physical abilities.

Presented by Regal Medical Group

▶ **CHAIR STRENGTH TRAINING**

FRIDAYS | 11:00 AM - 12:00 PM

This chair strength class will focus on exercises that build muscle mass, increase bone density, promote good posture, and improve balance.

CLASSES

▶ **BRAIN BOOSTER LIVE**

MONDAYS | 2:30 - 3:30 PM

Discover ways to protect your most important organ - the brain. Learn and practice proactive measures for maintaining a healthy mind with simple methods incorporated into everyday life.

▶ **FALL PREVENTION W/ HARRY**

TUESDAYS | 12:30 - 1:30 PM

Learn how to prevent stumbles, recognize fall risks, and to safeguard your environment. This class will help build lower body strength and emphasize core training, balance, and stability movements.

Presented by Regal Medical Group

SUPPORT GROUPS

▶ **MEN'S SUPPORT GROUP**

THURSDAYS | 1:00 - 2:30 PM

This group provides space for men to discuss inner thoughts, life challenges, and fears.

▶ **COPING WITH COVID**

MONDAYS | 11:00 AM - 12:30 PM

This NEW support group addresses life's various struggles, and ways COVID-19 has impacted our experiences of them.

TECHNOLOGY

▶ **ZOOM COACHING APPOINTMENTS**

TUESDAYS & THURSDAYS | 9:00 & 10:00 AM

Need help using Zoom to attend meetings and groups? Meet one-on-one over the phone with Joslyn staff to learn the ins and outs of Zoom! By appointment only.

NEW Joslyn Virtual ROOM RESERVATIONS

WEDNESDAYS 9:30 - 10:30 AM & FRIDAYS 2:00 - 3:00 PM

Joslyn clubs and social groups can now reserve time slots to meet on Zoom! Call Joslyn Adult Center for more information.