



# Connected Community



**Join in your favourite free activity via Zoom ID 321-844-2936**

Mon 11 May	Tue 12	Wed 13	Thu 14	Fri 15	Sat 16
8.45 - 9.45 am Yoga-lates with Carol	9 - 9.45 am Fitness with Helen Body Moves	9 - 9.45 am Fitness with Helen Body Balance / Core	9 - 9.45 am Fitness with Helen Body Stretch	9 - 9.45 am Beginners Pilates with Ruth McConigley	8.30 - 9.30 am Qi Gong with Lyndal
10 - 10.20 am Story Time with Robyn		10 - 10.30 am Mindfulness & relaxation with Helen	10.30 - 11.30 am Yoga with Sonia Dezius		
11 - 11.45 am Chair Yoga with Emma D'Souza	12 - 12.30 pm Talking German with Petra	11 - 11.45 am Career planning and employment advice Jobs and Skills Centre	12 - 12.30 pm Office Chair Dance with Annette Carmichael	2 - 2.45 pm How to use Zoom with Denmark CRC Q&A	
2 - 2.45 pm Organic Gardening with Neal Collins	Library groups 2 - 3 pm Poetry Group		1 - 1.45 pm Volunteer TV at the CRC	5 - 5.45pm Bragging Rights Online Quiz with Denmark CRC	
	4 - 5 pm Denmark Art Club Art for the whole family	3.30 - 4.30 pm Karate with Sensei Murray Brooker	4 - 5 pm Denmark Art Club Art for the whole family		

From your PC or laptop: Visit [zoom.us](https://zoom.us), click on join meeting, enter ID 321-844-2936. From your mobile phone or tablet: download the Zoom Cloud Meeting app.

### **Yoga-lates with Carol Bradbury**

This session combines the best of Yoga and Pilates. Pilates exercises are incorporated for strengthening and core work, followed by flexibility-focused yoga asanas.

### **Story Time**

Robyn Fairclough from Denmark Library has lots of great stories for everyone to listen to, each story is just long enough to keep your toddler, preschoolers, and little ones engaged.

This week's theme is **farm animals**.

### **Chair Yoga with Emma**

Join Emma D'Souza in this gentle physical movement on a chair followed by guided relaxation. Suitable for any body and age.

### **Organic Gardening with Neal**

Join local Organic Horticulturalist and teacher Neal Collins in this Q & A session about seasonal planting and crop rotation.

### **Fitness with Helen**

Join in with our Recreation Centre fitness instructor Helen Powley and choose from a range of programs designed to keep you healthy and active.

### **Library groups**

#### **Poetry Group :**

Bring along your favourite poems to share with other poetry enthusiasts.

#### **Talking German with Petra**

Are you interested in practicing your German language skills? Then join in the conversation

### **Denmark Art Club**

Feeling arty? Use the materials you have at home to join in the fun, projects suitable for all ages. Find the list of projects and materials required on our Shire Facebook page.

### **Career Planning and Employment Advice**

Liz and Andy from the Jobs and Skills Centre will assist you with career planning. They will also provide advice on job application processes, effective job search, and how to succeed in a job interview.

### **Karate with Sensei Murray Brooker**

Spring back into action, keep active, gain strength and resilience with 4th Dan Instructor Murray Brooker Sensei with over 30 years experience.

### **Yoga with Sonia Dezius**

Sonia from Denmark Yoga Centre will present a Hatha yoga class suitable for all levels and bodies.

### **Office Chair Dance with Annette**

Take a break with Annette Carmichael for 30 minutes of dance, laughter and fun.

### **Volunteer TV at the CRC**

Join our volunteers offering of the week and learn awesome varied skills and knowledge. Check our Shire Facebook page to find out the weekly topic.

*Note: Are you a volunteer with great skills or knowledge to share? Then contact us!*

### **Beginners Pilates with Ruth**

Be guided through a series of muscle activations, stretches and strengthening exercises to help you tone up and improve your flexibility. All you need is a mat to work on. Suitable for absolute beginners.

### **How to use zoom**

Learn all the ins and outs of how to use Zoom, for your business or simply to chat and connect with others. This session is hosted by Denmark CRC.

### **Bragging Rights - Online quiz with Denmark CRC**

Zoom along to this fun weekly quiz session and challenge your trivia knowledge.

### **Qi Gong with Lyndal**

Join experienced teacher Lyndal Gallaway in her Qi Gong session and focus on building immunity, strengthening your lungs & kidneys.