
Pelham expanding virtual program offerings for 55+

FOR IMMEDIATE RELEASE

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Pelham, ON – Seniors in Pelham have more access to workshops through the "Art Your Service" program. Residents will be able to participate in virtual programs offered twice daily, five days a week, with the online service offered by the Town of Pelham.

"Art Your Service" workshops are held virtually over an easy-to-use interactive platform, and participants can join in from the comfort of their own home. Every week a new calendar of engaging virtual experiences is released and features an assortment of workshops that aim to provide fitness, creativity, and connection for seniors. Participants can join in unlimited program offerings each week that include Pilates, painting, dance, yoga, Zumba, lectures, book talks, sewing projects, cooking, music lessons & more. Registered participants through the Town of Pelham have access to the innovative virtual programs at no cost and have the flexibility to review individual program recordings at a time that best fits their schedule.

"Having the option for seniors to participate in virtual experiences throughout the week is a wonderful way to stay connected," said Brittany MacLean, active living programmer for the Town of Pelham. "For those who are not comfortable with in-person programs or for those who prefer the flexibility of online, the Art Your Service program is a great fit."

Residents can find out more information about programming and register for the "Art Your Service" program at www.pelham.ca/55. Additional resources are available for residents who may not have the technology or internet connection to participate from home through contacting the Active Living Programmer.

The Town of Pelham piloted the "Art Your Service" program in the winter of 2021 and has expanded the virtual program for residents until March 2022.

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