

# CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



## DECEMBER 2025

### Seniors' Centre Without Walls



| Mon                       | Tue                                                                  | Wed                       | Thu                                                                       | Fri                       |
|---------------------------|----------------------------------------------------------------------|---------------------------|---------------------------------------------------------------------------|---------------------------|
| 1<br>The Good Companions  | 2<br>The Good Companions                                             | 3<br>The Good Companions  | 4<br><br><b>Letter "D" Trivia</b><br>10:30 - 11:00am                      | 5<br>The Good Companions  |
| 8<br>The Good Companions  | 9<br><br><b>Who Am I? December Birthdays</b><br>10:30 - 11:00am      | 10<br>The Good Companions | 11<br><br><b>Christmas Traditions Around the World</b><br>10:30 - 11:00am | 12<br>The Good Companions |
| 15<br>The Good Companions | 16<br><br><b>Name That Tune (Holiday Edition)</b><br>10:30 - 11:00am | 17<br>The Good Companions | 18<br><br><b>St. Nicholas True or False Quiz</b><br>10:30 - 11:00am       | 19<br>The Good Companions |
| 22<br>The Good Companions | 23<br>The Good Companions                                            | 24<br>The Good Companions | 25<br><i>Happy Holidays</i><br><b>NO PROGRAMS</b>                         | 26                        |
| 29<br>                    | 30<br>                                                               | 31<br>The Good Companions |                                                                           |                           |

Please call 519-254-1108 or visit [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca) for more information. **Registration is required.**

**Tues & Thurs:**

**STEPS TO CONNECT**

- 1). At the scheduled time of the program, dial: 1-647-374-4685
- 2). Enter the Meeting ID: 812 6194 7898
- 3). You will be admitted to the call

**Mon, Wed & Fri:**

**STEPS TO CONNECT**

- 1). At the scheduled time of the program, dial: 1-844-237-9847
- 2). You will be admitted to the call