

# Seniors' Centre Without Walls



A senior centre from  
the comfort of home.



**For more information:**

☎ 519-254-1108

[www.lifeafterfifty.ca](http://www.lifeafterfifty.ca)



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**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés



New  
Horizons  
for Seniors  
Program

WindsorEssex  
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Foundation



# Seniors' Centre Without Walls

## July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NOTICE:</b> Program time changes. Now starting at <b>10:30 am</b> and <b>2:30 pm.</b>		<b>Happy Canada Day</b> <b>No Programs</b> 	<b>Crafter's Time</b> 10:30 - 11:00 am <b>Back in Time</b> 2:30 - 3:00 pm	<b>Fun Friday Canadian Trivia</b> 10:30 - 11:00 am
<b>Music Monday Name that Tune</b> 10:30 - 11:00 am	<b>Morning Stretch</b> 10:30 - 11:00 am <b>Table Topics</b> 2:30 - 3:00 pm	<b>Workshop Wednesday Falls Prevention</b> 10:30 - 11:00 am	<b>Crafter's Time</b> 10:30 - 11:00 am <b>Nature Talk: Birding</b> 2:30 - 3:00 pm	<b>Fun Friday Just Joking</b> 10:30 - 11:00 am
<b>Music Monday Christmas in July Sing Along</b> 10:30 - 11:00 am	<b>Morning Meditation</b> 10:30 - 11:00 am <b>Table Topics</b> 2:30 - 3:00 pm	<b>Workshop Wednesday Arm Chair Travel</b> 10:30 - 11:00 am	<b>Crafter's Time</b> 10:30 - 11:00 am <b>Back in Time</b> 2:30 - 3:00 pm	<b>Fun Friday National Ice Cream Month Trivia</b> 10:30 - 11:00 am
<b>Music Monday Name That Instrument</b> 10:30 - 11:00 am	<b>Morning Stretch</b> 10:30 - 11:00 am <b>Table Topics</b> 2:30 - 3:00 pm	<b>Workshop Wednesday Lung Health</b> 10:30 - 11:00 am	<b>Crafter's Time</b> 10:30 - 11:00 am <b>Nature Talk: Gardening</b> 2:30 - 3:00 pm	<b>Fun Friday Playing Card BINGO</b> 10:30 - 11:00 am
<b>Music Monday Music in Movies</b> 10:30 - 11:00 am	<b>Morning Meditation</b> 10:30 - 11:00 am <b>Table Topics</b> 2:30 - 3:00 pm	<b>Workshop Wednesday Bone Health</b> 10:30 - 11:00 am	<b>Crafter's Time</b> 10:30 - 11:00 am <b>Back in Time</b> 2:30 - 3:00 pm	<b>Fun Friday Riddle Me This</b> 10:30 - 11:00 am

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

### STEPS TO CONNECT



**Follow-up registration is required.**

- 1.) Dial: **1-866-279-1594**
- 2.) Enter the 6 digit PASSCODE follow by the pound key:  
**220607#**
- 3.) Record your name and then press #



# Seniors' Centre Without Walls

## List of Programs



### **Back in Time** \*NEW\*

Do you like thinking back to the good ole' days? Join us as we reminisce our past through questions, events, and stories.

### **Playing Card BINGO**

Grab a deck of playing cards for a twist on this classic game.



### **Crafters' Corner**

Calling all crafters! Are you a knitter? A painter? A lapidarian? Join in the conversation and share ideas about your past, current, and favourite projects.

### **Just Joking**

They say that laughter is the best medicine, so join us for your dose of funny riddles, stories and jokes!

### **Morning Meditation**

Join us as you are guided through 20-30 minutes of meditation. Gain a sense of tranquility, peace, and balance that can benefit both your emotional well-being and your overall health.

### **Morning Stretch**

Join us for 30 minutes of easy to follow, simple, and safe exercises. Please make sure you are sitting in a comfortable and secure place.

### **Music Mondays**

Would you like to sing along with others? Is there a song you haven't heard in a long time and would like it played? Are there lyrics to a song you need clarified? Join us every Monday as we explore the wonderful world of music.



### **Nature Talk**

From birds to gardening, tune into this program to chat about the beauty of nature in our surrounding community or around the world.

### **Riddle Me This** \*NEW\*

What takes only 30 minutes? Is fun to do? You only need your telephone to access? Answer: Seniors' Centre Without Walls! Enjoy this program of thought-provoking and funny brain-busting riddles!

### **Table Topics** \*NEW\*

Let's chat and share our thoughts. We have a reservoir of fun, unique, and offbeat questions to start interesting and memorable conversations.



### **Trivia Time**

Is your brain in need of a workout? Exercise your brain by testing your knowledge on fun and interesting trivia.

### **Workshop Wednesday**

Join us each week as we welcome a guest speaker to talk about different topics that help us take care of ourselves and broaden our minds.

# Seniors' Centre Without Walls Workshop Wednesdays



## **Falls Prevention with Philips Lifeline**



Date: Wednesday July 8th, 10:30 am

Presenter: Sandra Shields, Lifeline Community Representative, Philips Canada

Explore the ways of preventing falls at home through risk assessment and precautionary exercises.

## **Arm Chair Travel**

Date: Wednesday July 15th & Wednesday August 12th, 10:30 am



Presenter: Ashley Beyer, CAA

Hang on to your chair as we take you on some unique adventures from the comfort of your home. Travel tips will be provided and stories are welcomed to be shared.

## **Lung Health - Breath Easy**

Date: Wednesday July 22nd, 10:30 am

Presenter: Diane, The Lung Association



This is a discussion on various lung health topics such as dealing with summer air quality, wearing masks, and the importance of staying active.

## **Bone Health - Speaking of Bones**

Date: Wednesday July 29th, 10:30 am

Presenter: Cathy Percy, Osteoporosis Canada



Information on osteoporosis: what it is, risk factors, how it is diagnosed, what you can do to maintain healthy bones, treatment, and how to live well with this bone disease.

**Workshop Wednesday's in August are to be decided.**

**Details will be provided sometime in July. Please contact us if you have any questions.**



# SENIORS' CENTRE WITHOUT WALLS

## What is it?

A free telephone-based seniors' activity program.  
Offering a variety of fun activities, discussion groups & more.



## Who can participate?

Anyone age 50+.

Living in Windsor Essex.

All you need is a telephone, no computer or data required.

## How can I participate?

On the day and time of a chosen program, you can use the Steps to Connect (below) to call yourself in.

If at any time you require assistance, simply dial \*0 to talk to an operator.

Follow up registration is required.

## **STEPS TO CONNECT**

- 1.) Dial: **1-866-279-1594**
- 2.) Enter the 6 digit PASSCODE follow by the pound key:

**2 2 0 6 0 7 #**

- 3.) Record your name and then press #

**Please call 519-254-1108 for more information  
(leave a message if there is no answer)**



## SCWW Code of Conduct

To ensure a safe and welcoming space, we ask participants, facilitators, and guest presenters to observe our code of conduct:

- To respect each other, use appropriate subject matters, and try not to interrupt others.
- To allow the facilitator and guest speaker to direct the group.
- To allow everyone to continue by not dominating the conversations.
- To help create an inclusive environment that honours people of all cultures, traditions, faiths, genders, sexual orientation, abilities, and life experiences.



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