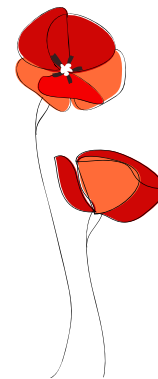




Seniors' Centre Without Walls



November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Music Monday 10:30 - 11:00 am	3 Morning Stretch & Meditation 10:30 - 11:00 am	4 Word Play 10:30 - 11:00 am	5 Back in Time: Canada at War 10:30 - 11:00 am	6 Fun Friday: Trivia 10:30 - 11:00 am
9 Music Monday 10:30 - 11:00 am	10 Morning Stretch & Meditation 10:30 - 11:00 am	11 No Programs Remembrance Day	12 Back in Time 10:30 - 11:00 am	13 Fun Friday: Just Joking 10:30 - 11:00 am
16 Music Monday 10:30 - 11:00 am	17 Morning Stretch & Meditation 10:30 - 11:00 am	18 Falls Prevention Presentation 10:30 - 11:15 am	19 Back in Time 10:30 - 11:00 am	20 Fun Friday: Playing Card BINGO 10:30 - 11:00 am
23 Music Monday 10:30 - 11:00 am	24 Morning Stretch & Meditation 10:30 - 11:00 am	25 Word Play 10:30 - 11:00 am	26 Back in Time 10:30 - 11:00 am	27 Fun Friday: Riddle Me This 10:30 - 11:00 am
30 Music Monday 10:30 - 11:00 am	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Falls Prevention Presentation Wednesday, November 18th from 10:30-11:15am</p> <p>Winter Safe Driving Presentation Thursday, December 3 from 10:30-11:15am</p> </div>			

- 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 #

STEPS TO CONNECT



Please call **519-254-1108** or visit www.lifefortyfive.ca for more information.

Follow-up registration is required.





Seniors' Centre Without Walls

List of Programs



These free programs are available to all Windsor-Essex residents over 50 to enjoy!

Back in Time

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

Morning Meditation & Stretch

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. Stretches are 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.

Word Play Wednesday

Test your vocabulary and stretch your mind with a variety of word games.

Fun Friday

BINGO, jokes, trivia, and more! Join us for some laughs and fun before the weekend.

Workshops

Falls Prevention

On Wednesday, November 18th, an Occupational Therapist from the Windsor Essex Community Health Centre will be discussing how to maintain your independence and reduce your risk of having a fall.

Winter Safe Driving

On Thursday, December 3rd, Sean from the Ministry of Transportation will be discussing safe tips for driving in the winter months. More info to come!

Please call

**519-254-1108 or visit www.lifeafterfifty.ca
for more information.**