



Seniors' Centre Without Walls MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Beginning of Month Check-In 10:30 - 11:00 am	Morning Stretch & Meditation 9:30 - 10:15 am Arm Chair Travel: Brazil 10:30 - 11:00am	Fun Friday: It Happened in March 10:30 - 11:00 am
6	7	8	9	10
Motivate Me Monday: Good News Stories 10:30 - 11:00 am	Morning Stretch & Meditation 9:30 - 10:15 am	Special Presentation: International Women's Day 10:30 - 11:30 am	Morning Stretch & Meditation 9:30 - 10:15 am Biographies: Laverne Cox 10:30 - 11:00am	Fun Friday: Who Am I? March Birthdays 10:30 - 11:00 am
13	14	15	16	17
Music Monday: Requests 10:30 - 11:00 am	Morning Stretch & Meditation 9:30 - 10:15 am	Special Presentation: Sleep Health 10:30 - 11:30 am	Morning Stretch & Meditation 9:30 - 10:15 am Back in Time: Spring Memories 10:30 - 11:00 am	Fun Friday: St. Patrick's Day 10:30 - 11:00 am
20	21	22	23	24
Motivate Me Monday: International Day of Happiness 10:30 - 11:00 am	Morning Stretch & Meditation 9:30 - 10:15 am	Hot Topic: World Poetry Day 10:30 - 11:00am	Morning Stretch & Meditation 9:30 - 10:15 am Hot Topic: National Puppy Day 10:30 - 11:00am	Fun Friday: Green Earth Trivia 10:30 - 11:00 am
27	28	29	30	31
Women in Music: Name That Tune 10:30 - 11:00 am	Morning Stretch & Meditation 9:30 - 10:15 am	Ghost Stories: Historically Haunted 10:30 - 11:00am	Morning Stretch & Meditation 9:30 - 10:15 am Colouring Social 10:30 - 11:00am	Fun Friday: Scattergories 10:30 - 11:00 am

1.) At the scheduled time of program, dial:

226-773-0512

2.) Enter the 6 digit PASSCODE:

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

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

List of Programs

Armchair Travel

This comprehensive armchair travel activity includes everything you need for a full day of travel to different countries around the world. Fact files, trivia, quizzes, music, recipes, craft, and more! Enjoy your travels.

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.

Biographies

Join us as we explore the life and legacy of some very interesting people. This month we'll be covering Laverne Cox in honour of International Transgender Day of Visibility!

Colouring Social

This spring join us as we chitchat and colour! Please call 519-254-1108 ext.115 to request colouring material!

Fun Friday

Join us for some brain fitness and fun before the weekend. With a variety of activities including trivia, word games, parties and more!

Hot Topic

Join in on the conversation! We will give you the facts and latest insight on the topic of the day to create a memorable learning experience, along with fun conversations!

Morning Stretch & Meditation

Join our instructor, Tina, as she guides you through light stretches and exercises that are safe and easy to follow. The session will finish off with guided meditation techniques. Please make sure you use a secure chair without wheels.

Motivate Me Monday

Enjoy a new SCWW program with us! Every other Monday we'll be chatting about topics and people that might motivate us!

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 other Monday as we explore the wonderful world of music.

Special Presentations

International Women's Day - March 8

Join in the conversation as Dalia, a published author, reads some of her stories about family, animals, and people in the community, that will trigger memories to share. Her stories can be found in the well-known book series 'Chicken Soup for the Soul', as well as 'Conscious Women' books series, 'Kingston Life', 'Montreal Writes', and 'Vista for Seniors' magazines.

Sleep Health - March 15

In this presentation, our 4th year nursing student will be discussing all the healthy ways you can better manage your sleep habits and routine.

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

