

CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



DECEMBER 2025

Seniors' Centre Without Walls



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

Please call 519-254-1108 or visit 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



SENIORS' CENTRE WITHOUT WALLS

What is it? ☎

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

Who can participate? ☎

Anyone age 50+ and living in Windsor Essex. All you need is a telephone, no computer or data required.

How can I participate? ☎

On **Tuesdays & Thursdays at 10:30am**, you can use the **Steps to Connect** (↓) to call yourself in.

STEPS TO CONNECT

(Tuesdays & Thursdays at 10:30am)

- 1) Dial: **1-647-374-4685**
- 2) Enter meeting ID: **812 6194 7898**

* If this is your first time calling in: please call 519-254-1108 to register.



SENIORS' CENTRE WITHOUT WALLS

What is it? ☎

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

Who can participate? ☎

Anyone age 55+ and living in Ottawa & surrounding regions. All you need is a telephone, no computer or data required.

How can I participate? ☎

From **Monday - Friday**, once registered, The Good Companions will call you at the time of the program, or you can call yourself into the program by dialing 1-844-237-9847.

STEPS TO CONNECT

(Monday - Friday at *various times*)

- 1) If pre-registered, wait for a phone call.

To register, call 613-236-0428 or send an email to scww@thegoodcompanions.ca

- 2) If you prefer to call in, dial **1-844-237-9847**

* Call 1-844-237-9847 or email scww@TheGoodCompanions.ca to obtain call schedule of topics.