

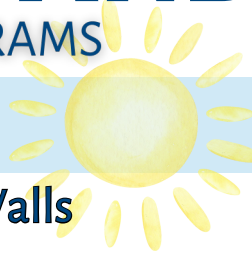
CONNECT, CHAT, AND LAF






FREE TELEPHONE PROGRAMS



JUNE 2025

Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Music Mondays: Backyard Birdsongs 10:30 - 11:00am</p>	<p>3</p> <p>Casual Tuesdays: Fun Group Table Quiz 10:30 - 11:00am</p>	<p>4</p> <p>Just for Fun: Dear Abby 10:30 - 11:00am</p>	<p>5</p> <p>Mind Fitness: Word Ladder 10:30 - 11:00am</p>	<p>6</p> <p> The Good Companions</p>
<p>9</p> <p>Motivate me Monday: Confucius Quotes 10:30 - 11:00am</p>	<p>10</p> <p>Casual Tuesdays: This Day & Month in History 10:30 - 11:00am</p>	<p>11</p> <p>Just for Fun: Famous Movie Quotes 10:30 - 11:00am</p>	<p>12</p> <p>Biographies: Canada's Oldest Living Person 10:30 - 11:00am</p>	<p>13</p> <p> The Good Companions</p>
<p>16</p> <p>Music Mondays: Country Music: Celebrating Dads 10:30 - 11:00am</p>	<p>17</p> <p>Tidbits of History: Evolution of Desserts 10:30 - 11:00am</p>	<p>18</p> <p>Just for Fun: Famous Funny Quotes 10:30 - 11:00am</p>	<p>19</p> <p> The Good Companions</p>	<p>20</p> <p> The Good Companions</p>
<p>23</p> <p>Music Mondays: Music in Movies 10:30 - 11:00am</p>	<p>24</p> <p>Just for Fun: True or False 10:30 - 11:00am</p>	<p>25</p> <p>Mind Fitness: Words that Start with J 10:30 - 11:00am</p>	<p>26</p> <p>Hot Topic: Celebrating Multiculturalism 10:30 - 11:00am</p>	<p>27</p> <p> The Good Companions</p>
<p>30</p> <p>Music Mondays: Name that Tune 10:30 - 11:00am</p>				

Please call 519-254-1108 or visit www.lifeafterfifty.ca for more information. **Registration is required.**


Mon - Thurs:

**STEPS TO
CONNECT** 

- 1). At the scheduled time of the program, dial: 1-647-374-4685
- 2). Enter the Meeting ID: 840 0915 9275
- 3). You will be admitted to the call

 **The Good
Companions**

**STEPS TO
CONNECT** 

Thursday June 19 & Fridays in June

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

LIST OF PROGRAMS

Biographies

Join us as we explore the life and legacy of some very interesting people.

Casual Tuesdays

Looking for a more laid-back social session? Look no further! Join us on Tuesday for an enjoyable time!

Exploring Canada

Each session will feature a region of Canada to learn about. Join us to experience it together!

Hot Topic

Join in on the conversation! We will give you the facts and latest insight on the topic of the day!

Influential Canadian Figures

Discover notable Canadians who have made a mark in history. Join us to learn all about their achievements!

Just For Fun

Enjoy lighthearted conversations and playful games!

Mind Fitness

Experience mind fitness activities where learning meets laughter, boosting memory while having a blast!

Motivate Me Monday

Mondays throughout the month we'll be chatting about topics and people that might motivate us!

Music Mondays

Would you like to sing along with others? Join us every other Monday as we explore the wonderful world of music.

Tidbits of History

Looking to learn about the past without feeling overwhelmed? Join us to uncover history one piece at a time!

Wellness Wednesdays

Dive into discussions and tips focused on holistic well-being, covering physical health, mental clarity, and emotional balance to help you thrive throughout the week.

The Good Companions*

New! Dive into discussions with our telephone-based partners every Friday. To join, please dial:

343-600-7647 or 1-844-237-9847

*Additional programming available weekdays. Contact us for details!

*For up-to-date information, visit thegoodcompanions.ca