

CONNECT, CHAT, AND LAF


FREE TELEPHONE PROGRAMS



MAY 2024

Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
		1 Influential Canadian Figures: Paul Anka (Musician) 10:30 - 11:30am	2 Tidbits of History: Boblo Island 10:30 - 11:00 am	3 Fun Friday: The best advice I ever received 10:30 - 11:00 am
6 Motivate Me Monday: Honoring Kindness and Compassion 10:30 - 11:00 am	7 Casual Tuesdays: Comparing American & Mediterranean Cuisines 10:30 - 11:00 am	8 Exploring Canada: Newfoundland 10:30 - 11:00am	9 Hot Topic: Windsor-Essex Events 10:30 - 11:00am	10 Fun Friday: Mother's Day Activities 10:30 - 11:00 am
13 Music Mondays: Crooners 10:30 - 11:00 am	14 Casual Tuesdays: Container Gardening 10:30 - 11:00 am	15 Guest Speaker: Canadian Hearing Services 10:30 - 11:30am	16 Hot Topic: Healthy Living: Mind, Body, Spirit 10:30 - 11:00am	17 Fun Friday: Royal Trivia 10:30 - 11:00 am
20  <i>Victoria Day</i> NO PROGRAMS	21 Casual Tuesdays: LAF and Chat 10:30 - 11:00 am	22 Tidbits of History: Duplessis Orphans 10:30 - 11:00am	23 Hot Topic: Native Flowers of Canada 10:30 - 11:00 am	24 Fun Friday: Baking Trivia 10:30 - 11:00 am
27 Music Mondays: Name That 60s Tune 10:30 - 11:00 am	28 Casual Tuesdays: Benefits of Meditation 10:30 - 11:00am	29 Tidbits of History: The Ambassador Bridge 10:30 - 11:00am	30 Biographies: Mother Teresa 10:30 - 11:00am	31 Fun Friday: Animal Kingdom Edition 10:30 - 11:00am

Please call
519-254-1108 or visit
www.lifeafterfifty.ca
for more information.
Follow-up registration is required.

- 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



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!

Fun Friday

Join us for some brain fitness and fun before the weekend. With a variety of activities you don't want to miss!

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!

Motivate Me Monday

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? 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!

Guest Speakers

MAY 15: Canadian Hearing Services

Mark your calendars for May 15th and join us for an informative session with Jennifer from Canadian Hearing Services. Discover the diverse range of professional services and products designed to support Deaf and hard of hearing Canadians in overcoming barriers to participation. Gain insights into how Canadian Hearing Services is making a difference in fostering inclusivity. Don't miss out on this opportunity to learn and engage.