

CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



APRIL 2024

Seniors' Centre Without Walls



| Mon | Tue | Wed | Thu | Fri |
|--|---|---|--|--|
| 1 Easter Days NO PROGRAMS | 2 Casual Tuesdays: Table Topics 10:30 - 11:00 am | 3 Guest Speaker: Carbon Monoxide Information 10:30 - 11:30am | 4 Hot Topic: Windsor/Essex in the Spring 10:30 - 11:00 am | 5 Fun Friday: Just Joking 10:30 - 11:00 am |
| 8 Motivate Me Monday: In the sky today! 10:30 - 11:00 am | 9 Casual Tuesdays: Memories of the Past 10:30 - 11:00 am | 10 Exploring Canada: Ontario 10:30 - 11:00am | 11 Influential Canadian Figures: Elijah McCoy 10:30 - 11:00am | 12 Fun Friday: Who Am I? April Birthdays 10:30 - 11:00 am |
| 15 Music Monday: Requests 10:30 - 11:00 am | 16 Casual Tuesdays: My Time in the 519 10:30 - 11:00 am | 17 Guest Speaker: World Health Day 10:30 - 11:30am | 18 Hot Topic: Blue Zones 10:30 - 11:00am | 19 Fun Friday: Never Have I Ever 10:30 - 11:00 am |
| 22 Motivate Me Monday: Your Stories of Joy 10:30 - 11:00 am | 23 Casual Tuesdays: Current and Old Hobbies 10:30 - 11:00 am | 24 Tidbits of History: Walkerville 10:30 - 11:00am | 25 Biographies: Diana Ross 10:30 - 11:00 am | 26 Fun Friday: Give Me Five 10:30 - 11:00 am |
| 29 Music Monday: Name That Tune 10:30 - 11:00 am | 30 Casual Tuesdays: LAF and Chat 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: **STEPS TO
CONNECT**
226-773-0512
- 2.) Enter the 6 digit PASSCODE:
220607#
- 3.) Record your name and then press #



Biographies

Join us as we explore the life and legacy of some very interesting people. This month, Diana Ross!

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! This month, Elijah McCoy!

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

Carbon Monoxide Information: April 3

Join our guest speaker from Windsor Fire and Rescue Services as they inform us of all the ways to stay safe from Carbon Monoxide Poisoning.

World Health Day: April 17

Lead by the Windsor-Essex Community Health Centre, join this session to learn all about your health, how to best maintain it, and all the services available to you.