

# CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



## DECEMBER 2023

Seniors' Centre Without Walls



Mon

Tue

Wed

Thu

Fri

**PROGRAMMING WILL  
RESUME ON JAN. 2nd**

1

**Fun Friday:  
Events of  
December**  
10:30 - 11:00 am

4

**Music Monday:  
Requests**  
10:30 - 11:00am

5

**Guest Speaker  
Identifying and  
Managing Joint  
Pain**  
10:30 - 11:30am

6

**Around the World:  
Guess that Holiday**  
10:30 - 11:00 am

7

**Armchair Travel:  
Australia-  
Christmas Down  
Under**  
10:30 - 11:00am

8

**Fun Friday:  
Who Am I?  
December  
Birthdays**  
10:30 - 11:00 am

11

**Motivate Me  
Monday:  
Good News Stories**  
10:30 - 11:00 am

12

**Casual Tuesdays:  
Windsor Events in  
December**  
10:30 - 11:00 am

13

**Guest Speakers  
Nostalgia:  
Days of Long Ago**  
10:30 - 11:30am

14

**Biographies:  
Frank Sinatra**  
10:30 - 11:00am

15

**Fun Friday:  
Playing Card Bingo**  
10:30 - 11:00 am

18

**Music Monday:  
Christmas Tunes  
Sing-along**  
10:30 - 11:00 am

19

**Casual Tuesdays:  
Table Topics:  
Holiday Edition**  
10:30 - 11:00am

20

**Hot Topic:  
Christmas  
Celebrations  
Around the World**  
10:30 - 11:00 am

21

**Back in Time:  
Your Year in Review**  
10:30 - 11:00am

22

**Fun Friday:  
Christmas Movie  
Trivia**  
10:30 - 11:00 am

25

**CLOSED FOR  
THE HOLIDAY  
BREAK**

26

**CLOSED FOR  
THE HOLIDAY  
BREAK**

27

**Special Session:  
LAF and Chat**  
10:30 - 11:00am

28

**CLOSED FOR  
THE HOLIDAY  
BREAK**

29

**CLOSED FOR  
THE HOLIDAY  
BREAK**

Please call

519-254-1108 or visit

[www.lifeafterfifty.ca](http://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**



## **Armchair Travel**

Join this armchair travel activity that includes everything you need to be transported into a whole new world!

## **Around the World**

Do you enjoy learning about different cultures and countries? Join us to delve into different parts of the world!

## **Back in Time**

Do you like thinking back to the good ole' days? Join us as we reminisce our past through events and stories. This month, join us to share the highlights and events of YOUR year!

## **Biographies**

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

## **Casual Tuesdays**

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

## **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 to create a memorable learning experience, along with fun conversations!

## **LAF and Chat**

For the holidays, join this casual session as we enjoy each other's company!

## **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.

## **Guest Speakers**

### **Identifying and Managing Joint Pain: December 5**

Hosted by our fourth year nursing student, join Samantha as she informs us of how to identify and manage joint pain.

### **Nostalgia- Days of Long Ago: December 13**

Join our guest speakers Bob and Gary as they take us down memory lane and share their stories and memories!