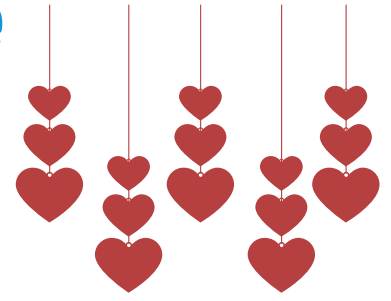




Seniors' Centre Without Walls FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Morning Meditation 10:30 - 11:00 am</p>	<p>2</p> <p>Morning Stretch 9:30 - 10:00 am</p> <p>Biographies: Mary Ann Shadd 10:30 - 11:00 am</p>	<p>3</p> <p>Hot Topic: Chinese New Year History and Traditions 10:30 - 11:00 am</p>	<p>4</p> <p>Fun Friday: Winter Olympic Trivia 10:30 - 11:00 am</p>
<p>7</p> <p>Music Monday: The Day the Music Died 10:30 - 11:00 am</p>	<p>8</p> <p>Morning Meditation 10:30 - 11:00 am</p>	<p>9</p> <p>Morning Stretch 9:30 - 10:00 am</p> <p>Self-Love 10:30 - 11:00 am</p>	<p>10</p> <p>Health Talk: Healthy Heart 10:30 - 11:00 am</p>	<p>11</p> <p>Fun Friday: Guess the Romance Movie 10:30 - 11:00 am</p>
<p>14</p> <p>Music Monday: Name that Love Song 10:30 - 11:00 am</p>	<p>15</p> <p>Morning Meditation 10:30 - 11:00 am</p>	<p>16</p> <p>Morning Stretch 9:30 - 10:00 am</p> <p>Special Presentation: Filing for Income Tax 10:30 - 11:00 am</p>	<p>17</p> <p>Back in Time: It Happened in February 10:30 - 11:00 am</p> <p>Life Story 1:00-1:30</p>	<p>18</p> <p>Fun Friday: Who am I? February Birthday Edition 10:30 - 11:00 am</p>
<p>21</p> <p>HAPPY family DAY</p> <p>NO PROGRAMS</p>	<p>22</p> <p>Morning Meditation 10:30 - 11:00 am</p>	<p>23</p> <p>Morning Stretch 9:30 - 10:00 am</p> <p>Special Presentation: Freedom Museum 10:30 - 11:00 am</p>	<p>24</p> <p>Hot Topic: Celebrations around the World: Brazilian Carnival 10:30 - 11:00 am</p>	<p>25</p> <p>Fun Friday: Crack the Case 10:30 - 11:00 am</p>
<p>28</p> <p>Music Monday: Finish the Lyrics 10:30 - 11:00 am</p>				

1.) At the scheduled time of program, dial:

1-866-279-1594

2.) Enter the 6 digit PASSCODE:

220607#

3.) Record your name and then press #

**STEPS TO
CONNECT**



Please call

519-254-1108 or visit
www.lifeforty.ca
for more information.

**Follow-up registration is
required.**



Seniors' Centre Without Walls



These free programs are available to all Windsor-Essex residents 50+ to enjoy!

List of Programs

Back in Time

Do you like thinking back to the good ole' days? Join us as we reminisce our past through questions, events, and stories.

Biographies

Join us as we explore the life and legacy of some very interesting people; this month Mary Ann Shadd.

Fun Friday

Join us for some brain fitness and fun before the weekend. With a variety of activities including trivia, word games, parties and more! Playing Card Bingo will require you to have a full deck of cards ready when you call!

Health Talk

Join our 4th year nursing students as they discuss health related issues. This month "Healthy Heart". We will discuss the risks of heart disease and how you can include heart healthy decisions into your everyday life.

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!

Morning Stretch

Start your morning off with light stretches and exercises that are safe and easy to follow. Please make sure you use a secure chair without wheels.

Morning Meditation

Join us as you are guided through 30 minutes of meditation. Gain a sense of tranquility, peace, and balance that can benefit both your emotional well-being and your overall health.

Music Mondays

Would you like to sing along with others? Is there a song you haven't heard in a long time and would like it played? Are there lyrics to a song you need clarified? Join us every Monday as we explore the wonderful world of music.

Special Presentations:

Self Love

Check your mailbox and join us on Feb 9th to learn about self-love, crystals, and partake in a fun guided craft where we will walk you through steps to make an origami heart! If you have not received a SCWW newsletter by February 2, call us and we will get one out to you!

How to Write Your Life Story

Have you always wanted to write your story and don't know where to start? Join us as we give tips & ideas to get you started.

Filing for Income Tax

Join the Canada Revenue Agency Outreach Coordinator to discuss tax filing topics such as what needs to be included as income, common expenses/deductions for seniors and general information regarding your 2021 tax return.

Amherstburg Freedom Museum

February is Black History Month. We welcome our guest speaker from the Amherstburg Freedom Museum to learn about and celebrate the many achievements and contributions of Black Canadians. And we will learn how the Museum preserves, presents artifacts and tells the story of African-Canadians' journey and contributions.

Please call 519-254-1108 or visit www.lifeafterfifty.ca for more information.