



Seniors' Centre Without Walls

JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ATTENTION Morning Stretch 10:30 - 11:15 am	Special Presentation: Fraud Prevention 10:30 - 11:30 am	Back in Time: New Years Celebrations 10:30 - 11:00 am	Fun Friday: Riddles 10:30 - 11:00 am
New! Motivate Me Monday: Good News Stories 10:30 - 11:00 am	Morning Stretch 10:30 - 11:15 am	Hot Topic: You Be the Judge 10:30 - 11:00 am	Biographies: Martin Luther King Jr 10:30 - 11:00am	Fun Friday: Fact or Fiction 10:30 - 11:00 am
Music Monday: Requests 10:30 - 11:00 am	Morning Stretch 10:30 - 11:15 am	Arm Chair Travel: Madagascar 10:30 - 11:00am	Hot Topic: Chinese New Year History and Traditions 10:30 - 11:30 am	Fun Friday: Who Am I? January Birthday Edition 10:30 - 11:00 am
New! Motivate Me Monday: Inspiring People 10:30 - 11:00 am	Morning Stretch 10:30 - 11:15 am	20 Questions Can You Guess It? 10:30 - 11:00am	Vinyl Cafe: Short Stories 10:30 - 11:00am	Fun Friday: Family Feud 10:30 - 11:00 am
Musical Biography: Marvin Gaye 10:30 - 11:00 am	Morning Stretch 10:30 - 11:15 am			

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



Please call

519-254-1108 or visit www.lifefterfifty.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

20 Questions: Can You Guess It?

You have 20 questions to guess the person, place, or thing! We'll start the game with a hint and the rest is up to your skills to solve it all!

Armchair Travel

This comprehensive armchair travel activity includes everything you need for a full day of travel to different countries around the world. Fact files, trivia, quizzes, music, recipes, craft, and more! Enjoy your travels.

Biographies

Join us as we explore the life and legacy of some very interesting people. This month, in honor of Martin Luther King Jr Day, we'll be covering this civil rights leader!

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!

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

ATTENTION

Morning Stretch has been moved to Tuesdays replacing Morning Meditation.

Join our instructor, Tina, as she guides you through light stretches and exercises that are safe and easy to follow. The session will finish off with guided meditation techniques. Please make sure you use a secure chair without wheels.

Motivate Me Monday

Enjoy a new SCWW program with us! Every other Monday we'll be chatting about topics and people that might motivate us! This month will start with good news experienced all over the world and talk about some inspirational people!

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 other Monday as we explore the wonderful world of music.

Special Presentations

Fraud Prevention- Wednesday January 4

Join us January 4 to learn about the ways you can keep yourself protected against common scams and the best techniques for fraud prevention.

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

