

CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



JUNE 2023

Seniors' Centre Without Walls



Mon

Tue

Wed

Thu

Fri

JUNE IS SENIORS MONTH!

Happy
Seniors
Month!



1

Morning Stretch

9:30 - 10:15 am

**LAF and Chat:
My Bucket List**
10:30 - 11:00am

2

**Fun Friday:
What Happened in
June**
10:30 - 11:00 am

5

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

6

**Morning
Meditation**
10:30 - 11:00 am

7

**Guest Speaker:
Train Talk**
10:30 - 11:30am

8

Morning Stretch

9:30 - 10:15 am

**Let's Celebrate It:
Start of Pride**
10:30 - 11:00am

9

**Fun Friday:
Table Topics**
10:30 - 11:00 am

12

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

13

**Morning
Meditation**
10:30 - 11:00 am

14

**Hot Topic:
Countries by Clues**
10:30 - 11:00 am

15

Morning Stretch

9:30 - 10:15 am

**Biographies:
Mary Ann Shadd**
10:30 - 11:00 am

16

**Fun Friday:
Father's Day Trivia**
10:30 - 11:00 am

19

**Motivate Me
Monday:
Share Your
Gratitude**
10:30 - 11:00 am

20

**NO PROGRAM:
BETTER
LIVING DAY**

21

**Tidbits of History:
Windsor and the
Underground
Railroad**
10:30 - 11:00 am

22

Morning Stretch

9:30 - 10:15 am

**Guest Speaker:
Men's Mental
Health**
10:30 - 11:30am

23

**Fun Friday:
Just Joking**
10:30 - 11:00 am

26

**Musical Biography:
Tina Turner**
10:30 - 11:00 am

27

**Morning
Meditation**
10:30 - 11:00 am

28

**Hot Topic:
Word Play**
10:30 - 11:00 am

29

Morning Stretch

9:30 - 10:15 am

**End of Month
Check-In**
10:30 - 11:00am

30

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

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. This month, Harrison Ford!

End of Month Check-In

At the end of the month join us as we have a friendly chat and check-in with each other. This is a space to share ideas, updates, comments, and ask questions!

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!

LAF and Chat

Looking to socialize and connect? Join this laidback session for a good laugh and chat with your peers!

Let's Celebrate It

Whether it's in Canada or around the world, there is always something to celebrate! Join us to learn about different events and broaden your world view!

Morning Meditation

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

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.

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? Is there a song you haven't heard in a long time and would like it played? Join us every other Monday as we explore the wonderful world of music.

Tidbits of History

Join us to experience history in small quantities. This month we'll cover Windsor and the Underground Railroad.

Guest Speakers

Train Talk- June 7

Join Bob, Canadian Railway Historian, and Gary as they host a conversation all about Windsor's unique history with the Railway System.

Men's Mental Health- June 22

June is Men's Mental Health Month in Canada. Join a Mental Health Educator from CMHA as they speak on this topic and available resources.