



Seniors' Centre Without Walls MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Music Monday: Name that Tune 10:30 - 11:00 am	3 Morning Meditation 10:30 - 11:00 am	4 Morning Stretch 9:30 - 10:00 am Mother's Day Around the World 10:30 - 11:00 am	5 Vesak Day: Buddhism Day of the Full Moon 10:30 - 11:00 am	6 Fun Friday: Cinco de Mayo Games and Trivia 10:30 - 11:00 am
9 Music Monday: Requests 10:30 - 11:00 am	10 Morning Meditation 10:30 - 11:00 am	11 Morning Stretch 9:30 - 10:00 am Special Presentation: Therapeutic Touch Awareness 10:30 - 11:30am	12 The Dark History of the Moose Jaw Tunnels 10:30 - 11:00 am	13 Fun Friday: Riddle Me This 10:30 - 11:00 am
16 Music Monday: Finish the Lyrics 10:30 - 11:00 am	17 Morning Meditation 10:30 - 11:00 am	18 Morning Stretch 9:30 - 10:00 am Special Presentation: Elections Ontario 10:30 - 11:00 am	19 The Seven Wonders of Canada: Nahanni National Park Reserve 10:30 - 11:00 am	20 Fun Friday: Match the Character to the Book 10:30 - 11:00 am
23  NO PROGRAMS VICTORIA DAY	24 Morning Meditation 10:30 - 11:00 am	25 Morning Stretch 9:30 - 10:00 am Biographies: Violet King 10:30 - 11:00 am	26 SCWW Planning and Suggestions 10:30 - 11:00 am	27 Fun Friday: Who am I? May Birthday Edition 10:30 - 11:00 am
30 Musical Biography: The Beatles 10:30 - 11:00 am	31 Morning Meditation 10:30 - 11:00 am			

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.lifefifty.ca
for more information.

**Follow-up registration is
required.**



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.

For this month, join us as we learn about the history of Canada's Little Chicago and the **Moose Jaw Tunnels**.

Biographies

Join us as we explore the life and legacy of some very interesting people. This month: **Violet King**, the first Black Female Lawyer in Canada.

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!

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! Come learn about **Vesak Day** and more!

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.

SCWW Planning and Suggestions

Is there a topic or idea you've been wanting to see in our monthly schedules? Join us **May 26** to provide feedback, we would love to hear from you! All suggestions will be taken into consideration for the July/August calendar.

Special Presentations

Therapeutic Touch: Join us **May 11** as we have a special guest presenter inform us of this natural method for relaxation and self-help.

Elections Ontario: **May 18th** learn about the different tools and services offered by Elections Ontario to help you cast your vote!

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