



Seniors' Centre Without Walls MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Morning Stretch 9:30 - 10:00 am Music Monday: Around the World 10:30 - 11:00 am	2 Morning Meditation 10:30 - 11:00 am Social Chat 1:30 - 2:00 pm	3 Morning Stretch 9:30 - 10:00 am Presentation: Power of Attorney 10:30 - 11:30 am	4 Learn it! 10:30 - 11:00 am Crafters' Time 1:30 - 2:00 pm	5 Fun Friday: Playing Card BINGO 10:30 - 11:00 am
8 Morning Stretch 9:30 - 10:00 am Music Monday: Women in Song 10:30 - 11:00 am	9 Morning Meditation 10:30 - 11:00 am SCWW Feedback Forum 1:30 - 2:00 pm	10 Morning Stretch 9:30 - 10:00 am Presentation: Community Safety & Well-Being 10:30-11:30	11 Back in Time: 10:30 - 11:00 am Crafters' Time 1:30 - 2:00 pm	12 Fun Friday: Fact or Fiction 10:30 - 11:00 am
15 Morning Stretch 9:30 - 10:00 am Music Monday 10:30 - 11:00 am	16 Morning Meditation 10:30 - 11:00 am Social Chat: 1:30 - 2:00 pm	17 Morning Stretch 9:30 - 10:00 am St. Patricks' Day Party! 10:30 - 11:00 am	18 Learn it! 10:30 - 11:00 am Crafters' Time 1:30 - 2:00 pm	19 Fun Friday: Spring into Trivia 10:30 - 11:00 am
22 Morning Stretch 9:30 - 10:00 am Music Monday: Finish the Lyrics 10:30 - 11:00 am	23 Morning Meditation 10:30 - 11:00 am Social Chat: World Meteorological Day 1:30 - 2:00 pm	24 Morning Stretch 9:30 - 10:00 am Presentation: LHIN Programs & Services for Seniors 10:30 - 11:30 am	25 Back in Time 10:30 - 11:00 am Crafters' Time 1:30 - 2:00 pm	26 Fun Friday: Who am I? 10:30 - 11:00 am
29 Morning Stretch 9:30 - 10:00 am Music Monday: Name that Tune 10:30 - 11:00 am	30 Morning Meditation 10:30 - 11:00 am Social Chat 1:30 - 2:00 pm	31 Morning Stretch 9:30 - 10:00 am Let's Talk Self-Care 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.lifeafterfifty.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.

Crafters' Time

Calling all crafters! Here's an opportunity to socialize with some crafting friends.

Fun Friday

Join us for some laughs and fun before the weekend. With a variety of activities including trivia, word games, parties 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.

Learn It!

Have you always wanted to learn another language? Now is your chance. Join us on learning on how to say basic words and sentences from various languages.

Morning Meditation

Join us as you are guided through 20-30 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.

Social Chat

Chat with others about the themed topic, the recent holiday or latest sporting events.

Educational Presentations

Advance Care Planning and Power of Attorney for Personal Care

If you had a medical emergency and you could not speak for yourself who would speak for you? Would they know your wishes? These are important questions to consider. If you would like to know about Advance Care Planning and Power of Attorney for Personal Care (POAPC) please join us for this presentation. Maria Giannotti, Community Advance Care Planning Educator, will walk us through this important topic and share with you where to find the resources to ensure you have everything in place.

Community Safety and Well-being

The City of Windsor and County of Essex, in partnership with leaders from across multiple sectors, are working together to develop the region's first Community Safety and Well-Being plan. The goal of the plan is to create a community where everyone feels safe, has a sense of belonging, and has access to services and opportunities. This event will include a brief summary of the project by Project Manager Leonardo Gil and will give you an opportunity to help shape the plan by providing your input on the priorities and concerns that matter to you most.

LHIN-Programs and Services for Seniors

Let's welcome Jenna Martin, Patient Relations Specialist from Erie St. Clair Local Health Integration Network as she will be discussing different programs and services for seniors.

Lets talk Self-Care!

Self-care is vital for bringing resilience towards stressors in your life that you are trying to eliminate. Join LAF Staff in talking about the different types of self-care and ways you can practice it.

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

