

Seniors' Centre Without Walls



A senior centre from
the comfort of home.



For more information:

☎ 519-254-1108

www.lifeafterfifty.ca



Facebook.com/LAFWindsor



@LAFWindsor

Sponsored by:

Ontario



OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



New
Horizons
for Seniors
Program

WindsorEssex
Community
Foundation



Seniors' Centre Without Walls

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Civic Holiday No Programs	4 Morning Stretch 10:30 - 11:00 am Table Topics 2:30 - 3:00 pm	5 Workshop Wednesday Art by Ear 10:30 - 11:00 am	6 Crafter's Time 10:30 - 11:00 am Nature Talk 2:30 - 3:00 pm	7 Fun Friday Trivia 10:30 - 11:00 am
10 Music Monday Sing Along 10:30 - 11:00 am	11 Morning Meditation 10:30 - 11:00 am Table Topics 2:30 - 3:00 pm	12 Workshop Wednesday Arm Chair Travel 10:30 - 11:00 am	13 Crafter's Time 10:30 - 11:00 am Back in Time 2:30 - 3:00 pm	14 Fun Friday Just Joking National Tell a Joke Day 10:30 - 11:00 am
17 Music Monday Name that Tune 10:30 - 11:00 am	18 Morning Stretch 10:30 - 11:00 am Table Topics 2:30 - 3:00 pm	19 Workshop Wednesday Manage your Money 10:30 - 11:00 am	20 Crafter's Time 10:30 - 11:00 am Nature Talk 2:30 - 3:00 pm	21 Fun Friday Playing Card BINGO 10:30 - 11:00 am
24 Music Monday Summer Sing Along 10:30 - 11:00 am	25 Morning Meditation 10:30 - 11:00 am Table Topics 2:30 - 3:00 pm	26 Workshop Wednesday 10:30 - 11:00 am	27 Crafter's Time 10:30 - 11:00 am Back in Time 2:30 - 3:00 pm	28 Fun Friday Riddle Me This 10:30 - 11:00 am
31 Music Monday Music Request 10:30 - 11:00 am	NOTICE: Program time changes. Now starting at 10:30 am and 2:30 pm . Workshop Wednesday's to be announced in July.			

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

**Follow-up registration
is required.**

STEPS TO CONNECT



- 1.) Dial: **1-866-279-1594**
- 2.) Enter the 6 digit PASSCODE follow
by the pound key:
220607#
- 3.) Record your name and then press #

Seniors' Centre Without Walls

List of Programs



Back in Time *NEW*

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

Playing Card BINGO

Grab a deck of playing cards for a twist on this classic game.



Crafters' Corner

Calling all crafters! Are you a knitter? A painter? A lapidarian? Join in the conversation and share ideas about your past, current, and favourite projects.

Just Joking

They say that laughter is the best medicine, so join us for your dose of funny riddles, stories and jokes!

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.

Morning Stretch

Join us for 30 minutes of easy to follow, simple, and safe exercises. Please make sure you are sitting in a comfortable and secure place.

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.



Nature Talk

From birds to gardening, tune into this program to chat about the beauty of nature in our surrounding community or around the world.

Riddle Me This *NEW*

What takes only 30 minutes? Is fun to do? You only need your telephone to access? Answer: Seniors' Centre Without Walls! Enjoy this program of thought-provoking and funny brain-busting riddles!

Table Topics *NEW*

Let's chat and share our thoughts. We have a reservoir of fun, unique, and offbeat questions to start interesting and memorable conversations.



Trivia Time

Is your brain in need of a workout? Exercise your brain by testing your knowledge on fun and interesting trivia.

Workshop Wednesday

Join us each week as we welcome a guest speaker to talk about different topics that help us take care of ourselves and broaden our minds.

Seniors' Centre Without Walls

Workshop Wednesdays



Falls Prevention with Philips Lifeline



Date: Wednesday July 8th, 10:30 am

Presenter: Sandra Shields, Lifeline Community Representative, Philips Canada

Explore the ways of preventing falls at home through risk assessment and precautionary exercises.

Arm Chair Travel

Date: Wednesday July 15th & Wednesday August 12th, 10:30 am



Presenter: Ashley Beyer, CAA

Hang on to your chair as we take you on some unique adventures from the comfort of your home. Travel tips will be provided and stories are welcomed to be shared.

Lung Health - Breath Easy

Date: Wednesday July 22nd, 10:30 am

Presenter: Diane, The Lung Association



This is a discussion on various lung health topics such as dealing with summer air quality, wearing masks, and the importance of staying active.

Bone Health - Speaking of Bones



Date: Wednesday July 29th, 10:30 am

Presenter: Cathy Percy, Osteoporosis Canada

Information on osteoporosis: what it is, risk factors, how it is diagnosed, what you can do to maintain healthy bones, treatment, and how to live well with this bone disease.

Workshop Wednesday's in August are to be decided.

Details will be provided sometime in July. Please contact us if you have any questions.

Seniors' Centre Without Walls

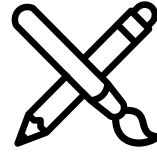
August - Workshop Wednesdays



Art by Ear

Date: Wednesday August 5th, 10:30 am

Presenter: Crystal Waters



An art class over the phone!

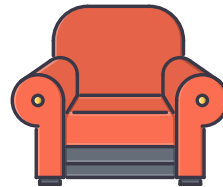
Each participant will have to find three objects from around their home and arrange them on a surface in front of them (like a still life) in order to learn how to blind contour draw.

You will need a sheet of paper and a pencil. It is great drawing practice for all levels.

Arm Chair Travel

Date: Wednesday August 12th, 10:30 am

Presenter: Ashley Beyer, CAA



Hang on to your chair as we take you on some unique adventures from the comfort of your home. Travel tips will be provided and stories are welcomed to be shared.

Manage your Money

Date: Wednesday August 19th, 10:30 am

Presenter: The Investors Group



To be Decided

Date: Wednesday August 26th, 10:30 am

Presenter:



SENIORS' CENTRE WITHOUT WALLS

What is it?

A free telephone-based seniors' activity program.

Offering a variety of fun activities, discussion groups & more.



Who can participate?

Anyone age 50+.

Living in Windsor Essex.

All you need is a telephone, no computer or data required.

How can I participate?

On the day and time of a chosen program, you can use the Steps to Connect (below) to call yourself in.

If at any time you require assistance, simply dial *o to talk to an operator.

Follow up registration is required.

STEPS TO CONNECT

- 1.) Dial: **1-866-279-1594**
- 2.) Enter the 6 digit PASSCODE follow by the pound key:

2 2 0 6 0 7 #

- 3.) Record your name and then press #

**Please call 519-254-1108 for more information
(leave a message if there is no answer)**

SCWW Code of Conduct

To ensure a safe and welcoming space, we ask participants, facilitators, and guest presenters to observe our code of conduct:

- To respect each other, use appropriate subject matters, and try not to interrupt others.
- To allow the facilitator and guest speaker to direct the group.
- To allow everyone to continue by not dominating the conversations.
- To help create an inclusive environment that honours people of all cultures, traditions, faiths, genders, sexual orientation, abilities, and life experiences.



LifeAfterFifty.ca | 519-254-1108



Facebook.com/LAFWindsor



@LAFWindsor



New
Horizons
for Seniors
Program

Ontario



OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

WindsorEssex
Community
Foundation