

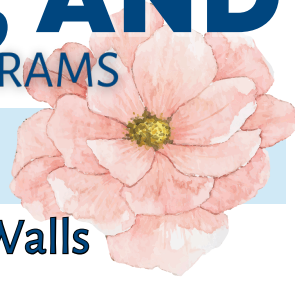
# CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



MAY 2025

Seniors' Centre Without Walls



| Mon   | Tue   | Wed   | Thu  | Fri                       |
|---|---|---|--|---------------------------|
|   |   |   | 1<br><b>Mind Fitness:<br/>It Happened in<br/>May</b><br>10:30 - 11:00am                | 2<br>The Good Companions  |
| 5<br><b>Music Mondays:<br/>Cinco de Mayo<br/>Party!</b><br>10:30 - 11:00am                | 6<br><b>Casual Tuesdays:<br/>Odd One Out</b><br>10:30 - 11:00 am                | 7<br><b>Just for Fun:<br/>Mind Bending<br/>Riddles</b><br>10:30 - 11:00am       | 8<br><b>Biographies:<br/>Laura Secord</b><br>10:30 - 11:00am                           | 9<br>The Good Companions  |
| 12<br><b>Music Mondays:<br/>Songs about<br/>Moms</b><br>10:30 - 11:00am                   | 13<br><b>Casual Tuesdays:<br/>Slang Through<br/>the Ages</b><br>10:30 - 11:00am | 14<br><b>Mind Fitness:<br/>Find the Linking<br/>Word</b><br>10:30 - 11:00am     | 15<br><b>Tidbits of History:<br/>On This Day</b><br>10:30 - 11:00am                    | 16<br>The Good Companions |
| 19<br><br><b>Victoria Day</b><br>NO PROGRAMS  | 20<br><b>Just for Fun:<br/>Conversation<br/>Catch</b><br>10:30 - 11:00am        | 21<br><b>Mind Fitness:<br/>Story Time Quiz</b><br>10:30 - 11:00am               | 22<br><b>Hot Topic:<br/>Biggest Cruise<br/>Ships</b><br>10:30 - 11:00am                | 23<br>The Good Companions |
| 26<br><b>Music Mondays:<br/>Match Songs with<br/>the Artists (80s)</b><br>10:30 - 11:00am | 27<br><b>Mind Fitness:<br/>Quick Fire<br/>Antonyms</b><br>10:30 - 11:00am       | 28<br><b>Just for Fun:<br/>Chicken Soup for<br/>the Soul</b><br>10:30 - 11:00am | 29<br><b>Exploring<br/>Canada:<br/>Japanese Cherry<br/>Blossoms</b><br>10:30 - 11:00am |                           |

Please call 519-254-1108 or visit [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca) for more information. **Registration is required.**



Mon - Thurs:

**STEPS TO  
CONNECT**

- 1). At the scheduled time of the program, dial: 1-647-374-4685
- 2). Enter the Meeting ID: 840 0915 9275
- 3). You will be admitted to the call



Fridays\*:

**STEPS TO  
CONNECT**

- 1). At the scheduled time of the program, dial: 1-844-237-9847
- 2). You will be admitted to the call

## LIST OF PROGRAMS

### **Biographies**

Join us as we explore the life and legacy of some very interesting people.

### **Casual Tuesdays**

Looking for a more laid-back social session? Look no further! Join us on Tuesday for an enjoyable time!

### **Exploring Canada**

Each session will feature a region of Canada to learn about. Join us to experience it together!

### **Hot Topic**

Join in on the conversation! We will give you the facts and latest insight on the topic of the day!

### **Influential Canadian Figures**

Discover notable Canadians who have made a mark in history. Join us to learn all about their achievements!

### **Just For Fun**

Enjoy lighthearted conversations and playful games!

### **Mind Fitness**

Experience mind fitness activities where learning meets laughter, boosting memory while having a blast!

### **Motivate Me Monday**

Mondays throughout the month we'll be chatting about topics and people that might motivate us!

### **Music Mondays**

Would you like to sing along with others? Join us every other Monday as we explore the wonderful world of music.

### **Tidbits of History**

Looking to learn about the past without feeling overwhelmed? Join us to uncover history one piece at a time!

### **Wellness Wednesdays**

Dive into discussions and tips focused on holistic well-being, covering physical health, mental clarity, and emotional balance to help you thrive throughout the week.

### **The Good Companions\***

**New!** Dive into discussions with our telephone-based partners every Friday. To join, please dial:

343-600-7647 or 1-844-237-9847

\*Additional programming available weekdays. Contact us for details!

\*For up-to-date information, visit [thegoodcompanions.ca](http://thegoodcompanions.ca)