

# CONNECT, CHAT, AND LAF






FREE TELEPHONE PROGRAMS



## NOVEMBER 2024

### Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
				<b>1</b> <b>Who Am I? November Birthdays</b> 10:30 - 11:00am
<b>4</b> <b>Music Mondays: Who Sang That Tune?</b> 10:30 - 11:00am	<b>5</b> <b>Casual Tuesdays: November Facts</b> 10:30 - 11:00 am	<b>6</b> <b>Mind Fitness: Dog Trivia</b> 10:30 - 11:00am	<b>7</b> <b>Guest Speaker: The Good Companions</b> 10:30 - 11:00am	<b>8</b>  <b>The Good Companions</b> <b>Remembrance Day</b> 10:45 - 11:30 am <b>Canadian Connections 2-3 pm</b>
<b>11</b>  <b>REMEMBRANCE DAY NO PROGRAMS</b>	<b>12</b> <b>Casual Tuesdays: What's the Proverbial Phrase?</b> 10:30 - 11:00 am	<b>13</b> <b>Mind Fitness: Reminiscing Your Favourite Stage of Life</b> 10:30 - 11:00am	<b>14</b> <b>Tidbits of History: Role Models of the Past &amp; Present</b> 10:30 - 11:00am	<b>15</b>  <b>The Good Companions</b> <b>Biographies</b> 10:45 - 11:15 am <b>Name That Tune</b> 12:45 - 1:15 pm
<b>18</b> <b>Mind Fitness: Words That Start with N</b> 10:30 - 11:00 am	<b>19</b> <b>Casual Tuesdays: Brand Names &amp; Slogans Quiz</b> 10:30 - 11:00 am	<b>20</b> <b>Biographies: Elon Musk</b> 10:30 - 11:00am	<b>21</b> <b>Just For Fun: Jokes &amp; One Liners</b> 10:30 - 11:00 am	<b>22</b>  <b>The Good Companions</b> <b>Crossword Puzzle</b> 10:45 - 11:15 am <b>Music Requests</b> 12:45 - 1:45 pm
<b>25</b> <b>Music Mondays: Name the Musical</b> 10:30 - 11:00 am	<b>26</b> <b>Casual Tuesdays: Riddle Me That</b> 10:30 - 11:00 am	<b>27</b> <b>Wellness Wednesdays: At Home Remedies</b> 10:30 - 11:00am	<b>28</b> <b>Tidbits of History: Fun Holiday Traditions</b> 10:30 - 11:00am	<b>29</b>  <b>The Good Companions</b> <b>Remember When</b> 10:45 - 11:15 am



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

1.) At the scheduled time of program, dial:

**1 647 374 4685**

2.) Enter the Meeting ID:

**840 0915 9275**

3.) You will be admitted to the call

**STEPS TO  
CONNECT VIA  
ZOOM  
Mon - Thurs**



## 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 for Fridays!** Dive into discussions with our telephone-based partners every Friday. To join, please dial:  
343-600-7647 or 1-844-237-9847