

# CONNECT, CHAT, AND LAF


FREE TELEPHONE PROGRAMS



## NOVEMBER 2024

Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
				<b>1</b> <b>Fun Friday:</b> <b>Nostalgic Trivia Games</b> 10:30 - 11:00 am
<b>4</b> <b>Music Mondays:</b> <b>Who Sang That Tune?</b> 10:30 - 11:00am	<b>5</b> <b>Casual Tuesdays:</b> <b>November Facts</b> 10:30 - 11:00 am	<b>6</b> <b>Mind Fitness:</b> <b>Dog Trivia</b> 10:30 - 11:00am	<b>7</b> <b>Conversation Circle:</b> <b>Historical Events I've Lived Through</b> 10:30 - 11:00am	<b>8</b> <b>Fun Friday:</b> <b>Fun Holiday Traditions</b> 10:30 - 11:00 am
<b>11</b>  <b>REMEMBRANCE DAY</b> <b>NO PROGRAMS</b>	<b>12</b> <b>Casual Tuesdays:</b> <b>What's the Proverbial Phrase?</b> 10:30 - 11:00 am	<b>13</b> <b>Mind Fitness:</b> <b>Reminiscing Your Favourite Stage of Life</b> 10:30 - 11:00am	<b>14</b> <b>Conversation Circle:</b> <b>Role Models of the Past &amp; Present</b> 10:30 - 11:00am	<b>15</b> <b>Fun Friday:</b> <b>Finish the Lyrics</b> 10:30 - 11:00 am
<b>18</b> <b>Mind Fitness:</b> <b>Words That Start with N</b> 10:30 - 11:00 am	<b>19</b> <b>Casual Tuesdays:</b> <b>Brand Names &amp; Slogans Quiz</b> 10:30 - 11:00 am	<b>20</b> <b>Biographies:</b> <b>Elon Musk</b> 10:30 - 11:00am	<b>21</b> <b>Conversation Circle:</b> <b>Favourite Books, Shows, Movies</b> 10:30 - 11:00am	<b>25</b> <b>Fun Friday:</b> <b>Jokes &amp; One Liners</b> 10:30 - 11:00 am
<b>28</b> <b>Music Mondays:</b> <b>Name the Musical</b> 10:30 - 11:00 am	<b>29</b> <b>Casual Tuesdays:</b> <b>Riddle Me That</b> 10:30 - 11:00 am	<b>30</b> <b>Wellness Wednesdays:</b> <b>At Home Remedies</b> 10:30 - 11:00am	<b>31</b>  <b>Conversation Circle:</b> <b>Halloween Memories</b> 10:30 - 11:00am	



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**



# 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!

## **Fun Friday**

Join us for some brain fitness and fun before the weekend. With a variety of activities you don't want to miss!

A blue ribbon-style badge with the word "NEW" in white, slanted upwards to the right.

## **Conversation Circle**

Join our "Community Conversation Circle," where a host opens a Zoom call and steps away, allowing participants to freely discuss the day's topic or any subjects of interest. Enjoy engaging conversations and connect with others in a relaxed environment!

## **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!

## **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.