

CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



OCTOBER 2024

Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
	1 Casual Tuesdays: LAF & Chat 10:30 - 11:00 am	2 Exploring Canada: Scenic Fall Drives Through Canada 10:30 - 11:00am		4 Fun Friday: Who Am I? October Birthdays 10:30 - 11:00 am
7 Mind Fitness: Words that start with O 10:30 - 11:00am	8 Casual Tuesdays: Would You Rather? 10:30 - 11:00 am	9 Biographies: Leading Ladies of Old Hollywood 10:30 - 11:00am		11 Fun Friday: Where in the World? 10:30 - 11:00 am
14 NO PROGRAMS	15 Casual Tuesdays: Exploring the Smithsonian Museum 10:30 - 11:00 am	16 Mind Fitness: Storytime & Memory Challenge 10:30 - 11:00am		18 Fun Friday: Solve the Riddles 10:30 - 11:00 am
21 Music Mondays: Pop Culture Music Trivia 10:30 - 11:00 am	22 Casual Tuesdays: Farmer's Almanac 10:30 - 11:00 am	23 Biographies: Jason Mamoa 10:30 - 11:00am		25 Fun Friday: Trivia Pursuit 10:30 - 11:00 am
28 Music Mondays: Legends of Canadian Rock and Pop 10:30 - 11:00 am	29 Casual Tuesdays: The Classics: TV & Cinema 10:30 - 11:00 am	30 Mind Fitness: Halloween Quiz 10:30 - 11:00am		Please call 519-254-1108 or visit www.lifeafterfifty.ca for more information. Follow-up registration is required.

Due to technical difficulties with our conference call service, please join us via Zoom for the time being. Thank you for your understanding!

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!

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.