

CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



APRIL 2025



Seniors' Centre Without Walls

Mon	Tue	Wed	Thu	Fri
	1 Just for Fun: April Fools Day Trivia and Laughs 10:30 - 11:00am	2 Just for Fun: Ontario Ghost Stories 10:30 - 11:00am	3 Mind Fitness: It Happened in April 10:30 - 11:00am	4 Good News 10:45 - 11:15 am Radio Plays 12:45 - 1:15pm
7 Motivate me Monday: Random Acts of Kindness 10:30 - 11:00am	8 Casual Tuesdays: Where in the World 10:30 - 11:00am	9 Just for Fun: Pot Luck Quiz 10:30 - 11:00am	10 Biographies: Amelia Earhart 10:30 - 11:00am	11 Volunteer Recognition Event NO PROGRAMS
14 Music Mondays: Leonard Cohen 10:30 - 11:00am	15 Casual Tuesdays: Spring Traditions New & Old 10:30 - 11:00am	16 Mind Fitness: April Quiz 10:30 - 11:00am	17 Tidbits of History: The Titanic's Maiden Voyage 10:30 - 11:00am	18 good friday NO PROGRAMS
21 Happy Easter NO PROGRAMS	22 Just for Fun: Tongue Twisters 10:30 - 11:00am	23 Mind Fitness: April Birthdays 10:30 - 11:00am	24 Hot Topic: The Birth of the Internet 10:30 - 11:00am	25 Birthday Party 10:45 - 11:15 am Music Requests 12:45 - 1:45pm
28 Music Mondays: Iconic Female Musicians Who Shaped Music History 10:30 - 11:00am	29 Mind Fitness: Food Quiz! 10:30 - 11:00am	30 Just for Fun: Odd Word Out 10:30 - 11:00am		

Please call 519-254-1108 or visit www.lifeafterfifty.ca for more information. **Registration is required.**



**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



**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 the most up-to-date information, visit thegoodcompanions.ca