

# CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



## FEBRUARY 2025

### Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
<p>3 <b>Music Mondays: Who Sang that Tune?</b> 10:30 - 11:00am</p>	<p>4 <b>Casual Tuesdays: Winter Reminiscing</b> 10:30 - 11:00 am</p>	<p>5 <b>Influential Canadian Figures: Celine Dion</b> 10:30 - 11:00 am</p>	<p>6 <b>Just for Fun: It Happened in February</b> 10:30 - 11:00 am</p>	<p>7  <b>The Good Companions</b> <b>Good News</b> 10:45 - 11:15 am <b>Radio Plays</b> 12:45 - 1:15pm</p>
<p>10 <b>Motivate me Monday: The Impact of Laughter on Well- Being</b> 10:30 - 11:00am</p>	<p>11 <b>Casual Tuesdays: Fashion Quiz</b> 10:30 - 11:00 am</p>	<p>12 <b>Mind Fitness: Sound of Music Triva!</b> 10:30 - 11:00am</p>	<p>13 <b>Biographies: Romantic Couples through the Ages</b> 10:30 - 11:00am</p>	<p>14  <b>The Good Companions</b> <b>Spiritual Space</b> 10:45 - 11:45 am <b>Valentine's Day</b> 12:45 - 1:15pm</p>
<p>17 <b>Music Mondays: Name the Love Songs</b> 10:30 - 11:00 am</p>	<p>18 <b>Casual Tuesdays: Weather Wonders: The Most Memorable Weather Experiences</b> 10:30 - 11:00 am</p>	<p>19 <b>Mind Fitness: 3 Clues!</b> 10:30 - 11:00am</p>	<p>20 <b>Tidbits of History: Harlem Globetrotters</b> 10:30 - 11:00am</p>	<p>21  <b>The Good Companions</b> <b>Biographies</b> 10:45 - 11:15 am <b>Name That Tune</b> 12:45 - 1:15pm</p>
<p>24 <b>Music Mondays: Oscar Peterson: Jazz Legend</b> 10:30 - 11:00 am</p>	<p>25 <b>Just for Fun: Short Stories &amp; Jokes</b> 10:30 - 11:00 am</p>	<p>26 <b>Mind Fitness: February Birthdays</b> 10:30 - 11:00 am</p>	<p>27 <b>Just for Fun: Quirky Canada</b> 10:30 - 11:00am</p>	<p>28  <b>The Good Companions</b> <b>Birthday Party</b> 10:45 - 11:15 am <b>Music Requests</b> 12:45 - 1:45pm</p>

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!

\*Exact schedule not available at time of printing. For up-to-date information, visit [thegoodcompanions.ca](http://thegoodcompanions.ca)