

# CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



JANUARY 2025

Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
		1 <b>Mind Fitness: Guess the Country</b> 10:30 - 11:00am	2 <b>Just for Fun: True or False: Encyclopedia Edition</b> 10:30 - 11:00am	3 <b>The Good Companions</b> <b>TBD</b> 10:45 - 11:15 am <b>TBD</b> 12:45 - 1:15 pm
6 <b>Music Mondays: Chuck Berry</b> 10:30 - 11:00am	7 <b>Casual Tuesdays: Armchair Travel: Paris</b> 10:30 - 11:00 am	8 <b>Wellness Wednesdays: Fall Prevention</b> 10:30 - 11:00am	9 <b>Biographies: Elvis Presley ( &amp; Quiz)</b> 10:30 - 11:00am	10 <b>The Good Companions</b> <b>TBD</b> 10:45 - 11:45 am <b>TBD</b> 12:45 - 1:15pm
13 <b>Music Mondays: Oldies Music Quiz</b> 10:30 - 11:00 am	14 <b>Just for Fun: It Happened in January</b> 10:30 - 11:00 am	15 <b>Mind Fitness: Past US Presidents</b> 10:30 - 11:00am	16 <b>Tidbits of History: Martin Luther King Junior (Day)</b> 10:30 - 11:00am	17 <b>The Good Companions</b> <b>TBD</b> 10:45 - 11:15 am <b>TBD</b> 12:45 - 1:15pm
20 <b>Mind Fitness: January Birthdays</b> 10:30 - 11:00 am	21 <b>Casual Tuesdays: LAF &amp; Chat</b> 10:30 - 11:00 am	22 <b>Exploring Canada: Vancouver Island</b> 10:30 - 11:00 am	23 <b>Biographies: Sir John A MacDonald</b> 10:30 - 11:00am	24 <b>The Good Companions</b> <b>TBD</b> 10:45 - 11:15 am <b>TBD</b> 12:45 - 1:15pm
27 <b>Music Mondays: Mozart &amp; Classical Favourites</b> 10:30 - 11:00 am	28 <b>Casual Tuesdays: Would You Rather?</b> 10:30 - 11:00 am	29 <b>Mind Fitness: Riddles &amp; Brain Teasers</b> 10:30 - 11:00am	30 <b>Just for Fun: This Day in History</b> 10:30 - 11:00am	31 <b>The Good Companions</b> <b>TBD</b> 10:45 - 11:15 am <b>TBD</b> 12:45 - 1:15pm

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)