

# CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



## SEPTEMBER 2024

### Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
2 <b>HAPPY Labour DAY</b> NO PROGRAMS	3 <b>Casual Tuesdays: LAF &amp; Chat</b> 10:30 - 11:00 am	4 <b>Exploring Canada: Dinosaur Provincial Park, Alberta</b> 10:30 - 11:00am		6 <b>Fun Friday: Who Am I? September Birthdays</b> 10:30 - 11:00 am
9 <b>Mind Fitness: Words that start with S</b> 10:30 - 11:00am	10 <b>Casual Tuesdays: Shakespeare Fun</b> 10:30 - 11:00 am	11 <b>Influential Canadian Figures: Chris Hadfield</b> 10:30 - 11:30am		13 <b>Fun Friday: Who What Where?</b> 10:30 - 11:00 am
16 <b>Music Mondays: What's the Next Lyric?</b> 10:30 - 11:00 am	17 <b>Casual Tuesdays: Solve the Riddle</b> 10:30 - 11:00 am	18 <b>Mind Fitness: Stories Behind the Mona Lisa</b> 10:30 - 11:00am		20 <b>Fun Friday: Romantic Couples Through the Ages</b> 10:30 - 11:00 am
23 <b>Music Mondays: Rock 'n Roll Through the Decades</b> 10:30 - 11:00 am	24 <b>Casual Tuesdays: Odd Word Out Quiz</b> 10:30 - 11:00 am	25 <b>Biographies: Neil Young</b> 10:30 - 11:00am		27 <b>Fun Friday: Family Feud</b> 10:30 - 11:00 am
30 <b>Motivate Me Mondays: Benefits of Animal Companionship</b> 10:30 - 11:00 am	Join us every weekday <b>except Thursdays</b> . We look forward to chatting and LAFing with you!			Please call 519-254-1108 or visit <a href="http://www.lifeafterfifty.ca">www.lifeafterfifty.ca</a> for more information. <b>Follow-up registration is required.</b>

 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.