

# CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



## AUGUST 2024

### Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
			<sup>1</sup> <b>Tidbits of History: Ford City and the Ford Motor Company</b> 10:30 - 11:00 am	<sup>2</sup> <b>Fun Friday: Detroit River Cruises</b> 10:30 - 11:00 am
<sup>5</sup> <b>August CIVIC HOLIDAY</b> no programs	<sup>6</sup> <b>Casual Tuesdays: Dream Vacation</b> 10:30 - 11:00 am	<sup>7</sup> <b>Influential Canadian Figures: Terry Fox</b> 10:30 - 11:30am	<sup>8</sup> <b>Hot Topic: LAF Community Wellness Programs</b> 10:30 - 11:00am	<sup>9</sup> <b>Fun Friday: Who Am I?</b> 10:30 - 11:00 am
<sup>12</sup> <b>Music Mondays: What's the Next Lyric?</b> 10:30 - 11:00 am	<sup>13</sup> <b>Guest Speaker: WECHC: Managing Diabetes</b> 10:30 - 11:30am	<sup>14</sup> <b>Exploring Canada: Rocky Mountains: Banff - Jasper</b> 10:30 - 11:00am	<sup>15</sup> <b>Tidbits of History: National Acadian Day</b> 10:30 - 11:00am	<sup>16</sup> <b>Fun Friday: We go together like...?</b> 10:30 - 11:00 am
<sup>19</sup> <b>Music Mondays: Rock 'n Roll Through the Decades</b> 10:30 - 11:00 am	<sup>20</sup> <b>Guest Speaker: WECHC: Dietician Talks</b> 10:30 - 11:30am	<sup>21</sup> <b>Mind Fitness: Finish the Story</b> 10:30 - 11:00am	<sup>22</sup> <b>Hot Topic: Tech Trends</b> 10:30 - 11:00 am	<sup>23</sup> <b>Fun Friday: Guess The Family</b> 10:30 - 11:00 am
<sup>26</sup> <b>Motivate Me Mondays: The Power of Music on the Brain</b> 10:30 - 11:00 am	<sup>27</sup> <b>Casual Tuesdays: Old Wives Tales Trivia</b> 10:30 - 11:00am	<sup>28</sup> <b>Tidbits of History: Famous Canadian Landmarks</b> 10:30 - 11:00am	<sup>29</sup> <b>Biographies: Robin Williams</b> 10:30 - 11:00am	<sup>30</sup> <b>Fun Friday: Windsor Airport &amp; Museum</b> 10:30 - 11:00am

 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**



## **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.

## **Guest Speakers**

**Aug 13: Join us for an informative session with Shianne from WECHC. She will provide an overview of what you can expect to learn in this popular WECHC 6-week workshop series! This week: Managing Diabetes**

**Aug 20: Join us for an informative session with a dietician from WECHC where we'll discuss health topics. Bring your questions for a personalized Q & A!**