

CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



JULY 2024

Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
1 HAPPY Canada Day NO PROGRAMS	2 Casual Tuesdays: Canada Quiz 10:30 - 11:00 am	3 Influential Canadian Figures: Viola Desmond 10:30 - 11:00am	4 Tidbits of History: The Prohibition Era in Windsor 10:30 - 11:00 am	5 Fun Friday: Who Am I? Disney Characters 10:30 - 11:00 am
8 Music Mondays: Who is the Artist? 10:30 - 11:00 am	9 Casual Tuesdays: Things associated with Canada 10:30 - 11:00am	10 Exploring Canada: Quebec - La Belle Provence 10:30 - 11:00am	11 Guest Speaker: WECHC: Chronic Pain 10:30 - 11:30am	12 Fun Friday: Guess My Age 10:30 - 11:00 am
15 Motivate Me Mondays: Recipe Exchange 10:30 - 11:00 am	16 Casual Tuesdays: Fun Facts 10:30 - 11:00 am	17 Hot Topic: Positive News From Around The World 10:30 - 11:00am	18 Biographies: Agatha Christie 10:30 - 11:00 am	19 Fun Friday: TV & Music Quiz 10:30 - 11:00 am
22 Music Mondays: Exploring Folk Music of Canada 10:30 - 11:00 am	23 Guest Speaker: Frauds & Scams 10:30 - 11:30 am	24 Wellness Wednesday: Nature Sounds 10:30 - 11:00am	25 Hot Topic: What's Happening? Battery Plant 10:30 - 11:00 am	26 Fun Friday: Trivia Pursuit 10:30 - 11:00 am
29 Music Mondays: Jazz Legends 10:30 - 11:00 am	30 Casual Tuesdays: LAF & Chat 10:30 - 11:00 am	31 Tidbits of History: Mystery of Oak Island 10:30 - 11:00am		Please call 519-254-1108 or visit www.lifeafterfifty.ca for more information. Follow-up registration is required.

 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

July 11: 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: How to manage chronic pain.

July 23: Join us for an informative session with Christine from the Ontario Securities Commission on Frauds & Scams, where we'll discuss common scams, recognize warning signs, and share essential tips to safeguard your finances. Don't miss out—empower yourself with knowledge to stay safe in today's digital landscape.