



Seniors' Centre Without Walls APRIL



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| | | | | 1 Fun Friday: Fact or Foolery 10:30 - 11:00 am |
| 4 Music Monday: Country Music Sing-a-long 10:30 - 11:00 am | 5 Morning Meditation 10:30 - 11:00 am | 6 Morning Stretch 9:30 - 10:00 am Biographies: The Dion Quintuplets 10:30 - 11:00 am | 7 Poetry Reading 10:30 - 11:00 am | 8 Fun Friday: Playing Card Bingo 10:30 - 11:00 am |
| 11 Music Monday: Requests 10:30 - 11:00 am | 12 Morning Meditation 10:30 - 11:00 am | 13 Morning Stretch 9:30 - 10:00 am Hot Topic: My Time in the 519 10:30 - 11:00 am | 14 Back in Time: Easter Memories and Traditions 10:30 - 11:00 am | 15 <i>Good Friday</i> NO PROGRAMS GOOD FRIDAY |
| 18  NO PROGRAMS EASTER MONDAY | 19 Morning Meditation 10:30 - 11:00 am | 20 Morning Stretch 9:30 - 10:00 am Back in Time: The 1970's 10:30 - 11:00 am | 21 Special Presentation: Fraud and Identity Theft Prevention 10:30 - 11:00 am | 22 Fun Friday: Earth Day Trivia 10:30 - 11:00 am |
| 25 Musical Biography: David Bowie 10:30 - 11:00 am | 26 Morning Meditation 10:30 - 11:00 am | 27 Morning Stretch 9:30 - 10:00 am Hot Topic: Binge-Worthy TV Shows 10:30 - 11:00 am | 28 Back in Time: Old Time Radio- You Bet Your Life 10:30 - 11:00 am | 29 Fun Friday: Who am I? April Birthday Edition 10:30 - 11:00 am |

1.) At the scheduled time of program, dial:

1-866-279-1594

2.) Enter the 6 digit PASSCODE:

220607#

3.) Record your name and then press #

**STEPS TO
CONNECT**



Please call

519-254-1108 or visit
www.lifefifty.ca
for more information.

**Follow-up registration is
required.**



These free programs are available to all Windsor-Essex residents 50+ to enjoy!

List of Programs

Back in Time

Do you like thinking back to the good ole' days? Join us as we reminisce our past through questions, events, and stories.

Curious about how a comedy quiz show in the 1940s was like? On **April 13** take a look into **Old Time Radio**. This specific episode of **You Bet Your Life** is 16 minutes long, join us to experience it for yourself!

Biographies

Join us as we explore the life and legacy of some very interesting people; this month The Dion Quintuplets .

Fun Friday

Join us for some brain fitness and fun before the weekend. With a variety of activities including trivia, word games, parties and more! Playing Card Bingo will require you to have a full deck of cards ready when you call!

Hot Topic

Join in on the conversation! We will give you the facts and latest insight on the topic of the day to create a memorable learning experience, along with fun conversations!

My Time in the 519 is all about how life was like in Windsor growing up! Join the conversation on **April 20** and let us know how Windsor was back then and the changes it has undergone.

Morning Stretch

Start your morning off with light stretches and exercises that are safe and easy to follow. Please make sure you use a secure chair without wheels.

Morning Meditation

Join us as you are guided through 30 minutes of meditation. Gain a sense of tranquility, peace, and balance that can benefit both your emotional well-being and your overall health.

Music Mondays

Would you like to sing along with others? Is there a song you haven't heard in a long time and would like it played? Are there lyrics to a song you need clarified? Join us every Monday as we explore the wonderful world of music.

Special Presentation

Are you interested in learning about the ways you can protect yourself from common scams and identity theft? Join us April 27 where we will have a guest speaker from Community Legal Aid host a special presentation!

Please call 519-254-1108 or visit www.lifeafterfifty.ca for more information.