



Seniors' Centre Without Walls APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Motivate Me Monday: Good News Stories 10:30 - 11:00 am	4 Morning Meditation 9:30 - 10:15 am	5 Hot Topic: Fact or Foolery 10:30 - 11:00am	6 Morning Stretch 9:30 - 10:15 am Back in Time: Easter Reminiscing 10:30 - 11:00am	7 Good Friday NO PROGRAMS
10 HAPPY EASTER NO PROGRAMS	11 Morning Meditation 9:30 - 10:15 am	12 Trivia Frenzy: International Day of Human Space Flight 10:30 - 11:00 am	13 Morning Stretch 9:30 - 10:15 am Biographies: Andre De Grasse 10:30 - 11:00 am	14 Fun Friday: Who Am I? April Birthdays 10:30 - 11:00 am
17 Music Monday: Requests 10:30 - 11:00 am	18 Morning Meditation 9:30 - 10:15 am	19 Hot Topic: National Canadian Film Day 10:30 - 11:00am	20 Morning Stretch 9:30 - 10:15 am Windsor/Essex in the Spring 10:30 - 11:00am	21 Fun Friday: Guess the Book Character 10:30 - 11:00 am
24 Music Monday: Country Music Awards 10:30 - 11:00 am	25 Morning Meditation 9:30 - 10:15 am	26 Special Presentation: Story Sharing with Dalia 10:30 - 11:30 am	27 Morning Stretch 9:30 - 10:15 am Special Presentation: Dental Care Program 10:30 - 11:30 am	28 Fun Friday: Solve the Riddle 10:30 - 11:00 am

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

226-773-0512

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.lifeafterfifty.ca
 for more information.

**Follow-up registration is
required.**

OACAO

The Voice of Older Adult Centres
 La voix des centres pour aînés



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 better meetings

Seniors' Centre Without Walls

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.

Biographies

Join us as we explore the life and legacy of some very interesting people. This month, we'll be covering the Canadian sprinter Andre De Grasse!

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!

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!

Morning Stretch & Meditation

Join our instructor, Tina, as she guides you through light stretches and exercises that are safe and easy to follow. The session will finish off with guided meditation techniques. Please make sure you use a secure chair without wheels.

Motivate Me Monday

Enjoy a new SCWW program with us! Every other Monday we'll be chatting about topics and people that might motivate us! This month will start with good news experienced all over the world and talk about some inspirational people!

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 other Monday as we explore the wonderful world of music.

Special Presentations

Story Sharing with Dalia- April 26

Join in the conversation as Dalia, a published author, reads some of her stories about family, animals, and people in the community, that will trigger memories to share. Her stories can be found in the well-known book series 'Chicken Soup for the Soul', as well as 'Conscious Women' books series, 'Kingston Life', 'Montreal Writes', and 'Vista for Seniors' magazines.

Ontario Seniors Dental Care Program- April 27

Join this session to learn more about the program, how to access these services and if you are eligible for this publicly funded program. A speaker from the Oral Health team at the Windsor Essex County Health Unit, will be providing a brief overview about the program and will be happy to answer questions you may have about it.

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

