



Seniors' Centre Without Walls AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 DAY OFF: NO PROGRAM	2 Morning Meditation 10:30 - 11:15 am	3 Morning Stretch 9:30 - 10:00 am Biographies 10:30 - 11:00 am	4 Back in Time 10:30 - 11:00am	5 Fun Friday 10:30 - 11:00 am
8 Music Monday 10:30 - 11:00 am	9 Morning Meditation 10:30 - 11:15 am	10 Morning Stretch 9:30 - 10:00 am Hot Topic 10:30 - 11:00am	11 Discussion Group 10:30 - 11:00 am	12 Fun Friday: Playing Card Bingo 10:30 - 11:00 am
15 Music Monday 10:30 - 11:00 am	16 Morning Meditation 10:30 - 11:15 am	17 Morning Stretch 9:30 - 10:00 am Special Presentation: Navigating Our Way- Chimczuk Museum* 10:30 - 11:30 am	18 Arm Chair Travel 10:30 - 11:00 am	19 Fun Friday 10:30 - 11:00 am
22 Music Monday: 10:30 - 11:00 am	23 Morning Meditation 10:30 - 11:15 am	24 Morning Stretch 9:30 - 10:00 am Hot Topic 10:30 - 11:00 am	25 Back in Time 10:30 - 11:00 am	26 Fun Friday 10:30 - 11:00 am
29 Music Monday: Biographies 10:30 - 11:00 am	30 Morning Meditation 10:30 - 11:15 am	31 Morning Stretch 9:30 - 10:00 am Special Presentation: All About Your Digestive Health 10:30 - 11:30 am	Sept 1 Biographies 10:30 - 11:00am	Sept 2 Fun Friday 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.lifefterfifty.ca
for more information.

**Follow-up registration is
required.**



Seniors' Centre Without Walls

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

List of Programs

Armchair Travel

This comprehensive armchair travel activity includes everything you need for a full day of travel to different countries around the world. Fact files, trivia, quizzes, music, recipes, craft, and more! Enjoy your travels.

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.

Discussion Group

A free form discussion group using topics of interest. This month join us as we discuss some life altering events you've experienced.

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!

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 Presentations

Navigating Our Way-Chimczuk Museum

Our guest presenters from Chimczuck Museum will walk us through Windsor and Essex history using various historical maps. Join us August 17 to learn! ***Contact us to receive maps to follow along.**

All About Your Digestive Health

August is Gastroparesis Awareness Month! Join Registered Dietitian Lauren to learn tips on how to eat well for your digestive health, including: what are pre and probiotics, how much fibre do you need daily, and how to reduce bloating. Happening August 31!

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

