

CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



AUGUST 2023

Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
	1 Morning Meditation 10:30 - 11:015 am	2 Guest Speaker: All About Your Nutritional Health 10:30 - 11:30am	3 Let's Celebrate It: Emancipation Day 10:30 - 11:00 am	4 Fun Friday: Who Am I? August Birthdays 10:30 - 11:00 am
7 NO PROGRAMS: CIVIC HOLIDAY	8 Morning Meditation 10:30 - 11:15 am	9 Hot Topic: National Cat Day 10:30 - 11:00am	10 Armchair Travel: Thailand 10:30 - 11:00am	11 Fun Friday: Canadian Trivia 10:30 - 11:00 am
14 Music Monday: Requests 10:30 - 11:00 am	15 Morning Meditation 10:30 - 11:15 am	16 Guest Speaker: Emergency Preparedness 10:30 - 11:30am	17 Biographies: Walter Perry- Windsor's Historic Figure 10:30 - 11:00 am	18 Fun Friday: What's That Sound? 10:30 - 11:00 am
21 Motivate Me Monday: Good News Stories 10:30 - 11:00 am	22 Morning Meditation 10:30 - 11:15 am	23 Where Were You When? Historic Events of the 80s 10:30 - 11:00 am	24 LAF and Chat: Favourite Foods 10:30 - 11:00am	25 Fun Friday: National Dog Day Trivia 10:30 - 11:00 am
28 Music Monday: Music of the 80s 10:30 - 11:00 am	29 Morning Meditation 10:30 - 11:15 am	30 Back in Time: Summer Travels 10:30 - 11:00am	31 Coffee and Current Events 10:30 - 11:00am	

Please call
519-254-1108 or visit
www.lifeafterfifty.ca
for more information.
**Follow-up registration is
required.**

- 1.) At the scheduled time of program, dial: **STEPS TO
CONNECT**
226-773-0512
- 2.) Enter the 6 digit PASSCODE:
2 2 0 6 0 7 #
- 3.) Record your name and then press #



LIST OF PROGRAMS

Armchair Travel

Join this armchair travel activity that includes everything you need to be transported into a whole new world!

Back in Time

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

Biographies

Join us as we explore the life and legacy of some very interesting people. This month, Walter Perry!

Coffee and Current Events

Interested in discussing the latest news, current affairs, and discoveries over coffee? Join us to learn more!

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 to create a memorable learning experience, along with fun conversations!

LAF and Chat

Looking to socialize and connect? Join this laidback session for a good laugh and chat with your peers!

Let's Celebrate It

Whether it's in Canada or around the world, there's always something to celebrate! Join to broaden your world view!

Morning Meditation

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

Motivate Me Monday

Every other Monday 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.

Where Were You When?

Each session you will recall and share your experience during a historic event that happened in the past.

Guest Speakers**All About Your Nutritional Health- August 2nd**

August is Gastroparesis Awareness Month! Join registered dietitian Lauren from Windsor Essex Community Health Centre to learn how to eat well for your digestive health!

Emergency Preparedness- August 16

Join our guest speaker from *Windsor Fire & Rescue Services* as they inform us of the best practices used to prepare for emergencies.