

# CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



## FEBRUARY 2024

### Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
			1 <b>Back in Time: The Day the Music Died</b> 10:30 - 11:00am	2 <b>Fun Friday: Who Am I? February Birthdays</b> 10:30 - 11:00 am
5 <b>Motivate Me Monday: Good News Stories</b> 10:30 - 11:00 am	6 <b>Guest Speaker: Heart Health</b> 10:30 - 11:30am	7 <b>Guest Speaker: Freedom Museum- Black History Month</b> 10:30 - 11:00am	8 <b>Lets Celebrate It: Mardi Gras</b> 10:30 - 11:00 am	9 <b>Fun Friday: World Play</b> 10:30 - 11:00 am
12 <b>Music Monday: Requests</b> 10:30 - 11:00 am	13 <b>Casual Tuesdays: Recipe Sharing</b> 10:30 - 11:00 am	14 <b>Hot Topic: Valentine's Day Origins</b> 10:30 - 11:00am	15 <b>Biographies: Nelson Mandela</b> 10:30 - 11:00 am	16 <b>Fun Friday: Name That Famous Couple</b> 10:30 - 11:00 am
19  <b>NO PROGRAMS -FAMILY DAY-</b>	20 <b>Casual Tuesdays: Your Favourite Media</b> 10:30 - 11:00 am	21 <b>Guest Speaker: Service Canada</b> 10:30 - 11:30am	22 <b>Tidbits of History: Windsor and Black Migration</b> 10:30 - 11:00am	23 <b>Fun Friday: Who, What, Where</b> 10:30 - 11:00 am
26 <b>Musical Biography: Louis Armstrong</b> 10:30 - 11:00 am	27 <b>Casual Tuesdays: LAF and Chat</b> 10:30 - 11:00am	28 <b>Back in Time: Story Telling- Childhood Memories</b> 10:30 - 11:00am	29 <b>Hot Topic: You Be the Judge: Everyday Life Matters</b> 10:30 - 11:00am	

Please call  
519-254-1108 or visit  
[www.lifeafterfifty.ca](http://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 #



## **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, Nelson Mandela!

## **Casual Tuesdays**

Looking for a more laid-back social session? Look no further! Join us on Tuesday for an enjoyable time!

## **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!

## **Lets Celebrate It**

Whether it's in Canada or around the world, there is always something to celebrate! Join us to learn about different events and broaden your world view!

## **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.

## **Tidbits of History**

Looking to learn about the past without feeling overwhelmed? Join us to uncover history one piece at a time!

## **Guest Speakers**

### **Heart Health: February 6**

Hosted by our fourth year nursing student, join Zeina as she informs us of how to best take care of our heart health.

### **Freedom Museum- Black History Month: February 7**

Join our guest speakers from the Amherstburg Freedom Museum as they discuss Black History Month in Canada!

### **Service Canada: February 21**

Join our guest speaker from Service Canada as they inform us of the current services available to seniors.