



Seniors' Centre Without Walls JANUARY

Happy
New
Year

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO PROGRAMS	4 Morning Meditation 10:30 - 11:00 am	5 Morning Stretch 9:30 - 10:00 am Hot Topic: The Ice Mummies of the Arctic 10:30 - 11:00 am	6 Biographies: Celine Dion 10:30 - 11:00 am	7 Fun Friday: Riddles 10:30 - 11:00 am
10 Music Monday: Name that Tune 10:30 - 11:00 am	11 Morning Meditation 10:30 - 11:00 am	12 Morning Stretch 9:30 - 10:00 am Hot Topic: Canadian Innovations-Insulin 10:30 - 11:00 am	13 Back in Time: Winter Memories 10:30 - 11:00 am	14 Fun Friday: Guess the Country 10:30 - 11:00 am
17 Morning Stretch 9:30 - 10:00 am Music Monday: Requests 10:30 - 11:00 am	18 Morning Meditation 10:30 - 11:00 am	19 Morning Stretch 9:30 - 10:00 am Where Were You When: First Human in Space 10:30 - 11:00 am	20 Special Presentation: All About LAF! 10:30 - 11:00 am	21 Fun Friday: Who am I? January Birthday Edition 10:30 - 11:00 am
24 Morning Stretch 9:30 - 10:00 am Music Monday: Finish the Lyrics 10:30 - 11:00 am	25 Morning Meditation 10:30 - 11:00 am	26 Morning Stretch 9:30 - 10:00 am Special Presentation: Why Pre-planning 10:30 - 11:00 am	27 Biographies: Mozart 10:30 - 11:00 am	28 Fun Friday: Who Wants to be a Millionaire 10:30 - 11:00 am
31 Morning Stretch 9:30 - 10:00 am Music Monday: Musicals Sing-a-Long 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.lifeafterfifty.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

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. For this month we'll be remembering our favourite winter memories and recalling where you were during specific historic events.

Biographies

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

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! This month we'll be learning all about Canadian Inventors and the cryptic Ice Mummies of the Arctic!

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

Interested in learning about important topics that pertain to you? Join us as we have professionals from all over the community host special presentations on a wide variety of topics! We are very excited to offer TWO Special Presentations this month! Join us on January 20 to learn more about Life After Fifty and what we offer. Then on January 26, we will have a Guest Speaker from Dignity Memorial inform us on the importance of Pre-planning!

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

OACAO

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

