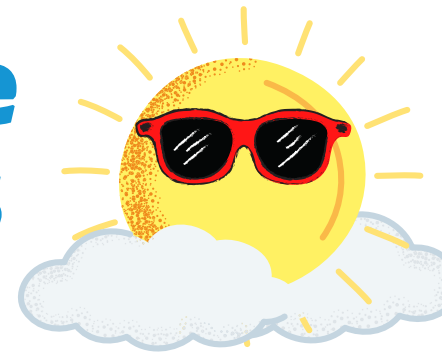




Seniors' Centre Without Walls JUNE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Morning Stretch ¹ 9:30 - 10:00 am Arm Chair Travel: Ukraine 10:30 - 11:00 am	² Windsor in the Summer: June and July 10:30 - 11:00 am	³ Fun Friday: Brain Teasers 10:30 - 11:00 am
⁶ Music Monday: Name that Tune 10:30 - 11:00 am	⁷ Morning Meditation 10:30 - 11:15 am	⁸ Morning Stretch 9:30 - 10:00 am Let's Celebrate Pride! 10:30 - 11:00 am	⁹ Special Presentation: Elder Abuse Awareness 10:30 - 11:30 am	¹⁰ Fun Friday: Who am I? June Birthday Edition 10:30 - 11:00 am
¹³ Music Monday: Feel the Summer 10:30 - 11:00 am	¹⁴ Morning Meditation 10:30 - 11:15 am	¹⁵ Morning Stretch 9:30 - 10:00 am Hot Topic: The Oka Crisis 10:30 - 11:00am	¹⁶ Back in Time: Father's Day 10:30 - 11:00 am	¹⁷ Fun Friday: Solve for the Word 10:30 - 11:00 am
²⁰ Music Monday: Requests 10:30 - 11:00 am	²¹ Morning Meditation 10:30 - 11:15 am	²² Morning Stretch 9:30 - 10:00 am Celebrating Indigenous Peoples in Canada 10:30 - 11:00am	²³ Biographies: Jim Egan 10:30 - 11:00 am	²⁴ Fun Friday: Canadian Geography Trivia 10:30 - 11:00 am
²⁷ Canadian Multiculturalism Day: World Music 10:30 - 11:00 am	²⁸ Morning Meditation 10:30 - 11:15 am	²⁹ Hot Topic: Current Affairs 10:30 - 11:00 am	³⁰ Back in Time: Summer Adventures and Memories 10:30 - 11:00am	

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.lifefifty.ca
for more information.

Follow-up registration is required.



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, join us as we talk about Father's Day and Summer Memories!

Biographies

Join us as we explore the life and legacy of some very interesting people. This month: Jim Egan!

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

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 Presentation

Elder Abuse Awareness: June 8

Join us for special presentation lead by our guest speaker from Elder Abuse Prevention Ontario in honor of World Elder Abuse Awareness Day in June.

This talk will focus on how to recognize the signs of abuse, how to report it, and how to best support an older adult experiencing abuse.

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