

CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



MARCH 2024

Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
				1 Fun Friday: Spring into Trivia 10:30 - 11:00 am
4 Motivate Me Monday: Good News Stories 10:30 - 11:00 am	5 Casual Tuesdays: Chit-chats and Catchup 10:30 - 11:00 am	6 Guest Speaker: Brain Health 10:30 - 11:30am	7 Hot Topic: International Women's Day 10:30 - 11:00am	8 Fun Friday: Who Am I? March Birthdays 10:30 - 11:00 am
11 Music Monday: Requests 10:30 - 11:00 am	12 Casual Tuesdays: Riddles and Brainteasers 10:30 - 11:00 am	13 Biographies: Rosalie Trombley 10:30 - 11:00am	14 Around the World: Persian New Year- Nowruz 10:30 - 11:00 am	15 Fun Friday: St. Patrick's Day Quiz 10:30 - 11:00 am
18 Motivate Me Monday: International Day of Happiness 10:30 - 11:00 am	19 Casual Tuesdays: National Puppy Day 10:30 - 11:00 am	20 Armchair Travel: Ireland 10:30 - 11:00am	21 Tidbits of History: Windsor's Automotive History 10:30 - 11:00am	22 Fun Friday: Did You Know? Nature Edition 10:30 - 11:00 am
25 Musical Monday: Decades in Music - The 1950s 10:30 - 11:00 am	26 Casual Tuesdays: LAF and Chat 10:30 - 11:00am	27 Let's Celebrate It: Holi 10:30 - 11:00 am	28 Culture and Cuisine: Canada 10:30 - 11:00am	29 Good Friday NO PROGRAMS

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:
220607 #
- 3.) Record your name and then press #



Armchair Travel

Join this travel activity that has everything you need to be transported to a whole new country!

Around the World

Do you enjoy learning about different cultures and countries? Join us to delve into different parts of the world!

Biographies

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

Casual Tuesdays

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

Culture and Cuisine

Each session will explore the cuisine of a country or culture! Join us to expand your knowledge!

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!

Let's 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

Brain Health: March 6

Join our 4th year nursing student as they inform us of all the ways we can keep our brains healthy and functioning well!