



Seniors' Centre Without Walls

MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Motivate Me Monday: Good News Stories 10:30 - 11:00 am	2 Morning Meditation 10:30 - 11:15 am NEW TIME	3 Let's Celebrate It: Asian Heritage Month 10:30 - 11:00am	4 Morning Stretch 9:30 - 10:15 am Biographies: Elizabeth Taylor 10:30 - 11:00 am	5 Fun Friday: Cinco de Mayo 10:30 - 11:00 am
8 Music Monday: Requests 10:30 - 11:00 am	9 Morning Meditation 10:30 - 11:15 am	10 Tidbits of History: Bootlegging in Windsor/Essex 10:30 - 11:00am	11 Morning Stretch 9:30 - 10:15 am Podcast Blast 10:30 - 11:00am	12 Fun Friday: Mother's Day Trivia 10:30 - 11:00 am
15 Motivate Me Monday: Local Heroes 10:30 - 11:00 am	16 Morning Meditation 10:30 - 11:15 am	17 Where Were You When? Historic Events of the 70s 10:30 - 11:00am	18 Morning Stretch 9:30 - 10:15 am LAF and Chat 10:30 - 11:00am	19 Fun Friday: The Kentucky Derby 10:30 - 11:00 am
22  NO PROGRAMS VICTORIA DAY	23 Morning Meditation 10:30 - 11:15 am	24 Hot Topic: National Rescue Dog Day 10:30 - 11:00am	25 Morning Stretch 9:30 - 10:15 am SCWW Planning and Suggestions 10:30 - 11:00am	26 Fun Friday: Who Am I? May Birthdays 10:30 - 11:00 am
29 Music Monday: Baby Boomer Quiz 10:30 - 11:00 am	30 Morning Meditation 10:30 - 11:15 am	31 Coffee and Current Affairs 10:30 - 11:00am		

1.) At the scheduled time of program, dial:

226-773-0512

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.**

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

These free programs are available to all Windsor-Essex residents 50+ to enjoy!

List of Programs

Biographies

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

Coffee and Current Affairs

Join us as we discuss the latest news, current affairs, and discoveries over coffee!

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!

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 is always something to celebrate! Join us to learn about different events and 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.

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.

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? Is there a song you haven't heard in a long time and would like it played? Join us every other Monday as we explore the wonderful world of music.

Podcast Blast

The world of podcasts is vast! Each session will include a collection of delightful short podcasts to enjoy!

SCWW Planning and Suggestions

Have ideas for future SCWW sessions? We'd love to hear from you! Join us and make your voice heard!

Tidbits of History

Join us to experience history in small quantities. This month we'll cover bootlegging in Windsor/Essex.

Where Were You When?

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