





# Seniors' Centre Without Walls NOVEMBER



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
|   | 1<br><b>Morning Meditation</b><br>10:30 - 11:15 am  | 2<br><b>Morning Stretch</b><br>9:30 - 10:00 am<br><b>20 Questions Can You Guess It?</b><br>10:30 - 11:00am      | 3<br><b>Biographies: Mo Farah</b><br>10:30 - 11:00am   | 4<br><b>Fun Friday: Tongue Twisters</b><br>10:30 - 11:00 am   |
| 7<br><b>Music Monday: Name That Tune</b><br>10:30 - 11:00 am            | 8<br><b>Morning Meditation</b><br>10:30 - 11:15 am  | 9<br><b>Morning Stretch</b><br>9:30 - 10:00 am<br><b>Canadian Inventions: The Telephone</b><br>10:30 - 11:00 am | 10<br><b>Hot Topic: World Kindness Day</b><br>10:30 - 11:00am  | 11<br><br><b>No Programs</b> |
| 14<br><b>Music Monday: Requests</b><br>10:30 - 11:00 am                 | 15<br><b>Morning Meditation</b><br>10:30 - 11:15 am | 16<br><b>Morning Stretch</b><br>9:30 - 10:00 am<br><b>Arm Chair Travel: Alaska</b><br>10:30 - 11:00am           | 17<br><b>Vinyl Cafe: Short Stories</b><br>10:30 - 11:00am  | 18<br><b>Fun Friday: Who Am I? November Birthday Edition</b><br>10:30 - 11:00 am                                |
| 21<br><b>Music Monday: Trivia Edition</b><br>10:30 - 11:00 am           | 22<br><b>Morning Meditation</b><br>10:30 - 11:15 am | 23<br><b>Morning Stretch</b><br>9:30 - 10:00 am<br><b>Hot Topic: Unique Talents</b><br>10:30 - 11:00 am         | 24<br><b>Special Presentation: Falls Prevention</b><br>10:30 - 11:30 am  | 25<br><b>Fun Friday: Canada History Week</b><br>10:30 - 11:00 am  |
| 28<br><b>Musical Biography: Stomp'n Tom Connors</b><br>10:30 - 11:00 am | 29<br><b>Morning Meditation</b><br>10:30 - 11:15 am | 30<br><b>Morning Stretch</b><br>9:30 - 10:00 am<br><b>End of Month Catch Up</b><br>10:30 - 11:00 am             |  <b>REMEMBER TO TURN YOUR CLOCK BACK 1 HOUR ON NOVEMBER 6!</b> |   |

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.lifefterfifty.ca](http://www.lifefterfifty.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

### **20 Questions: Can You Guess It?**

You have 20 questions to guess the person, place, or thing! We'll start the game with a hint and the rest is up to your skills to solve it all!

### **Armchair Travel**

This comprehensive armchair travel activity includes everything you need for a full day of travel to different countries around the world. Fact files, trivia, quizzes, music, recipes, craft, and more! Enjoy your travels.

### **Biographies**

Join us as we explore the life and legacy of some very interesting people. This month: The long-distance runner Mo Farah!

### **End of Month Catch Up**

At the end of the month join us as we have a friendly chat and check-in with each other. This is a space to share ideas, updates, comments, and ask questions!

### **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!

This month we'll be talking about acts of kindness you've received/performed for World Kindness Day, the invention of the Telephone for Inventors' Day, heartwarming short stories from the Vinyl Cafe, and sharing our unique talents!

### **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**

### **Falls Prevention- Thursday November 24**

As we age, our risk for falls can increase for a variety of reasons including changes in balance and mobility, vision changes and hearing impairments. Join Life After Fifty during falls prevention month, as we address how to prevent falls and how to move forward after a fall. This is a presentation you won't want to miss!

Please call 519-254-1108 or visit [www.lifeafterfifty.ca](http://www.lifeafterfifty.ca) for more information.

