



# Seniors' Centre Without Walls NOVEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Music Monday: Name that Tune</b> 10:30 - 11:00 am	2 <b>Morning Meditation</b> 10:30 - 11:00 am	3 <b>Morning Stretch</b> 9:30 - 10:00 am <b>Hot Topic World Celebrations: Diwali</b> 10:30 - 11:00 am	4 <b>Health Talk: Fall Prevention and Osteoporosis</b> 10:30 - 11:00 am	5 <b>Fun Friday: Tongue Twisters</b> 10:30 - 11:00 am
8 <b>Music Monday: Name the Movie Soundtrack</b> 10:30 - 11:00 am	9 <b>Morning Meditation</b> 10:30 - 11:00 am	10 <b>Morning Stretch</b> 9:30 - 10:00 am <b>Back in Time: A Decade to Remember: The 50s</b> 10:30 - 11:00 am	11 <b>REMEMBRANCE DAY</b> <b>NO PROGRAMS</b>	12 <b>Fun Friday: Fact or Fiction</b> 10:30 - 11:00 am
15 <b>Music Monday: Requests</b> 10:30 - 11:00 am	16 <b>Morning Meditation</b> 10:30 - 11:00 am	17 <b>Morning Stretch</b> 9:30 - 10:00 am <b>Armchair Travel: India</b> 10:30 - 11:00 am	18 <b>Biographies: James Makokis</b> 10:30 - 11:00 am	19 <b>Fun Friday: Who am I? November Birthday Edition</b> 10:30 - 11:00 am
22 <b>Music Monday: Finish the Lyrics</b> 10:30 - 11:00 am	23 <b>Morning Meditation</b> 10:30 - 11:00 am	24 <b>Morning Stretch</b> 9:30 - 10:00 am <b>Hanukkah History and Traditions</b> 10:30 - 11:00 am	25 <b>Health Talk: Exercise Benefits</b> 10:30 - 11:00 am	26 <b>Fun Friday: Unsolved Mysteries</b> 10:30 - 11:00 am
29 <b>Music Monday: Queen Sing-a-Long</b> 10:30 - 11:00 am	30 <b>Morning Meditation</b> 10:30 - 11:00 am	 <b>REMINDER!</b> <b>TURN YOUR CLOCK BACK 1 HOUR ON NOVEMBER 7!</b>		

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](http://www.lifefifty.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

### 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.

### 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.

### Biographies

Join us as we explore the life and legacy of some very interesting people; this month James Makokis.

### 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!

### Health Talk

Enjoy this interactive presentation, as we talk about what matters most to you - your health! We will be giving healthy tips and ideas. This is for informational purposes only, please consult your primary care provider for personalized medical advice. This month's topics: Fall Prevention + Osteoporosis and Exercise Benefits + Sports .

### 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!

**For this month, we're learning all about different World Celebrations! On November 3rd, learn about Diwali and on November 24th welcome our friends from the Windsor Jewish Community Center to talk about Hanukkah. Don't miss out on these special events!**

### 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.

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