



Seniors' Centre Without Walls OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Music Monday 10:30 - 11:00 am	4 Morning Meditation 10:30 - 11:15 am	5 Morning Stretch 9:30 - 10:00 am Back in Time 10:30 - 11:00am	6 Special Presentation: Active Aging and In Motion Week 10:30 - 11:30am	7 Fun Friday 10:30 - 11:00 am
 10 NO PROGRAM	11 Morning Meditation 10:30 - 11:15 am	12 Morning Stretch 9:30 - 10:00 am Hot Topic: 10:30 - 11:00am	13 Special Presentation: Hypertension- Causes and Concerns 10:30 - 11:30am	14 Fun Friday 10:30 - 11:00 am
17 Music Monday 10:30 - 11:00 am	18 Morning Meditation 10:30 - 11:15 am	19 Morning Stretch 9:30 - 10:00 am Biographies 10:30 - 11:00 am	20 Hot Topic 10:30 - 11:00am	21 Fun Friday 10:30 - 11:00 am
24 Musical Biography 10:30 - 11:00 am	25 Morning Meditation 10:30 - 11:15 am	26 Morning Stretch 9:30 - 10:00 am Halloween Bash! 10:30 - 11:00 am	27 Arm Chair Travel 10:30 - 11:00 am	28 Fun Friday 10:30 - 11:00 am
31 Music Monday: Halloween Sing-A-Long 10:30 - 11:00 am				

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.**

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.

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!

Halloween Bash

Are you ready to get Halloween spirits on? Join us October 26 for the Halloween Bash where we'll play a variety of trivia games around all things Halloween!

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 Presentations

Active Aging- In Motion Week- October 6

In-Motion week runs from October 3rd to October 9th. In honour of this, fourth year nursing student Susie, will be doing a special presentation about Active Aging, including the importance of keeping your body and your mind in motion- with a fun activity to go along with the topic.

Hypertension- Causes and Concerns- October 13

Hypertension is a very common health concern among Canadians and people worldwide, especially seniors. Fourth year nursing student, Susie, will be presenting on hypertension, what it is, and what you can do.

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

