



Seniors' Centre Without Walls SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Biographies 10:30 - 11:00 am	2 Fun Friday 10:30 - 11:00 am
5 NO PROGRAMS LABOUR DAY	6 Morning Meditation 10:30 - 11:15 am	7 Morning Stretch 9:30 - 10:00 am Hot Topic: Autumn in Windsor- Essex 10:30 - 11:00am	8 Special Presentation Self-Management Ontario 10:30 - 11:30am	9 Fun Friday 10:30 - 11:00 am
12 Music Monday 10:30 - 11:00 am	13 Morning Meditation 10:30 - 11:15 am	14 Morning Stretch 9:30 - 10:00 am Biographies 10:30 - 11:00 am	15 Back in Time 10:30 - 11:00am	16 Fun Friday 10:30 - 11:00 am
19 Music Monday 10:30 - 11:00 am	20 Morning Meditation 10:30 - 11:15 am	21 Morning Stretch 9:30 - 10:00 am Special Presentation Arthritis Society Canada 10:30 - 11:30am	ATTENTION SEE BELOW ↓ 22 Special Presentation Taking Care: Where Art Meets Wellness 10:30 - 11:30am	23 Fun Friday 10:30 - 11:00 am
26 Musical Biography 10:30 - 11:00 am	27 Morning Meditation 10:30 - 11:15 am Therapeutic Touch 11:30 am - 12:30 pm	28 Morning Stretch 9:30 - 10:00 am Hot Topic 10:30 - 11:00am	29 End of Month Check In 10:30 - 11:00 am	30 Fun Friday 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.lifeforty.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

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.

End of Month Check In

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!

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

Self-Management Ontario- September 8

Join our guest speaker to learn about how you can improve your self-management of chronic conditions, improve your health literacy, and how this program provides you with the opportunity to take control of your health and live a healthier and more fulfilling life!

Arthritis Society Canada- September 21

Learn more about managing your arthritis with our guest speaker from Arthritis Society Canada.

Taking Care: Where Art Meets Wellness- September 22

Enter into this journey of relaxation and peaceful exploration! Listen, as Ainslee Winter guides you through a visualization that encourages us to set aside our thoughts, and enter into a state of flow!

Please call 519-254-1108 ext. 115 to receive art supplies! 

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

