

CONNECT, CHAT, AND LAF

FREE TELEPHONE PROGRAMS



SEPTEMBER 2023

Seniors' Centre Without Walls



Mon	Tue	Wed	Thu	Fri
				1 Fun Friday: Who Am I? September Birthdays 10:30 - 11:00 am
4 NO PROGRAMS: LABOUR DAY	5 Morning Meditation 10:30 - 11:15 am	6 LAF and Chat: Life Lessons and Quotes 10:30 - 11:00am	7 Around the World: Ethiopian New Year 10:30 - 11:00am	8 Fun Friday: Word Play 10:30 - 11:00 am
11 Music Monday: Requests 10:30 - 11:00 am	12 Morning Meditation 10:30 - 11:15 am	13 Armchair Travel: Japan 10:30 - 11:00am	14 Where Were You When? Terry Fox Run 10:30 - 11:00am	15 Fun Friday: Table Topics 10:30 - 11:00 am
18 Motivate Me Monday: Good News Stories 10:30 - 11:00 am	19 Morning Meditation 10:30 - 11:15 am	20 Guest Speakers Nostalgia: Days of Long Ago 10:30 - 11:30am	21 Hot Topic: Windsor/Essex Upcoming Events 10:30 - 11:00am	22 Fun Friday: Just Joking 10:30 - 11:00 am
25 Music Monday: Evolution of Rock and Roll 10:30 - 11:00 am	26 Morning Meditation 10:30 - 11:15 am	27 Back In Time: All About Fall 10:30 - 11:00am	28 Biographies: David Suzuki 10:30 - 11:00 am	29 Fun Friday: Fact or Fiction 10:30 - 11:00 am

Please call
519-254-1108 or visit
www.lifeafterfifty.ca
for more information.
**Follow-up registration is
required.**

- 1.) At the scheduled time of program, dial: **STEPS TO CONNECT**
226-773-0512
- 2.) Enter the 6 digit PASSCODE:
220607 #
- 3.) Record your name and then press #



Armchair Travel

Join this armchair travel activity that includes everything you need to be transported into a whole new world!

Around the World

Do you enjoy learning about different cultures and countries? Join us to delve into different parts of the world!

Back in Time

Do you like thinking back to the good ole' days? Join us as we reminisce our past through events and stories.

Biographies

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

Fun Friday

Join us for some brain fitness and fun before the weekend. With a variety of activities you don't want to miss!

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! **This month be prepared to share some Life Lessons and Quotes for an exciting project!**

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.

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? Join us every other Monday as we explore the wonderful world of music.

Where Were You When?

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

Guest Speakers

Nostalgia: Days of Long Ago September 20

Bob and Gary are back! After a well-loved session, they have returned to take us down memory lane. Join us this September 20 as we reminisce on popular culture and events growing up.