




Seniors' Centre Without Walls



January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				 No Programs ¹
Gentle Fitness ⁴ 9:30 - 10:00 am Music Monday: Name That Tune 10:30 - 11:00 am	Morning Meditation ⁵ 10:30 - 11:00 am Sports Talk 1:30 - 2:00 pm	Gentle Fitness ⁶ 9:30 - 10:00 am Welcome to 2021! 10:30 - 11:00 am	Back in Time ⁷ 10:30 - 11:00 am Crafters' Time 1:30 - 2:00 pm	Fun Friday: Who Dunit? ⁸ 10:30 - 11:00 am
Gentle Fitness ¹¹ 9:30 - 10:00 am Music Monday: Concert Series 10:30 - 11:00 am	Morning Meditation ¹² 10:30 - 11:00 am Sports Talk 1:30 - 2:00 pm	Gentle Fitness ¹³ 9:30 - 10:00 am Presentation: Income Tax Filing with CRA 10:30 - 11:00 am	Back in Time ¹⁴ 10:30 - 11:00 am Crafters' Time 1:30 - 2:00 pm	Fun Friday: Playing Card BINGO ¹⁵ 10:30 - 11:00 am
Gentle Fitness ¹⁸ 9:30 - 10:00 am Music Monday: Disney Classics 10:30 - 11:00 am	Morning Meditation ¹⁹ 10:30 - 11:00 am Sports Talk 1:30 - 2:00 pm	Gentle Fitness ²⁰ 9:30 - 10:00 am Presentation: Foot Care at Home 10:30 - 11:00 am	Learn It! ²¹ 10:30 - 11:00 am Crafters' Time 1:30 - 2:00 pm	Fun Friday: Family Feud ²² 10:30 - 11:00 am
Gentle Fitness ²⁵ 9:30 - 10:00 am Music Monday: From Around the World 10:30 - 11:00 am	Morning Meditation ²⁶ 10:30 - 11:00 am Sports Talk: Ask a Windsor Lancer 1:30 - 2:00 pm	Gentle Fitness ²⁷ 9:30 - 10:00 am Presentation: Let's Talk Nutrition 10:30 - 11:00 am	Back in Time ²⁸ 10:30 - 11:00 am Crafters' Time 1:30 - 2:00 pm	Fun Friday: National Puzzle Day Trivia ²⁹ 10:30 - 11:00 am

- 1.) Dial: **1-866-279-1594**
- 2.) Enter the 6 digit PASSCODE follow by the pound key: **220607#**
- 3.) Record your name and then press #

STEPS TO CONNECT



Please call **519-254-1108** or visit www.liferafterfifty.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.

Crafters' Time

An opportunity to socialize with some crafting friends.

Fun Friday

Join us for some laughs and fun before the weekend. With a variety of activities including BINGO, jokes, trivia, Who Dunit Mysteries and more!

Gentle Fitness

Light cardio & strength exercises that are safe and easy to follow. Please make sure you use a secure chair without wheels.

Learn It!

Have you always wanted to learn another language? Now is your chance. Join us on learning on how to say basic words and sentences from various languages.

Morning Meditation

Join us as you are guided through 20-30 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.

Sports Talk

Chat with others about the latest game or past legendary sporting events that will never be forgotten. On January 26th we will be having a local Windsor Lancer football player answer questions and tell us about his experience being a Lancer.

Welcome to 2021!

We will share our new years resolutions and our predictions for what the future may have in store!

Workshops

Income Tax Filing with CRA

Join the Canada Revenue Agency Outreach Coordinator to discuss tax filing topics such as what needs to be included as income, common expenses/deductions for seniors and general information regarding Canada's Emergency Economic Response benefits throughout 2020 and their possible impact on your 2020 tax return.

Foot Care at Home

Chat with Life After Fifty's Foot Care nurse, as she will provide tips and strategies to keep your feet happy and healthy while at home.

Let's Talk Nutrition

Interested in learning tips to prevent or manage diabetes through healthy diet and exercise? Join in on a call with a Registered Dietitian from the Windsor Essex Community Health Centre, who will be sharing insight and answering questions on healthy eating.

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

