



Ajax Seniors Centre Without Walls

Join us for **Seniors Centre Without Walls** (SCWW) Monday through Friday for a FREE interactive telephone-based program from the comfort of your home. Monthly themes include educational opportunities, health & wellness tips, workouts, trivia and more.

Call in Mondays, Thursdays and Fridays at 10 a.m. | Tuesdays and Wednesdays at 1:30 p.m.

How do I participate in the calls? On the day and time of a chosen program you can use the "Steps to Connect" (on the next page) to call yourself into that program.

Programming Details

Arm Chair Travel Mondays– Travel the world from the comfort of your home while sitting in your favourite spot.

Trivia Tuesdays – Put your knowledge to the test during weekly themed trivia questions and games.

Guest Speaker Wednesdays – Each week we bring you an informative guest speaker to talk health and safety, entertainment, finances, planning and more.

Talk Thursdays – Discuss what's happening in local news and around the world or join the Ajax Public Library for information about our Ajax history and how the Town has evolved over time.

Fit and Healthy Fridays – Join us each week for seated exercises and stretches led by Town fitness staff. A nutrition talk will round out the end of each month.

ajax.ca/COVID19

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55+

Seniors Centre Without Walls: May 2020 Program Calendar | Space is limited.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 India 10 a.m.	5 Trivia - Olympics 1:30 p.m.	6 Peter Jennings Author 1:30 p.m.	7 Headline Hunters 10 a.m.	8 Exercise 10 a.m.	9
10	11 Japan 10 a.m.	12 Scattergories 1:30 p.m.	13 Jacqueline Duffey Service Canada 1:30 p.m.	14 Local History Talk 10 a.m.	15 Exercise 10 a.m.	16
17	18 Victoria Day No Programming	19 Trivia - Ajax 1:30 p.m.	20 Shelley Langer Ajax Fire 1:30 p.m.	21 Headline Hunters 10 a.m.	22 Exercise 10 a.m.	23
24	25 Thailand 10 a.m.	26 Scattergories 1:30 p.m.	27 Ali Hirji AI Hub 1:30 p.m.	28 Local History Talk 10 a.m.	29 Nutrition Talk 10 a.m.	30
31						

Peter Jennings: Why Being Happy Matters – Author, public speaker and singer Peter Jennings talks about his latest book Why Being Happy Matters. www.peterjennings.me

Shelley Langer: Ajax Fire Prevention Inspector – Shelley will speak about fire safety around your home

Jacqueline Duffey: Citizen Services Specialist with Service Canada. Jacqueline will share updates on what services you can still access with Service Canada, how to make a request for assistance.

Ali Hirji: AI Hub - Office of Research Services, Innovation and Entrepreneurship with Durham College. Ali will speak about quick tips on staying safe online, securing devices, and protecting yourself from frauds and scams.

Let's get connected



1. Dial 1-866-279-1594
2. Enter the 6-digit PASSCODE 401402 then press #
3. Record your name or just stay on the line then press #