



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. Themes include fun activities, education, health & wellness and more. Each month a new calendar will highlight the upcoming days of activities.

Call in Mondays through Thursdays at 1:30 p.m. and Fridays at 10 a.m.

Programming Details

Worldly Wonders – Travel the world from the comfort of your home while sitting in your favourite spot; learn about people from different countries and cultures; boldly go where your taste buds have never gone before with diverse recipes from around the globe.

Information Highway – Learn from informative guest speakers about topics including health and safety, entertainment, finances, planning and more; discuss what's happening in local news and around the world; join the Ajax Public Library for information about our Ajax history and how the Town has evolved over time.

Fit or Fun – Help keep your mind and body fit through exercises, stretches and more; kick back and immerse yourself into the wonderful world of short stories from a variety of different genres; or end your week laughing with the joke of the week.

Challenge Accepted – Put your knowledge to the test during weekly themed trivia questions and games; guess who dun' it during Minute Mysteries; challenge yourself with memory games; test your knowledge with fun fact or fiction trivia.

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 1:30 p.m. Information Highway: Recipe Exchange – Thanksgiving	2 10 a.m. Information Highway: Short Stories by Durham Storytellers
5 1:30 p.m. Worldly Wonders: Armchair Travel – South America Part 1	6 1:30 p.m. Challenge Accepted: Scattergories	7 1:30 p.m. Information Highway: Guest Speaker – Tim Westhead	8 1:30 p.m. Worldly Wonders: Fun Fact Frenzy – Thanksgiving	9 10 a.m. Fit or Fun: Fit – Exercise
12 Thanksgiving Day No programs	13 1:30 p.m. Challenge Accepted: Entertainment Trivia	14 1:30 p.m. Information Highway: Guest Speaker – Sam Demma	15 1:30 p.m. Challenge Accepted: You Be the Judge	16 10 a.m. Information Highway: Short Stories by Durham Storytellers
19 1:30 p.m. Information Highway: Book Chat – Choice Reads for the Fall	20 1:30 p.m. Challenge Accepted: Fact or Fiction	21 1:30 p.m. Information Highway: Guest Speaker - Royal Botanical Gardens	22 1:30 p.m. Information Highway: Local History Talk	23 10 a.m. Fit or Fun: Fit – Exercise
26 1:30 p.m. Information Highway: Biographies	27 1:30 p.m. Fit or Fun: Fun – Finish the Line	28 1:30 p.m. Information Highway: Guest Speaker - TD Bank	29 1:30 p.m. Information Highway: Screen Time Halloween	30 10 a.m. Information Highway: Short Stories by Durham Storytellers

Brittany Moore: Brittany of TD Bank will speak to telephone and electronic banking tips and safety measures.

Royal Botanical Gardens: Join Karin, Education Officer of Royal Botanical Gardens to learn about about the pumpkin. All pumpkins are squash, but not all squash are pumpkins. We typically use these fruit as decorations and food in the fall, but where do they come from and why do we use them?

Sam Demma: A 20 year old entrepreneur, youth coach, and keynote speaker. He is the co-founder of PickWaste, an organization cleaning up parks and neighbourhoods, and the youngest member of the Canadian Association of Professional Speakers. His mission is to provide students with the tools and strategies they need to become change-makers.

Tim Westhead: Hollywood: An Insider's View. Join film buff Tim to discover what's beyond the silver screen! Enjoy learning about two famous movie directors – Alfred Hitchcock and Howard Hawks. To learn more about Tim visit timwesthead.com

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 #

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The Voice of Older Adult Centres
La voix des centres pour aînés

Ontario

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