



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.

ajax.ca/COVID19

Ajax65



Monday	Tuesday	Wednesday	Thursday	Friday
	1 1:30 p.m. Challenge Accepted: Scattergories	2 1:30 p.m. Information Highway: Guest Speaker – CJ Calvert	3 1:30 p.m. Worldly Wonders: Fun Fact Frenzy – Words	4 10 a.m. Information Highway: Short Stories by Durham Storytellers
7 Labour Day – No Programming	8 1:30 p.m. Challenge Accepted: Fact or Fiction	9 1:30 p.m. Information Highway: Guest Speaker – Bayshore HealthCare	10 1:30 p.m. Information Highway: Recipe Exchange – Cookies	11 10 a.m. Fit or Fun: Fit – Exercise
14 1:30 p.m. Worldly Wonders: Armchair Travel – Mexico	15 1:30 p.m. Challenge Accepted: Trivia – Geography	16 10 a.m. Information Highway: Guest Speaker – Amy Barron	17 1:30 p.m. Challenge Accepted: You Be the Judge	18 10 a.m. Information Highway: Short Stories by Durham Storytellers
21 1:30 p.m. Information Highway: Screen Time – Movies Based on a True Story	22 1:30 p.m. Worldly Wonders: Sports Chat	23 1:30 p.m. Information Highway: Biography of Robin Williams	24 1:30 p.m. Information Highway: Local History Talk	25 10 a.m. Fit or Fun: Fit – Exercise
28 1:30 p.m. Information Highway: Biography of Justin Trudeau	29 1:30 p.m. Fit or Fun: Fun – Table Topics	30 1:30 p.m. Information Highway: Guest Speaker – Tim Burrows		

CJ Calvert: Motivational Speaker, Author and Life Coach. In our fast-paced world, it seems like the one constant for people is that they are always under pressure! CJ will reveal the strategies to help inject more fun into your day.

Bayshore HealthCare: Bayshore HealthCare has been enhancing the quality of life and independence of Canadians in their homes and the community. During this time of COVID, a lot of people have questions about the types of personal protective equipment available (PPE), and how best to protect yourselves.

Amy Barron: Dr. Amy Barron shares anecdotes of what life is like excavating in the Middle East. Both the troubles and turmoil caused by the modern social and political climate; and the wonder, beauty and charm of this fantastic part of the world and its peoples.

Tim Burrows: A retired VP and a graduate of the University of Toronto. He is a member of the Electric Vehicle Society, a nonprofit organization which works to promote the understanding and adoption of electric mobility in Canada. Tim will speak to why electric cars will make the internal combustion engine obsolete.

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 #