



# Ajax Seniors Centre Without Walls

Join us for **Seniors Centre Without Walls** (SCWW) Monday through Friday for a FREE interactive 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.

Join using Zoom or 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/55plus](http://ajax.ca/55plus)



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 1:30 p.m. Information Highway: Recipe Exchange – Favourite Easter Recipes	<b>2</b> 10 a.m. No Programming – Good Friday
<b>5</b> 1:30 p.m. No Programming – Easter Monday	<b>6</b> 1:30 p.m. Worldly Wonders: Easter Traditions	<b>7</b> 1:30 p.m. Information Highway: Tim Westhead	<b>8</b> 1:30 p.m. Information Highway: Local History – A Peek Inside the Archives	<b>9</b> 10 a.m. Fit or Fun: Fit – Exercise
<b>12</b> 1:30 p.m. Worldly Wonders: Book Chat – Drop Everything and Read	<b>13</b> 1:30 p.m. Challenge Accepted: Trivial Pursuit – Television	<b>14</b> 1:30 p.m. Information Highway: Ajax Fire	<b>15</b> 1:30 p.m. Information Highway: Film Friends – The Oscars	<b>16</b> 10 a.m. Information Highway: Short Stories by Durham Storytellers
<b>19</b> 1:30 p.m. Worldly Wonders: Armchair Travel – Cruising the Western Caribbean Islands	<b>20</b> 1:30 p.m. Challenge Accepted: Fact or Fiction	<b>21</b> 1:30 p.m. Information Highway: Service Canada	<b>22</b> 1:30 p.m. Worldly Wonders: Fun Fact Frenzy – The Oscars	<b>23</b> 10 a.m. Fit or Fun: Fit – Exercise
<b>26</b> 1:30 p.m. Information Highway: Biographies – Sir David Attenborough	<b>27</b> 1:30 p.m. Fit or Fun: Fun – Table Topics	<b>28</b> 1:30 p.m. Information Highway: Guest Speaker – Royal Botanical Gardens	<b>29</b> 1:30 p.m. Challenge Accepted: You Be the Judge	<b>30</b> 1:30 p.m. Information Highway: Short Stories by Durham Storytellers

**Tim Westhead:** Hollywood – An Insider’s View — 12 Favourite Film Noir Movies. Discovering new and re-discovering classic film noir that explore the darker side, and make your love for film a more rewarding experience! [www.timwesthead.com](http://www.timwesthead.com).

**Royal Botanical Garden:** Pollination Partners – Are insects and birds able to pollinate the same plant? Why is pollination beneficial? Join us as we investigate the cooperative relationship between pollinators and the plant kingdom.

**Ajax Fire:** Join Ajax Fire Prevention Inspector Shelley who will speak about fire safety around your home.

**Service Canada:** Join Citizen Services Specialist with Service Canada and learn about what services you can still access with Service Canada, as well as how to make a request for assistance.

## Let's get connected



### To join using Zoom:

Meeting ID: 936-9272-5495  
Passcode: SCWW55+001



### To join by phone:

Dial: 647-558-0588  
Meeting ID: 936-9272-5495#  
Participant ID #  
Passcode: 1409113169#

**OACAO**

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

**Ontario**

Program is sponsored by the  
Ministry of Seniors and Accessibility

**Ajax**  
By the Lake