



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 or immerse yourself into the wonderful world of short stories from a variety of different genres.

Fit and Fun – Keep your mind and body fit through exercises led by knowledgeable and nationally accredited Town of Ajax fitness instructors and 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



Monday	Tuesday	Wednesday	Thursday	Friday
	1 1:30 p.m. Information Highway: Sue and Jim Waddington	2 1:30 p.m. Information Highway: Durham Master Gardeners	3 1:30 p.m. Information Highway: Recipe Exchange – English Tea	4 10 a.m. Fit and Fun – Exercise
7 1:30 p.m. Worldly Wonders: Armchair Travel – England	8 1:30 p.m. Information Highway: David Patterson	9 1:30 p.m. Information Highway: Tim Westhead – Hollywood Insider View	10 1:30 p.m. Information Highway: Biographies – Prince Philip	11 10 a.m. Information Highway: Short Stories by Durham Storytellers
14 1:30 p.m. Worldly Wonders: Fun Fact Frenzy – Etiquette	15 1:30 p.m. Challenge Accepted: Scattergories	16 1:30 p.m. Information Highway: Short Stories by Durham Storytellers	17 1:30 p.m. Information Highway: Local History Talk – Battle of the River Plate	18 10 a.m. Fit and Fun – Exercise
21 1:30 p.m. Information Highway: Film Friends – Favourite Silver Screen Dads	22 1:30 p.m. Information Highway: Entertainer Linda Dempster	23 1:30 p.m. Trivial Pursuit: Television	24 1:30 p.m. Challenge Accepted: You Be the Judge	25 10 a.m. Information Highway: Short Stories by Durham Storytellers
28 1:30 p.m. Worldly Wonders: Book Chat – Travels Through Canada	29 1:30 p.m. Challenge Accepted: Trivia – Geography	30 1:30 p.m. Information Highway: Summi – Oh Canada	June is Aging Well Month. Be sure to join us for a variety of free activities throughout the month. Visit ajax.ca/55plus to register or call 905-619-2529, ext. 7243.	

Linda Dempster – Enjoy music and conversation with singer/songwriter Linda Dempster.

Tim Westhead - Hollywood: An Insider's View – Tim's 12 Favourite Films about investigative journalism.

David Patterson: Wading into the Deep End of Diversity & Inclusion – David is a Professional speaker and Author.

Sue and Jim Waddington: In the Footsteps of the Group of Seven and Tom Thomson - Sue and Jim have been on a quest to locate the places that inspired the Group of Seven painters and Tom Thomson. They will discuss how they locate the painting sites and what they have learned about the painters.

Durham Master Gardeners: Bulbs - Learn about the history of bulbs and how to use them in a garden; get tips on buying, planting and how to care for them; learn when and for how long various bulbs bloom; and let us show you some of our favourites!

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#