



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
3 1:30 p.m. Worldly Wonders: Armchair Travel - Argentina	4 1:30 p.m. Information Highway: Short Stories by Durham Storytellers	5 1:30 p.m. Information Highway: Tim Westhead: Hollywood Insider View	6 1:30 p.m. Information Highway: Canadian Mental Health Association	7 10 a.m. Fit and Fun: Exercise
10 1:30 p.m. Worldly Wonders: Book Chat – National Crime Writing Month	11 1:30 p.m. Information Highway: Durham Master Gardeners	12 1:30 p.m. Information Highway: Dr. Amy Barron	13 1:30 p.m. Challenge Accepted: You Be the Judge	14 10 a.m. Information Highway: Short Stories by Durham Storytellers
17 1:30 p.m. Information Highway: Film Friends – Harrison Ford	18 1:30 p.m. Information Highway: Singer/Songwriter Linda Dempster	19 1:30 p.m. Information Highway: Ajax Community Garden	20 1:30 p.m. Worldly Wonders: Fun Fact Frenzy – Queen Victoria	21 10 a.m. Fit and Fun: Exercise
24 No Program: Victoria Day	25 1:30 p.m. Challenge Accepted: Scattergories	26 1:30 p.m. Fit or Fun: Meditation	27 1:30 p.m. Information Highway: Local History Talk – Parkwood Estates	28 10 a.m. Information Highway: Short Stories by Durham Storytellers
31 1:30 p.m. Information Highway: Biographies – Christopher Plummer				

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

Tim Westhead - Hollywood: An Insider's View, Tim's 12 favourite films about Hollywood & moviemaking.

Dr. Amy Barron: Dr. Amy Barron shares anecdotes about what life is like excavating in the Middle East. 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 will be discussed.


Durham Master Gardeners: How to Plan a Successful Garden – Learn about evaluating site conditions, maintenance, function and selecting plants.


Ajax Community Garden: Join members of St. Andrew's Community Garden who will be sharing tips on how to get your garden ready and how to plant for success.

Canadian Mental Health Association (CMHA):

Join Katharine to learn about how to take care of your mental health during the pandemic and tips on how to remain connected with friends and loved ones in a virtual world.

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#