


Seniors' Centre Without Walls - March 2021

SCWW is easy to join and enjoy for free. Now seniors 55+ in Greenstone can be part of the community from the comfort of their own home. If you have a tablet or computer or just a phone you can connect to educational, health and wellness, travel, history, game sessions and festive activities. T=Telephone V = Video

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
Bingo (T) 1245-130 pm Oh the places we'll go (V) Switzerland 6-7 pm	Trivia Tuesday (T) 1245-130 pm Virtual Tai-Chi (V) 2-3 pm (LNCHC)	Zumba Gold (V) 1130- 1215	Bingo (T) 1245-130 pm NoSP Covid Series (V) 2-3 pm (Pt 1/4)	Chair Exercises (V) 1245-130 pm Gordon Lightfoot Playlist (T) 2-3 pm	Walking at Home (V) 11am-noon Coffee Talk (T) 1230-130 pm
8	9	10	11	12	13
Bingo (T) 1245-130 pm Oh the places we'll go (V) Under the sea 6-7 pm	Name that Tune (T) 1245-130 pm Virtual Tai-Chi (V) 2-3 pm (LNCHC)	Zumba Gold (V) 1130-1215 pm Quilting and Chat (V) 1230-130 pm	Bingo (T) 1245-130 pm NoSP Covid Series (V) 2-3 pm (Pt 2/4) PLANNING MEETING (V) 6-7 pm	Chair Exercises (V) 1245-130 pm The Carpenters Playlist (T) 2-3pm Comedian Stuart MacLean (V) 7-8 pm	Walking at Home (V) 11am-noon Woodworking (V) 1230-130 pm Coffee Talk (T) 2-3 pm
15	16	17	18	19	20
Bingo (T) 1245-130 pm Oh the places we'll go (V) Ireland 6-7 pm	Fact or Fiction (T) 1245-130 pm Virtual Tai-Chi (V) 2-3 pm (LNCHC)	Zumba Gold (V) 1130-1215 pm St Patty's Day Dinner Online 5-6 pm (V)	Bingo (T) 1245-130 pm NoSP Covid Series (V) 2-3 pm (Pt 3/4)	Chair Exercises (V) 1245 -130 pm Elvis Presley Playlist (T) 2-3 pm TBSymphony Orch (V) 630-8 pm	Walking at Home (V) 11am-noon Craft Day -Easter Craft (V) 1230-130 pm Coffee Talk (T) 2-3 pm
22	23	24	25	26	27
Bingo (T) 1245-130 pm Oh the places we'll go (V) Buckingham Palace (1 of 3) 6-7 pm	Scattergories (T) 1245-130 pm Virtual Tai-Chi (V) 2-3 pm (LNCHC)	Zumba Gold (V) 1130-1215 pm Quilting and Chat (V) 1230-130 pm	Bingo (T) 1245-130 pm NoSP Covid Series (V) 2-3 pm (Pt 4/4)	Chair Exercises (V) 1245-130 pm John Denver Playlist (T) 2-3 pm Comedian Stuart MacLean (V) 7-8 pm	Walking at Home (V) 11am-noon Gardening (V) 1230-130 pm Coffee Talk (T) 2-3 pm
29	30	31			For more information contact: Bernadine O'Brien EPC Coordinator C: 807-853-0625 call or text bernadine.obrien@greenstone.ca
Bingo (T) 1245-130 pm Oh the places we'll go (V) Unique Places 6-7 pm	Virtual Tai-Chi (V) 2-3 pm (LNCHC)	Zumba Gold (V) 1130-1215 pm Creative Writing w/Laura VandenBroek (V) 8-9 pm			



SENIORS' CENTRE WITHOUT WALLS IN GREENSTONE

WHAT IS IT?

- FREE, FUN AND EASY Seniors' Program
- Activities, educational, health and wellness programs each month
- To build community, prevent loneliness for isolated seniors.
- To enhance existing seniors' services locally

WHO CAN PARTICIPATE?

- Residents of Greenstone
- 55+ years of age

GUEST PRESENTERS

From time to time we will have Guest presenters to share information about their programs/services or health information which may be helpful to you.

FEATURED THIS MONTH:

- How to cope with Covid-19, fear, worry, self care, healthy thinking – Thursdays from 2-3 pm
- Laura VandenBroek, Creative Writing Workshop (V) March 31 from 8-9 pm

Quilt and Chat (V) and Coffee Talk (T)

Meet your friends online or make new ones!
Brew a beverage and connect!

Do you want to borrow a tablet and headset?
You must have your own internet access.

St. Patrick's Day Supper Online
Get dinner ready and pull up a seat.
Join your friends to celebrate!



What activities would you like? Join our Planning Meeting (V) on March 11th to share your ideas! 6-7pm

For more information or to register to participate in any activities, please contact Bernadine O'Brien, EPC Coordinator at 807-853-0625 call or text or email at bernadine.obrien@greenstone.ca

