

July 2020

Seniors Centre Without Walls Schedule ZOOM Exercise classes

Pre-register for any programs by either leaving a message at the Centre or email

Dial in 1-866- 279-1594 follow the prompts

Enter Guest code 179769 followed by the # key - Code is for every program

Mon	Tue	Wed	Thu	Fri
Active Fit via Zoom 11 a.m. - 12 noon (remainder of month)		1 Active Fit via Zoom 11 a.m. - 12 noon (remainder of month) Yes on Canada Day!	2 Functional Fitness 10 a.m. - 11 a.m. (remainder of month)	3 Active Fit via Zoom 8:30 a.m. -9:30a.m (remainder of month)
6 11 a.m. Tulip Monday Festival History	7 1 p.m. Mindfulness Meditation with Paul	8 1 p.m. Would you rather...	9 1 p.m. Front page Challenge	10
13 11 a.m. Tulip Monday Horticultural aspect	14 1 p.m. Mindfulness Meditation with Paul	15 1 p.m. Earliest Childhood Memory	16 1 p.m. Tickle your Funny Bone	17
20	21 1 p.m. Mindfulness Meditation with Paul	22 1 p.m. Fact or Fiction Trivia	23 1 p.m. Share a story or poem	24
27	28 1 p.m. Mindfulness Meditation with Paul	29 1 p.m. What's your favorite Ontario Road Trip	30 1 p.m. Category Fun	31
AUGUST 3	August 4 1 p.m. Mindfulness Meditation with Paul	August 5 1 p.m. BINGO	August 6 1 p.m. General Fun Trivia	28

Seniors Centre Without Walls is made possible *in partnership with the Pembroke 50+ Active Living Centre and sponsored by the Ministry for Seniors and Accessibility (MSAA).*