



DECEMBER'S SENIORS CENTRE WITHOUT WALLS (SCWW)

Tuesday January 5, 12, 19 & 26 @ 1 p.m. Mindfulness Meditation with Paul". Join Paul Mayfield (Breathe & Be YOGA) for a half hour of Mindful Meditation practice.

Wednesday January 6 @ 1 p.m. Grab a coffee or tea - So what have you been up to and let's catch up!

Thursday January 7 @ 1 p.m. Family Feud - Play this fun survey game based on the hit game show! See if you can guess the most popular answers to zany survey questions. Get all the answers correct . But be careful not to strike out!

Wednesday January 13 @ 10:30 a.m. Laughter is the best medicine - Bring a short humorous antidote or joke to the conversation!

Thursday January 14 @ 1 p.m. BINGO!!!! Get your deck of cards ready and be prepared to call PAL (Pembroke Active Living)

Wednesday January 20 @ 10:30 a.m. Share a story- Maybe one of your own penmanship, something you read that you would like to share? We'd like to hear from you!.

Thursday January 21 @ 1 p.m. - Anagrams - An anagram has the same letters as another word, but in a different order. For example change "slime" into something you do with your face. If you answered "smile", you're on the right track! If you'd like, bring some anagrams to the call!

Wednesday January 27 @ 1 p.m. Categories! is a brain-stimulating activity, where everyone is able to contribute to the conversation. Item/name that start with the letter "B" in the category of: flowers, what you take on a holiday, country, famous person and food/drink. Now the twist with a time limit. Can you compete the categories before the timer goes off?

Thursday January 28 @ 1 p.m. Fact or fiction! Can you answer correctly if a statement is True or False? Bring your own fun facts or fiction to the call!

Tuesday February 2, 9, 16 & 23 @ 1 p.m. Mindfulness Meditation with Paul". Join Paul Mayfield (Breathe & Be YOGA) for a half hour of Mindful Meditation practice.

Wednesday February 3 @ 1 p.m. Would you rather? - Join in on this thought provoking yet fun conversation - no wrong answers! Would you rather play Sudoku or Scrabble?

Thursday February 4 @ 1 p.m. BINGO!!!! Get your deck of cards ready and be prepared to call PAL (Pembroke Active Living)

Participation is opened to anyone 50+ No registration is required!

Dial in 1-866- 279-1594 follow the prompts & enter Guest Code 179769

Please share the schedule with your friends and neighbors - no membership required.

Topics are subject to change

January 2021

Centre is closed until further notice due to Provincial Lockdown

ZOOM Activities for the remainder of month					
Mon	Tue	Wed	Thu	Fri	Sat
9 am - ZOOM Active Fit 50+		11 a.m. - ZOOM Active Fit 50+	10 am - ZOOM Functional Fitness	8:30 am - ZOOM Active Fit 50+	

Monday Wednesday Thursday and Friday Active Fit & Functional Fitness will be only offered via Zoom. To participate in these sessions, please copy and paste this link into your browser and press enter to open

<https://zoom.us/j/98521569421?pwd=WFRZWGdhcXdFWFRnWC9SV2soeXoydz09>

Please see front page of the newsletter for additional information.

Daily Schedule					
Mon	Tue	Wed	Thu	Fri	Sat
4	5 1 p.m. SCWW Meditation with Paul	6 1 p.m. SCWW Coffee Chat	7 1 p.m. SCWW Family Feud	8	9
11	12 1 p.m. SCWW Meditation with Paul	13 10:30 a.m. SCWW Laughter is the best medicine	14 1 p.m. SCWW BINGO	15	16
18	19 1 p.m. SCWW Meditation with Paul	20 10:30 a.m. Share a story 1:30 p.m. ZOOM Book Club	21 1 p.m. SCWW Anagrams	22 1 p.m. ZOOM Road Show - bring an item with a story	23
25	26 1 p.m. SCWW Meditation with Paul	27 1 p.m. SCWW Categories	28 1 p.m. SCWW Fact or Fiction?	29	30
FEBRUARY 1	FEBRUARY 2 1 p.m. SCWW Meditation with Paul	FEBRUARY 3 1 p.m. SCWW Would you rather?	FEBRUARY 4 1 p.m. SCWW BINGO	FEBRUARY 5	FEBRUARY 6