



JULY SENIORS CENTRE WITHOUT WALLS (SCWW)

Tuesday July 6, 13, 20 & 27 @ 1 p.m. Mindfulness Meditation with Paul". Join Paul Mayfield (Breathe & Be YOGA) for a half hour of Mindful Meditation practice.

Wednesday July 7 @ 1 p.m. CANADIAN Categories! is a brain-stimulating activity, with a Canadian theme. Can you complete the categories before the timer goes off? Have a pencil and paper ready. For example write down your answer that begins with the letter P for each of the following categories : tree, place, food, body of water and flower only found in Canada!

Thursday July 8 @ 1 p.m. - PRESENTATION - Travel the World with Pembroke Public Library - CEO Karthi Rajamani Join CEO of Pembroke Public Library, Karthi Rajamani, as she describes her experiences growing up in India, what brought her over to Canada and her life here as an immigrant.

Wednesday July 14 @ 10:30 a.m. - Would you rather? - Have a rewind button in your life ..OR.. Have a pause button in your life?

Thursday July 15 @ 1 p.m. BINGO!!! - Get your deck of cards ready and be prepared to call PAL (Pembroke Active Living)

Wednesday July 21 @10:30 a.m.—Share a Story— Do you have a short story to share? It could be one of your penmanship or a long lost letter or even something that you read that was meaningful. Or call in to listen.

Thursday July 22 @ 1 p.m. Presentation with Community Safety Officer Constable Shawn Peever with the OPP—Frauds and Scams— Current trends of frauds and scams . What are the most prevalent scams?

Wednesday July 28 @ 1 p.m. Recipe Chat - What is the oldest recipe you have and where did it come from? Do you still make it? Have you changed anything?

Thursday July 29 @ 1 p.m. Family Feud - Based on the popular TV show—can you guess the answers before striking out?

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

July 2021

ZOOM Exercise Activities

Mon	Tue	Wed	Thu	Fri
9 a.m. - ZOOM Active Fit 50+	10 a.m.—ZOOM Low Impact	11 a.m. - ZOOM Active Fit 50+	10 a.m. - ZOOM Functional Fitness	8:30 a.m. - ZOOM Active Fit 50+

During this month all exercise classes will only be offered via Zoom. To participate in these sessions, please copy and paste the following link into your browser and press enter to open

<https://zoom.us/j/98521569421?pwd=WFRZWGdhcXdFWFRnWC9SV2s0eXoydz09>

9 a.m. & 11 a.m. Monday to Saturday for Cogeco Cable subscribers YourTV Ottawa Valley Active 50+ for the Centre's exercise programs featuring, Active Fit 50+, Low Impact and Functional Fitness. YourTV is an exclusive service provided to Cogeco television subscribers available on Cable 12 / HD Cable 700.

July Daily Schedule

For SCWW programs, please dial 1-866-279-1594 and enter code 179769 followed by the # key

Zoom presentations please copy and paste the appropriate links on page 6 in your browser

Mon	Tue	Wed	Thu	Fri
			1 Happy Canada Deh!	2
5	6 12:30 p.m. Real Bridge 1 p.m. SCWW Meditation with Paul	7 9 a.m. Tai Chi in the park 1 p.m. SCWW Categories - Everything Canadian	8 1 p.m. SCWW Presentation Pembroke Public Library Human Library with Karthi	9
12	13 12:30 p.m. Real Bridge 1 p.m. SCWW Meditation with Paul	14 9 a.m. Tai Chi in the park 10:30 a.m. SCWW Would you rather?	15 1 p.m. SCWW BINGO!	16
19	20 12:30 p.m. Real Bridge 1 p.m. SCWW Meditation with Paul	21 9 a.m. Tai Chi in the park 10:30 a.m. SCWW Share a Story	22 1 p.m. SCWW Presentation Frauds & Scams by OPP Constable Shawn Peever	23
26	27 12:30 p.m. Real Bridge 1 p.m. SCWW Meditation with Paul	28 9 a.m. Tai Chi in the park 1 p.m. SCWW Recipe Chat	29 1 p.m. SCWW Family Feud	30