



MAY SENIORS CENTRE WITHOUT WALLS (SCWW)

Tuesday May 4, 11, 18 & 25 @ 1 p.m. Mindfulness Meditation with Paul". Join Paul Mayfield (Breathe & Be YOGA) for a half hour of Mindful Meditation practice.

Wednesday May 5 @ 1 p.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.

Thursday May 6 @ 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!

Wednesday May 12 @ 10:30 a.m. - Would you rather - Have a rewind button in your life ..OR.. Have a pause button in your life?

Thursday May 13 @ 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!

Friday May 14 @ 1 p.m. Pembroke Public Library Services - Explore the world of online libraries from the comfort of your home with Anna Ritza in this instructional session on digital libraries. Learn how your Pembroke Public Library membership gives you free access to ebooks and eaudiobooks; international food culture and recipes; vehicle repair and maintenance information; language learning resources and so much more!

Wednesday May 19 @ 10:30 a.m. Categories! is a brain-stimulating activity, where everyone is able to contribute to the conversation. Can you compete the categories before the timer goes off? Have a pencil and paper ready.

Thursday May 20 @ 1 p.m.—Coffee and Chat— Grab a coffee and chat just like we are sitting around the kitchen table. Are you following the “Royals”? Of course we will always talk about the weather.

Thursday May 20 @ 2:30 p.m.— Bank of Canada Museum presentation— Luck and Lore—When you toss a quarter in a fountain, lift a penny off the sidewalk or bake a nickel into a cake, you are taking part in rituals dating back hundreds or even thousands of years. Explore the spiritual, the ceremonial, the seemingly impractical uses we have for money. Learn the surprising stories behind some of the transformed money, the replica money and the real money we’ve used for millennia to bring good fortune to ourselves and others.

Wednesday May 26 @ 1 p.m. BINGO!!! - Get your deck of cards ready and be prepared to call PAL (Pembroke Active Living)

Thursday May 27 @ 1 p.m. - Laughter is the best medicine— call in with your favorite joke or just sit back and listen. Laughter is a great form of stress relief, and that's no joke. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Best of all, this priceless medicine is fun, free, and easy to use.

Why did the M&M go to school?He wanted to be a Smartie.



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

May 2021

ZOOM Exercise Activities

Join by Zoom

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=WFRZWGdhcXdFWFRnWC9SV2soeXoydz09>

May Daily Schedule

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

Mon	Tue	Wed	Thu	Fri
3	4 1 p.m. SCWW Meditation with Paul	5 1 p.m. SCWW Share a Story	6 1 p.m. SCWW Fact or Fiction? 2:30 p.m. ZOOM Bone Nutrition Osteoporosis Presentation	7
10	11 1 p.m. SCWW Meditation with Paul	12 1 p.m. SCWW Would you rather?	13 SCWW 1 p.m. Family Feud	14 SCWW 1 p.m. Library Presentation
17	18 1 p.m. SCWW Meditation with Paul	19 10:30 a.m. SCWW Categories 1 p.m. Zoom Book Club	20 1 p.m. SCWW Coffee/Recipe Chat 2:30 p.m. SCWW Presentation Bank of Canada Museum	21
24	25 1 p.m. SCWW Meditation with Paul	26 10:30 a.m. SCWW BINGO!	27 1 p.m. SCWW Laughter is the Best Medicine	28 ZOOM 1 p.m. Coffee, Dessert and Chat
31	JUNE 1 1 p.m. SCWW Meditation with Paul	2 1 p.m. SCWW Share a Story	3 1 p.m. SCWW Fact or Fiction?	4