



OCTOBER SENIORS CENTRE WITHOUT WALLS (SCWW)

Tuesday October 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 October 6 @ 1 p.m. - Family Feud - Based on the popular TV show—can you guess the answers before striking out?

Thursday October 7 @ 1 p.m. - CANCELLED—Recipe Chat - What did you can this year? Did you pickle watermelon? We are interested in what you canned or preserved. Does anyone have a recipe for citron preserves?

Wednesday October 13 @ 10:30 a.m. - CANCELLED- BINGO!!! - Get your deck of cards ready and be prepared to call PAL (Pembroke Active Living).

Thursday October 14 @ 1 p.m.— Thanksgiving themed Trivia— What is a turkey chick called? Bring your questions to the call and try and stump the rest of us!

Thursday October 21 @ 1 p.m.— Storytime with Anusha Pembroke Public Library— In this Story Time session, Anusha will be reading from 'Draw Up a Chair: A Treasury of Renfrew County Storytelling.' This book features various little facts and information that you may not have heard of, or realized, of the different towns in Renfrew County. She will be sharing some information about Pembroke and other towns as well. Listeners can make a request if they like.

Wednesday October 27 @ 1 p.m.— Categories! is a brain-stimulating activity. Can you compete the categories before the timer goes off? Have a pencil and paper ready.

Thursday October 28 @ 1 p.m.— The Farmer's Almanac - We'll take a look what it says for today and if the predictions from last month held true.

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



PROGRAMMING



Wednesday October 20 10:30 a.m. - [Is the Champlain Museum haunted?](#)

Presented by Angela Siebarth Curator of the Champlain Trail Museum . This presentation will talk about the haunted experiences that have happened to staff and volunteers at the Museum over the years and how they relate to the stories of the buildings. Angela will also talk about the paranormal investigation that have been done at the Museum and the findings. Spooky—just in time for Hallowe'en.

Friday October 22 @ 1 p.m.—[Travel Iceland through Jen's Lens](#)

Zoom into this presentation with Jen Cross as she takes us to Iceland through photos of her trip to Iceland.

Friday November 5 @ 1 p.m.—[Waterfront Park Arboretum Project](#)

Learn on the new plan being developed to enhance the Pembroke Waterfront Park as presented by Fred Blackstein.

October 2021

For SCWW programs, please dial 1-866-279-1594 and enter code 179769 followed by the # key
Zoom Exercises & presentations links will be available by email on our website and emailed prior to event

| Mon | Tue | Wed | Thu | Fri |
|--|---|---|---|--|
| <p>4</p> <p>9 a.m. Active Fit 50+</p> <p>10 a.m. Walk & Talk</p> <p>10:30 a.m. Line Dancing</p> | <p>5</p> <p>10 a.m. Low Impact</p> <p>1 p.m. Duplicate Bridge</p> <p>1 p.m. SCWW</p> <p>Meditation with Paul</p> | <p>6</p> <p>9 a.m. Active Fit 50+</p> <p>9 a.m. Tai Chi in the park</p> <p>1 p.m. SCWW</p> <p>Family Feud</p> | <p>7</p> <p>9 a.m. Functional Fitness</p> <p>CENTRE CLOSED with the exception of morning exercise classes</p> <p>1 p.m. SCWW</p> <p>CANCELLED</p> | <p>8</p> <p>9 a.m. Active Fit 50+</p> <p>CENTRE CLOSED with the exception of morning exercise classes</p> |
| <p>11</p> <p>Centre Closed</p>  | <p>12</p> <p>10 a.m. Low Impact</p> <p>1 p.m. Duplicate Bridge</p> <p>1 p.m. SCWW</p> <p>Meditation with Paul</p> | <p>13</p> <p>9 a.m. Active Fit 50+</p> <p>10:30 a.m. Beg. Tai Chi</p> <p>10:30 a.m. —SCWW</p> <p>CANCELLED</p> <p>1 p.m. Centre Closed</p> <p>1 p.m. Cribbage</p> <p>1:30 p.m. Zoom</p> <p>Book Club</p> | <p>14</p> <p>9 a.m. Functional Fitness</p> <p>12:30 p.m. Watercolours</p> <p>1 p.m. Bid Euchre</p> <p>1 p.m. SCWW Trivia</p> | <p>15</p> <p>9 a.m. Active Fit 50+</p> <p>10:30 a.m. Tai Chi</p> |
| <p>18</p> <p>9 a.m. Active Fit 50+</p> <p>10 a.m. Walk & Talk</p> <p>10:30 a.m. Line Dancing</p> | <p>19</p> <p>10 a.m. Low Impact</p> <p>1 p.m. Duplicate Bridge</p> <p>1 p.m. SCWW</p> <p>Meditation with Paul</p> | <p>20</p> <p>9 a.m. Active Fit 50+</p> <p>10:30 a.m. Beg. Tai Chi</p> <p>10:30 a.m. Zoom</p> <p>Is the museum haunted?</p> <p>1 p.m. Cribbage</p> | <p>21</p> <p>9 a.m. Functional Fitness</p> <p>12:30 p.m. Watercolours</p> <p>10 a.m. Registration for Art Oil sessions</p> <p>1 p.m. Bid Euchre</p> <p>1 p.m. SCWW Library presentation</p> | <p>22</p> <p>9 a.m. Active Fit 50+</p> <p>10:30 a.m. Tai Chi</p> <p>1 p.m. ZOOM presentation—</p> <p>Travel Iceland through Jen's camera</p> |
| <p>25</p> <p>9 a.m. Active Fit 50+</p> <p>10:30 a.m. Line Dancing</p> | <p>26</p> <p>10 a.m. Low Impact</p> <p>1 p.m. Duplicate Bridge</p> <p>1 p.m. SCWW</p> <p>Meditation with Paul</p> | <p>27</p> <p>9 a.m. Active Fit 50+</p> <p>10:30 a.m. Beg. Tai Chi</p> <p>1 p.m. Cribbage</p> <p>1 p.m. SCWW Categories</p> | <p>28</p> <p>9 a.m. Functional Fitness</p> <p>12:30 p.m. Watercolours</p> <p>1 p.m. Bid Euchre</p> <p>1 p.m. SCWW Farmer's Almanac</p> | <p>29</p> <p>9 a.m. Active Fit 50+</p> <p>10:30 a.m. Tai Chi</p> |