



SEPTEMBER SENIORS CENTRE WITHOUT WALLS (SCWW)

Tuesday September 7, 14, 21 & 28 @ 1 p.m. Mindfulness Meditation with Paul". Join Paul Mayfield (Breathe & Be YOGA) for a half hour of Mindful Meditation practice.

Wednesday September 8 @ 10:30 a.m.—How did your garden grow— Soon time for harvesting your garden. Did you plant something new? Or did you stay with the tried and true.

Thursday September 9 @ 1 p.m.—BINGO—Get your deck of cards ready and be prepared to call PAL (Pembroke Active Living)

Wednesday September 15 @ 10:30 a.m. - Categories- a brain-stimulating activity. Can you compete the categories before the timer goes off? Have a pencil and paper ready.

Thursday September 23 @ 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. Or even just call in to listen. Do you have a story from the summer?

Wednesday September 29 @ 1 p.m.— The Farmer's Almanac - The Old farmer's Almanac has been a trusted source of long range weather forecasts, moon phases, gardening tips, sunrises and sunsets, recipes and EVERYTHING in between! Do you follow it? We'll take a look what it says for today.

Thursday September 30 @ 1 p.m.— Travel the World with Pembroke Public Library— Anusha Arul— Having only spent four years in Canada, Anusha has newcomer experiences to share in her story of what life has been like for her since moving here, and what it takes to grow in a new country. Anusha has lots to share about her home country, Malaysia, which is well-known for its tropical beaches, warm weather, and amazing cuisine.

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



PROGRAMMING IN SEPTEMBER

- Exercise classes as listed on page 9

Thursday September 16 @ 1 p.m. Presenter: Patty Clark, Active Aging Canada
“Be Wise– Cannabis for Older Adults.

Patty will tell us about the new booklet Active Aging Canada has produced. The **Be Wise** booklet is factual information about cannabis and its uses. **Be Wise** is written specifically for older adults and is based on the latest scientific research into cannabis, its benefits and risks. Receive a free copy of the **Be Wise** booklet when you attend!

Wednesday September 22 @ 10:30 a.m. Presenter Angela Siebarth Champlain Trail Museum History of the Champlain Trail Museum as the first Heritage Centre in the Ottawa Valley

A presentation about the beginnings of the Ottawa Valley Historical Society in the 1950's and the development of the Champlain Trail Museum. We will also discuss the history of the Pioneer log home, the Lowertown Schoolhouse and former Micksburg Church at the Museum.

Friday September 24 @ 1 p.m.—Dessert, coffee and chat—It's been awhile since we chatted. So how was your summer? Let's catch up.

Zoom links will be available on our website as well as an email reminder will be sent a couple of days prior to the presentation. Thank you to Patty and Angela for their participation!

September 2021

ZOOM Exercise Activities

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

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.

September Daily Schedule

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

Zoom presentations links will be available on our website and emailed prior to event

Mon	Tue	Wed	Thu	Fri
6	7 1 p.m. SCWW Meditation with Paul	8 9 a.m. Tai Chi in the park 1 p.m. SCWW How did your garden grow?	9 1 p.m. SCWW BINGO	10
13 10 a.m. Walk & Talk	14 1 p.m. Duplicate Bridge 1 p.m. SCWW Meditation with Paul	15 9 a.m. Tai Chi in the park 10:30 a.m. SCWW Categories 1 p.m. Cribbage 1:30 p.m. Zoom Book Club	16 1 p.m. Zoom Presentation Be Wise –Cannabis for the Oder Adult	17
20 10 a.m. Walk & Talk 10:30 a.m. Line Dancing	21 1 p.m. Duplicate Bridge 1 p.m. SCWW Meditation with Paul	22 9 a.m. Tai Chi in the park 10:30 a.m. Zoom Presentation—Champlain Trail Museum 1 p.m. Cribbage	23 1 p.m. SCWW Share a Story	24 1 p.m. Zoom—Dessert, Coffee and Chat
27 10:30 a.m. Line Dancing	28 1 p.m. Duplicate Bridge 1 p.m. SCWW Meditation with Paul	29 9 a.m. Tai Chi in the park 1 p.m. SCWW The Farmer's Almanac 1 p.m. Cribbage	30 1 p.m. SCWW Presentation Travel the World with Anusha	October 1