Seniors Connect NS

December

The call-out comes from: 782-201-3125

Call in to: 1-800-305-0494

Trouble Connecting?
Call Alaina: 902-932-7124, ext. 0

	Monday	Tuesday	Wednesday	Thursday	Friday
1	30 Movement & Meditation 4:30-5:00	1 No Programming	2 Trivia 12:00-12:30 Birthday Celebration 4:30-5:00	3 BINGO **4:30-5:30**	4 Games 1 10:30-11:00
2	7 Movement & Meditation 4:30-5:00	8 Southwest 1 10:30-11:00 Program Check-in 1:30-2:00	9 HRM 1 12:00-12:30 Listen Together: Age Reconsidered 4:30-5:00	10 Cape Breton 1 10:30-11:00 Museum of the Atlantic 1:30-2:15	11 Then and Now 10:30-11:00
3	14 Movement & Meditation 4:30-5:00	15 Southwest 1 10:30-11:00 Story 1:30-2:00	16 HRM 1 12:00-12:30 Books Talk 4:30-5:00	17 Cape Breton 1 10:30-11:00 PIPN 1:30-2:00	18 Games 2 10:30-11:00
4	21 Movement & Meditation 4:30-5:00	22 Southwest 1 10:30-11:00 Story 1:30-2:00	23 HRM 1 12:00-12:30 Listen Together: Vinyl Cafe 4:30-5:15	24 Cape Breton 1 10:30-11:00 Carols and Stories 1:30-2:00	25 The Royal Christmas Message 10:30-11:00
5	28	29	30	31	1

Program Descriptions

Regional Calls	
Week 2	**The Great Debate - Christmas Trees:** Real or artificial, what makes the better tree?
Week 3	**Objects - Festive Decor:** Share stories about the trimmings you bring out each winter.
Week 4	**Practical Life - Holiday Helper:** Tips to keep the season stress-free and fun.

Provincial Calls	
Novel Tuesday: "Robert Turner's Revenge" and "Christmas at Red Butte".	**Trivia:** Winter Holidays Around the World, Christmas in Canada, and Snow and Winter Weather.
Birthday Celebration: Join us as we celebrate all our December birthdays.	**Bingo:** Keep that BINGO card! If you win 5 games, you get a gift certificate in the mail!
In Common: Paired chats about the little traditions that make winter feel special, from favourite foods to cozy evenings. Everyone is welcome, whatever you celebrate.	**Listen Together - Age, Reconsidered:** Rethinking What it Means to Grow Older. Hear about the rich inner world of memory, identity and meaning, and how the stories we carry continue to shape who we are becoming.
Museum of the Atlantic - Christmas at Sea: What is Christmas like at sea for sailors and the Navy?	**Then and Now - Winter Days:** Looking back at what winter was like years ago, how we played in the snow, and how we marked the season, compared with today.
Books Talk: Like a book club without the homework! Share what you're reading, and what you recommend.	**PIPN:** A support group for those living with chronic pain.
Games - Riddles: A friendly round of winter and holiday riddles. Guess together and have some cozy laughs.	**Listen Together - The Vinyl Cafe:** We'll be listening to the episode "Morley's Christmas Concert" about a hilariously chaotic elementary school concert.
Carols and Stories: Get together for Christmas Eve call to share our favourite Christmas stories and carols.	**The Royal Christmas Message:** Join us for a Christmas morning call to listen to the King's Christmas message.

NOVA SCOTIA

Seniors Connect NS

SPENCER HOUSE
here with friends