

MARCH

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

Call in to: **1-800-305-0494**

Trouble Connecting?

Call Alaina: 902-932-7124, ext. 0

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	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3 Southwest 1 10:30-11:00	4 HRM 1 10:30-11:00	5 HRM 2 10:30-11:00	6 Cape Breton 2 10:30-11:00
		Lea 1:30-2:00	Cape Breton 1 1:30-2:00	Oren's Herbs 1:30-2:30	Southwest 2 1:30-2:00
	Movement & Meditation 4:30-5:00		English with Martina 4:30-5:00		
	9	10 Southwest 1 10:30-11:00	11 HRM 1 10:30-11:00	12 HRM 2 10:30-11:00	13 Cape Breton 2 10:30-11:00
		Lea 1:30-2:00	Cape Breton 1 1:30-2:00	Maritime Museum 1:30-2:00	Southwest 2 1:30-2:00
	Movement & Meditation 4:30-5:00		English with Martina 4:30-5:00		
	16	17 Southwest 1 10:30-11:00	18 HRM 1 10:30-11:00	19 HRM 2 10:30-11:00	20 Cape Breton 2 10:30-11:00
		Lea 1:30-2:00	Cape Breton 1 1:30-2:00	PIPN 1:30-2:00	Southwest 2 1:30-2:00
	Movement & Meditation 4:30-5:00		English with Martina 4:30-5:00		
	23	24 Southwest 1 10:30-11:00	25 HRM 1 10:30-11:00	26 HRM 2 10:30-11:00	27 Cape Breton 2 10:30-11:00
		Lea 1:30-2:00	Cape Breton 1 1:30-2:00	BINGO 1:30-2:30	Southwest 2 1:30-2:00
	Movement & Meditation 4:30-5:00		English with Martina 4:30-5:00		



Program Descriptions

	Call 1	Call 2
Week 1 Regional Programming	Game: “Common Ground.” It’s a get-to-know-you game that will have everyone talking!	Conversation: “Small Inventions” is the topic. Come share ideas and experiences.
Week 2 Regional Programming	International Women’s Day Trivia. Learn and show what you know about women!	Song Circle. Bring your voice or an instrument and we’ll share our favourite tunes.
Week 3 Regional Programming	St. Patrick: A real person! Follow his journey and learn about the legends.	Vernal Equinox Name that tune - Spring birdsong, that is, and Spring-themed songs.
Week 4 Regional Programming	Art Talk. Discussion and appreciation of some artwork by NS’s Alan Syliboy.	CBC’s “The Dose” with Dr. Brian Goldman. Listen and discuss health news.
Novel Tuesday With Lea	Join Lea as she reads the classic tale, “The Wind in the Willows”. Grab your favourite hot drink, sit back, and relax.	
English With Martina	English with Martina. This is a discussion call about this complex and curious language we call English!	
Oren’s Herbs	Part 3 of a 3-part series. This time, Oren will tell us about herbal supports for emotional wellbeing.	
Maritiem Museum	Jason is our guest from the museum and will come to tell us about the Titanic.	
PIPN	Heather will join us again from the People In Pain Network on the topic of: “Stress and the Body”. This is a guided conversation and is mainly peer support for those in pain.	
BINGO	Keep that BINGO card! If you win 5 games, you get a gift certificate in the mail!	

