

May

Exciting news!

Seniors Connect NS is growing under the leadership of **Spencer House**—and I'm thrilled to continue as Program Coordinator. We're expanding province-wide over the next three years. Thanks for your support during the pilot—we wouldn't be here without you!

Rebecca

Monday	Tuesday	Wednesday	Thursday	Friday
5	6 Game: Where You At?: NS 2:30-3:00	7	8	9 The Art of Listening: Songs for Mom 2:30-3:30
12	13 C'mon In! Service Canada: What to Do When Someone Dies 10:30-11:30	14	15 International Tea Day 10:30-11:00	16
19	20 Guided Meditation 2:30-3:00	21	22	23 BINGO 2:30-3:30
26	27	28 C'mon In! Service Canada: Dental Plan 10:30-11:30	29	30 International Day of Potato 10:30-11:00

Two Ways to Join a Call

We call you

1. Just before the program time, you will receive an automated call.
2. Press 1 to join the call.

You call in

1. You may also join using our toll-free number:
1-800-305-0494

✦ Not yet a Seniors Connect NS Participant?

For more information, or to register, call or email:

902-410-7092

info@SeniorsConnectNS.ca

www.seniorsconnectns.ca





Program Descriptions

Where You At?	It's a made-up game (like all games!?). You'll get clues about a place somewhere in Nova Scotia and you have to try to figure out where it is. You can also come with your own clues about a place if you want to try to stump the other participants!
Art of Listening: Songs for Mom	Happy Mother's Day to all the moms! Lots of musicians have written odes to their mothers. We'll listen to a few of them together. Mixed genres.
C'mon In Service Canada	Shannon Millward will join us to talk about the practicalities of how to prepare for a death, whether it's someone else's or your own.
International Tea Day	Did you know, after water, tea is the most consumed drink in the world? No matter where you go, people are drinking some kind of tea. Let's talk tea, and have a cup together.
Guided Meditation	Let's take a moment of stillness together. No experience necessary. Just breath.
BINGO	Keep that lucky BINGO card from last month! We're playing again. Win five games and you will receive a gift certificate in the mail!
C'mon In! Service Canada	Shannon Millward is back with us. This time she will tell us about the Canadian Dental Care Plan. How it works, and how to take part.
International Day of Potato	The noble potato! The most versatile of all the vegetables! White, gold, red, russet - and so, so many more. Come learn about this starchy substance and tell us about your favourite potato recipes.