

# June



## Seniors Connect NS

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 C'mon In! Arthritis Society 2:30-3:30	4	5 Art of Listening: Country Gospel 2:30-3:30	6
9 Story Chain 10:30-11:00	10	11	12	13 Albinism: What is it? 10:30-11:00
16	17	18 C'mon In! Barrington Museum 2:30-3:00	19	20 Summer Solstice: Ode to Summer Haikus 2:30-3:00
23	24 "The Enchanted April" 2:30-3:30	25 Day of the Seafarer 10:30-11:15	26	27
30 BINGO 10:30-11:30	1	2	3 C'mon In! Aging Well 10:30-11:00	4

### 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

<b>C'mon In! Arthritis Society</b>	Practical strategies and tools to manage arthritis symptoms. The volunteer expert will include tips on joint protection, pain management, exercise, and assistive devices.
<b>Art of Listening: Country Gospel</b>	Heartfelt harmonies, timeless faith, and down-home spirit come together in song. Sit back, sing along, and let the music lift your soul.
<b>Story Chain</b>	We'll tell a story or two together - one sentence at a time. It could end up being nonsensical, but that's part of what makes it fun!
<b>Albinism: What is it?</b>	A rare, inherited condition affecting melanin production. We'll explore its genetic roots, vision impacts, lived experiences, and the beauty of diversity in every shade.
<b>C'mon In! Barrington Museum</b>	We once again welcome Sam Crowell from the Barrington Museum to give us an update on a current dig! How exciting! Did they find Basque artifacts?
<b>Summer Solstice: Ode to Summer Haikus</b>	Use the guide in your packet to help write a haiku for summer. Or, if you're feeling especially verbose, please do write longer-form poetry. Or simply share your favourite summer poem.
<b>"The Enchanted April"</b>	Léa Ockrant will be our guest narrator. Léa is a retired radio broadcaster and will read Chapter 1 of "The Enchanted April" by Elizabeth Von Arnim (1922).
<b>Day of the Seafarer</b>	Join for music, trivia, and discussion on how saltwater runs through <i>your</i> veins. It's the International Day of the Seafarer!
<b>BINGO</b>	As we say, keep that lucky BINGO card from last month! We're playing again. Win 5 games and receive a gift card in the mail!
<b>C'mon In! Aging Well</b>	Erin Henderson and Aging Well will be seeking to understand the lived experience and perceptions of ageism among older adults in our province in the "Disrupting Ageism in NS Project".

