

JUNE

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
	1	2 Southwest 1 10:30-11:00	3	4	5 Trivia 10:30-11:00
		Lea 1:30-2:00	HRM 1 12:00-12:30	Fraud BINGO 1:30-2:30	
	Movement & Meditation 4:30-5:00		Twenty Thousand Hertz 4:30-5:15		
	8	9 Southwest 1 10:30-11:00	10	11	12 Song Circle 10:30-11:00
		Lea 1:30-2:00	HRM 1 12:00-12:30	BINGO 1:30-2:30	
	Movement & Meditation 4:30-5:00		Aging Well 4:30-5:00+		
	15	16 Southwest 1 10:30-11:00	17	18	19 Games 10:30-11:00
		Lea 1:30-2:00	HRM 1 12:00-12:30	PIPN 1:30-2:00	
	Movement & Meditation 4:30-5:00		Oren's Herbs 4:30-5:30		
	22	23 Southwest 1 10:30-11:00	24	25	26 In Common 10:30-11:00
		Lea 1:30-2:00	HRM 1 12:00-12:30	donalee Moulton 1:30-2:00	
	Movement & Meditation 4:30-5:00		Vinyl Cafe 4:30-5:00		



Program Descriptions

	Call 1	Call 2 (Provincial)
Week 1 Regional Programming	The Great Debate Public or Private Airports? Participants are assigned a side and make the best case they can.	Trivia Three themed rounds of fast-paced summer trivia: Summer Solstice, Ice cream, and Bugs.
Week 2 Regional Programming	Objects: A conversation about the objects that signal summer has finally arrived.	Song Circle Bring your voice or an instrument and we'll share our favourite tunes.
Week 3 Regional Programming	Then and Now: Summer Jobs A look at how summer jobs have changed, from first jobs to now.	Games: Category Countdown A group game where players race to name as many things in a category as they can.
Week 4 Regional Programming	Practical Life: Gardens Tips, tricks, and memories for getting the most from a garden.	In Common: Neighbourhoods Paired conversations to find unexpected connections about where you live.
Novel Tuesday With Lea	Join Lea and get ready for some laughs as she reads "Letters from the Country" by Marsha Boulton.	
Twenty Thousand Hertz	A Podcast: Beethoven continued to create groundbreaking music even as his world fell into silence.	
Fraud BINGO	The Nova Scotia Securities Commission joins us to learn about how to protect ourselves from financial fraud with a BINGO game.	
Aging Well	Aging Well will put on a workshop called "Interrupting Ageism". What is "ageism", how does it affect us, and how can we address it?	
BINGO	Keep that BINGO card! If you win 5 games, you get a gift certificate in the mail!	
Oren's Herbs	As the wild plants start poking themselves up, we'll talk about which ones we can use - even to make some delicious pesto!	
PIPN	Alvine will join us from the People In Pain Network to discuss resiliency. Our PIPN calls are a support group for those of us dealing with chronic pain.	
Vinyl Cafe	A tale from the late, great Stuart McLean. Let's listen together.	
Donalee Moulton	The author returns! We are happy to welcome Donalee back to read from her book, "Conflagration!".	