

August



Seniors Connect NS HRM

Monday	Tuesday	Wednesday	Thursday	Friday
4	5 "The Enchanted April" 2:30-3:00	6 HRM Current Events 10:30-11:00	7	8 Musical Bio: Dolly Parton 10:30-11:30
11 Movement and Meditation 10:30-11:00	12 "The Enchanted April" 2:30-3:00	13 HRM Trivia 10:30-11:00	14	15
18	19 "The Enchanted April" 2:30-3:00	20 HRM Astrology 10:30-11:00	21 Program Check-In 2:30-3:00	22
25	26 "The Enchanted April" 2:30-3:00	27 HRM Bio: Mary Simon 10:30-11:00	28 BINGO 10:30-11:30	29

Two Ways to Join a Call

We call you

1. Just before the program time, you will receive an automated call from 782-201-3125.

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



“The Enchanted April”	Written in 1922 by Elizabeth Von Arnim and read for us by Léa Ockrant. We’re going chapter by chapter following the adventure of four English women on a holiday to a medieval castle in Italy.
Current Events HRM	Meet your HRM facilitator, Sharon. This will be a chance for introductions and a little “get to know you”. It’s also a chance for HRM people to talk about what’s going on in HRM!
Musical Bio: Dolly Parton	It’s the life and times of living legend, Dolly Parton! Learn about Dolly, and we’ll listen to a few of her tunes along the way.
Movement and Meditation	Join for some restorative movements and calming, healing meditation.
Trivia HRM	Some general trivia to test your knowledge!
Astrology HRM	What’s your sign? This is a fun chat about what the stars could be telling us about our lives!
Program Check-In	It’s been a while since we’ve done a program check-in. Let’s use this time to chat about how the program is going for you, talk about the future, and share any programming ideas you might have.
Bio: Mary Simon	Learn about Mary Simon, Canada’s first Indigenous Governor General, and explore her life, leadership, and the significance of her historic appointment.
BINGO	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!

