

# MAY

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	4	5 Southwest 1 10:30-11:00	6 HRM 1 10:30-11:00	7 HRM 2 10:30-11:00	8
		Lea 1:30-2:00		Maritime Museum 1:30-2:00	Southwest 2 1:30-2:00
	Program Check-In 4:30-5:00		English with Martina 4:30-5:00		
2	11	12 Southwest 1 10:30-11:00	13 HRM 1 10:30-11:00	14 HRM 2 10:30-11:00	15
		Lea 1:30-2:00	Anniversary Party 1:30-2:00	BINGO 1:30-2:30	Southwest 2 1:30-2:00
	Movement & Meditation 4:30-5:00	Larry's Games 4:30-5:15	English with Martina 4:30-5:00		
3	18	19 Southwest 1 10:30-11:00	20 HRM 1 10:30-11:00	21 HRM 2 10:30-11:00	22
		Lea 1:30-2:00		PIP 1:30-2:00	Southwest 2 1:30-2:00
	Victoria Day Holiday	Setareh Basseri 4:30-5:15	English with Martina 4:30-5:00		
4	25	26 Southwest 1 10:30-11:00	27 HRM 1 10:30-11:00	28 HRM 2 10:30-11:00	29
		Lea 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		



# Program Descriptions

	Call 1	Call 2
<b>Week 1 Regional Programming</b>	<b>Trivia - Made in Nova Scotia:</b> Test your knowledge on Nova Scotia history and local life.	<b>This or That: Creature Comforts</b> Small pleasures and the everyday things that make life good.
<b>Week 2 Regional Programming</b>	<b>Objects: The Radio</b> From transistors to talk radio, a conversation on how we listen.	<b>Then and Now: Spending Time</b> A look at how daily life, and leisure have changed over the decades.
<b>Week 3 Regional Programming</b>	<b>Song Circle</b> Bring your voice or an instrument and we'll share our favourite tunes.	<b>Games: Guess the Object</b> A fun guessing game where everyday objects take centre stage.
<b>Week 4 Regional Programming</b>	<b>Current World: Staying Connected</b> How we keep in touch with the world and each other today.	<b>Practical Life: Spring Pantry Tips,</b> tricks, and memories around stocking and storing.
<b>Novel Tuesday With Lea</b>	Join Lea and get ready for some laughs as she reads "Letters from the Country" by Marsha Boulton.	
<b>English With Martina</b>	English with Martina. This is a discussion call about this complex and curious language we call English!	
<b>Maritime Museum Sable Island</b>	The Maritime Museum will be on the call to share the fascinating history of Nova Scotia's infamous Sable Island.	
<b>Larry's Games</b>	Our very own Larry will be sharing the games he created with us.	
<b>Anniversary Party</b>	Come and join us as we celebrate the two-year anniversary of Seniors Connect NS!	
<b>BINGO</b>	Keep that BINGO card! If you win 5 games, you get a gift certificate in the mail!	
<b>Iranian Culture with Setareh Basseri</b>	Seti will be joining us again to tell us about travel in Iran. We'll learn about culture, cuisine, and destinations.	
<b>PIPN</b>	Heather from the People in Pain Networks leads us in a guided call on "Coping during stressful times."	
<b>Maritime Museum CSS Acadia</b>	The Maritime Museum will be joining us a second time, this time to tell us the history of the CSS Acadia.	