



Monday

Tuesday

Wednesday

Thursday

Friday

Rebecca will be away the last two weeks of January. Luckily Seniors Connect NS is a team effort. The SCNS folks will make sure Telephone Tapestry happens, and thank you to Rose, Joan G., and Barb S. for helping with "The Parlour": a group conversation that is Participant driven!

Join as usual, but there will be **NO REMINDER CALLS** for those weeks.

Have fun without me! ~Rebecca

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C'mon In!

Laughter Yoga
with Helen
2:30-3:00

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**TELEPHONE
TAPESTRY
Meditation**
2:30-3:00

8

**Way With
Words**
2:30-3:00

9

**The Art of
Listening:**
Yacht Rock
2:30-3:30

10

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**TELEPHONE
TAPESTRY:
Beethoven**
2:30-3:30

15

C'mon In!
Dan
Hennessey.
The Legion
10:30-11:00

16

BINGO
2:30-3:30

17

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**TELEPHONE
TAPESTRY:
Defy Dementia**
2:30-3:15

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The Parlour:
Beauty (Rose)
2:30-3:00

24

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The Parlour:
Fashion
(Joan G.)
10:30-11:00

28

**TELEPHONE
TAPESTRY
Vinyl Cafe**
2:30-3:15

29

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31 The Parlour:
Coping with
Disabilities
(Barb S.)
2:30-3:00

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

You may also join using our toll-free number:

1-800-305-0494

✦ Not a Seniors Connect NS Participant?

For more information, call or email:

902-410-7092

info@SeniorsConnectNS.ca

www.seniorsconnectns.ca





Program Descriptions

C'mon In! Helen Fong	Join Helen Fong, a yoga instructor with 18 years of experience, for a fun and energizing laughter yoga session designed to lift your spirits, reduce stress, and enhance overall well-being.
TELEPHONE TAPESTRY: Meditation	Meditation promotes mental and emotional wellness. Join us to practice mindfulness, fostering presence, self-care, and connection with your thoughts, feelings, and body. No experience needed!
Way With Words	What word rhymes with "sheep" that means "jump"?..... <i>Leap!</i> Way With Words are word games to get you thinking quickly!
The Art of Listening: Yacht Rock	Ok, "yacht rock" is kind of a new term, and maybe a bit pejorative... Whatever you call it, "West Coast Sound" or "Adult-Oriented Rock", with bands like Fleetwood Mac, Christopher Cross, and Bread, it's nothing but classic hits of the 70's and 80's.
TELEPHONE TAPESTRY: Beethoven	Explore Beethoven with Hamilton Philharmonic composer Abigail Richardson-Schulte, offering insights into his artistry and his hearing loss through her own experience with deafness.
C'mon In! Dan Hennessey	Join Honorary Colonel Dan Hennessey of the Bridgewater Legion for a session on "The Legion, Then and Now." Discover the history of the Legion and learn about his 2008-2009 "Time to Remember" video project.
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!
TELEPHONE TAPESTRY: Defy Dementia	Discover how lifestyle changes can prevent nearly half of dementia cases as Defy Dementia hosts and Dr. Gillian Livingston explore 2024 Lancet Commission findings (with Bethany).
The Parlour: Beauty	Beauty. What does beauty mean to you? What makes something beautiful? Tell about something (or someone?) that is truly beautiful to you, and try to express why it is so beautiful.
The Parlour: Fashion	Are you a trend setter or a trend follower? Do you consider what's "en vogue" before buying clothes, or does something else guide your choices? Which past trends did you love, and which ones do you hope never come back again?
TELEPHONE TAPESTRY: Vinyl Cafe	Join us for a Vinyl Cafe episode where Dave makes pancakes, shares the "legend of maple syrup," and brings laughter with Canada's favourite fictional family (with Tamara).
The Parlour: Disabilities	Coping with Disabilities in Your World. What kinds of disabilities or different abilities are you managing in your world? How are you doing?