


MARCH



Seniors Connect NS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 3 | 4 | 5 | 6 C'mon In! Elections Canada 2:30-3:00 | 7 Commonwealth Day 10:30-11:00 |
| 10 | 11 C'mon In! Virtual Care NS 2:30-3:00 | 12 Chit-Chat: Eating Well on a Budget 10:30-11:00 | 13 | 14 Art of Listening: Canadian Women 2:30-3:30 |
| 17  Irish Trivia 10:30-11:00 | 18 BINGO 2:30-3:30 | 19 | 20 Chit-Chat: Planting 10:30-11:00 | 21 |
| 24 | 25 C'mon In! Seaside Hearing 10:30-11:00 | 26 | 27 C'mon In! Oren Hercz 10:30-11:30 | 28 Movement: 10 Arthritis Exercises 10:30-11:00 |

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 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

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| C'mon In! Elections Canada | Doug Rideout is an Elections Canada Returning Officer. He will speak to us about the impending federal election, what goes into preparing for an election, and how you can do your civic duty. He'll answer all your election-related questions. |
| Commonwealth Day | Every second Monday of March, we celebrate Commonwealth Day. But what do you know about the Commonwealth? Come learn about this alliance, and challenge your knowledge. |
| C'mon In! Virtual Care NS | Welcome Caitlin from VirtualCareNS, who will talk to us about how you can access healthcare, without having to leave your house. |
| Chit-Chat: Eating Well on a Budget | Everything has gotten more expensive, especially groceries. But it's important to eat nutritious food to stay healthy. How do you make your dollar stretch, but still eat a balanced diet? Let's share our secrets. |
| Art of Listening: Canadian Women | Happy International Women's Day! Let's celebrate some iconic women musicians from across Canada. Also, find a woman and thank her. If you are one, you're amazing! |
| Irish Trivia | Everyone is Irish on St. Patrick's Day, but some are more Irish than others. How much do you know about Ireland, and being Irish? Here's one: Did you know March is Irish Heritage Month? |
| 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! |
| Chit-Chat: Planting | Happy Spring Equinox! It's spring! Let's chat about planting and growing. Do we have any green thumbs in the group? We'll chat about what seeds to start now, tell gardening stories, and think about how to welcome the season of new life. |
| C'mon In! Seaside Hearing | Welcome, Cole Crouse, Hearing Instrument Specialist, and owner of Seaside Hearing. Cole will speak to us about the effects of hearing loss and how to address it. |
| C'mon In! Oren Hercz | Your friendly neighbourhood herbalist is back to teach us about <i>adaptogenic</i> herbs to relieve stress, and effects of stress like fatigue, muscle tension, insomnia, and digestive problems. |
| Movement: Arthritis Exercises | Get moving with the Arthritis Society's Top 10 Arthritis Exercises. You'll be guided through each gentle exercise, and can follow along with the hand-out. |