

December



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 "The Enchanted April" 2:30-3:00	3 Sharon: Christmas Around the World 10:30-11:00	4	5 Martina: CBC's White Coat, Black Art 7:00-7:30
8	9 "The Enchanted April" 2:30-3:00	10 Elizabeth's Christmas Story 10:30-11:00	11 BINGO 2:30-3:30	12 Martina: Universal Health Coverage Day 7:00-7:30
15	16 "Sherlock Holmes" 2:30-3:00	17 HRM Trivia 10:30-11:00	18 C'mon In! PIPN 2:30-3:00	19 Martina: Behind the Music 7:00-7:30
22	23 "Sherlock Holmes" 2:30-3:00	24 Christmas Eve Tales 10:30-11:00	25 	26
29	30	31 Sharon: New Year's Eve Toasts 10:30-11:00	1	2

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



Sharon: Christmas Around the World	Sharon will lead us in an informative discussion about Christmas around the world. Christmas is celebrated in many different ways!
Martina: White Coat, Black Art	Topic: TBD. This is a radio show about medicine and the medical industry. There will be an opportunity for discussion.
Elizabeth's Christmas Story	We have (at least one!) writer amongst us! Our very own Elizabeth M. writes a Christmas story every year for her family and she has offered to read it to us. Thank you, Elizabeth!
BINGO	You know the drill! Bring your card and "chips", surely to have some fun, perchance to win!
Martina: Universal Health Coverage Day	Universal Health Coverage is something that we enjoy in Canada, but we haven't always, and not everyone in the world does. Come learn more!
Story: Sherlock Holmes	The Adventure of the Blue Carbuncle is set at Christmastime in 19 th century London, England.
HRM: Trivia	See what random knowledge you've got up your sleeve!
C'mon In! PIPN	Heather from the People in Pain Network will lead us in a discussion on Communicating with Healthcare Providers.
Martina: Behind the Music	Christmas music! You'll learn some interesting stories behind some well-known tunes - and get to listen to them to get you into the Christmas spirit.
Christmas Eve Tales	Come sit by the cozy fire for short readings of well-known Christmas stories, and to spend a few moments of this Christmas Eve together.
Sharon: New Year's Eve Toasts	Let's gather on this last day of 2025 to reflect on the previous year, and to investigate (and sing!) the song "Old Lang Syne", and make some toasts.

