

November Seniors Connect NS

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5 TELEPHONE TAPESTRY Defy Demetia 2:30-3:15	6	7 County Convo Shelburne 2:30-3:00	8 Vimy Memorial and war-time music 10:30-11:15
11 	12 TELEPHONE TAPESTRY Alaa Hadhad 2:30-3:30	13 County Convo Queens 10:30-11:00	14 C'mon In! Sam Crowell Museum Director 2:30-3:00	15 County Convo Lunenburg 10:30-11:00
18 BINGO 10:30-11:30	19 TELEPHONE TAPESTRY HPO 2:30-3:30	20	21 Time Change! C'mon In! Clara Dugas 2:30-3:00 10:30-11:00	22 County Convo HRM 10:30-11:00
25	26 TELEPHONE TAPESTRY Meditation 2:30-3:00	27	28 C'mon In! GenWell 2:30-3:30	29 County Convo Inverness 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.

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

TELEPHONE TAPESTRY: Defy Dementia	Did you know that up to 40% of risk factors for dementia can be managed by lifestyle choices? Defy Dementia is a podcast dedicated to helping you reduce your dementia risk or slow its progress if you have a diagnosis.
County Convo	Sign up for the county you live in to chat with people near you about what matters to you. Discussion is open, but may be guided with some info about local events.
Vimy Memorial and Wartime Music	We'll take a closer look at the Canadian National Vimy Memorial, a tribute to Canadians who served in WWI. We'll also hear some popular music of the era.
TELEPHONE TAPESTRY: Alaa Hadhad	Peace by Chocolate, founded by the Hadhad family, promotes peace through entrepreneurship in Canada. Alaa Hadhad shares her experiences in NS, highlighting her journey in business and the importance of resilience in leading a fulfilling life.
C'mon In! Sam Crowell	The Cape Sable Historical Society manages the Barrington Museum Complex, which describes rural life of old, as well as archives and genealogical research.
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: HPO	Hamilton Philharmonic Orchestra's Composer-in-Residence, Abigail Richardson-Schulte, guides listeners from Baroque Italy to 20th Century Argentina. Featured is Vivaldi's "Autumn" from The Four Seasons and Piazzolla's "Otoño Porteño."
C'mon In! Clara Dugas	After teaching for 35 years, Clara Dugas became a bilingual storyteller. Her years of teaching and childhood memories enrich her stories, always authentic and often filled with humour.
TELEPHONE TAPESTRY: Meditation	Join us for a guided mindfulness meditation session, exploring grounding techniques and the benefits of meditation for mental and emotional wellness. No prior experience needed.
C'mon In! GenWell	Join Bobbie, Social Worker and Wellness Coach, for Human Connection 101. Learn how fostering connections enhances health and happiness. Learn strategies to strengthen relationships, build a supportive community, and enrich your life.

*TELEPHONE TAPESTRY: These calls are facilitated by our friends at The Good Companions based in Ottawa. You will join the call the same as any other call, then we will link into a larger call with other organizations tuning in as well.

