

November



Seniors Connect NS

Monday	Tuesday	Wednesday	Thursday	Friday
3 Program Check-In 10:30-11:00	4 "The Enchanted April" 2:30-3:00	5 Sharon: Game: True or False? 10:30-11:00	6	7 Martina: Hindu Heritage Month 7:00-7:30
10 Remembrance Day Recognition 10:30-11:00	11 	12 HRM Trivia 10:30-11:00	13 BINGO 2:30-3:30	14 Martina: White Coat, Black Art 7:00-7:30
17	18 "The Enchanted April" 2:30-3:00	19 Sharon: World Toilet Day 10:30-11:00	20 C'mon In! PIPN 2:30-3:00	21 Martina: Philosophy Crash Course 7:00-7:30
24	25 "The Enchanted April" 2:30-3:00	26 HRM Chit-Chat: Movies and TV 10:30-11:00	27 Change Our Stories: Shelagh 10:30-11:00	28 Martina: Movement and Meditation 7:00-7:30

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



Program Check-In	This call is set aside in case mail hasn't gotten to everyone. We'll go over the calendar for November and December. Feel free to join to chat and ask questions as well!
Games: True or False?	Can you guess which statements are true and which are false? Lots of Canadian current events and money matters!
Hindu Heritage Month	November is Hindu Heritage month. Let's learn just a little bit about this rich, complex religion and culture, and listen to some beautiful music from India!
Remembrance Day Recognition	We'll take a holiday for November 11 th , but today, let's remember, and reflect on Peace. We'll discuss peace and consider whether it's a goal we can achieve.
HRM: Trivia	See what random knowledge you've got up your sleeve!
Martina: White Coat, Black Art	"Measles in Canada: Where we're at and how we got here." This episode is from June, 2025 and discusses the current measles outbreak. There will be opportunities for discussion.
World Toilet Day	Ah, the humble toilet. Learn the history of - and importance of - this often used, rarely discussed invention.
C'mon In! PIPN	Alvine will join us again from the People In Pain Network on the topic of: "Self-Compassion". This is a guided conversation and is mainly peer support for those in pain.
Martina: Philosophy Crash Course	It's World Philosophy Day! "I think, therefore I am"... etc. This will be a very (very) brief overview of world philosophy. A starting point, perhaps?
HRM: Chit-Chat: Movies and TV	Let's talk about our favourite movies and TV shows. Could be classics, or could be what's on now.
Chit-Chat: Coping	Life is tough sometimes: illness, boredom, loneliness, loss, global affairs, etc. What gets you through? Share how you cope and listen to others' strategies.
Martina: Movement and Meditation	Join for light movement and a Loving Kindness meditation. No experience necessary.