



Please Note: Sign up calls will take place the first week of February. So, if you're signing up by telephone and you haven't received your call, you can call yourself into any program on 1-800-305-0494.

February

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 TELEPHONE TAPESTRY: Adventures of Later Life 2:30-3:30	5	6 Chit-Chat: Check In 10:30-11:00	7 National Flag of Canada Day 2:30-3:00
10	11 TELEPHONE TAPESTRY: From Viktor Frankl to Values: 2:30-3:30	12	13 Piskwa'! Savvy Simon Mi'kmaq Culture 10:30-11:00	14 The Art of Listening: Love Songs 2:30-3:30
17 Trivia 10:30-11:00	18 Black History Month: Birchtown 2:30-3:30	19	20 C'mon In! Oren Hercz 10:30-11:30	21
24	25 BINGO 10:30-11:30	26 C'mon In! Gina Hanley Fountain of Health 10:30-11:30	27	28 C'mon In! Nancy Aladdin on Ramadan 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, call or email:

902-410-7092

info@SeniorsConnectNS.ca

www.seniorsconnectns.ca



Program Descriptions



TELEPHONE TAPESTRY: Later Life	Dr. Bill Randall, gerontologist and scholar, challenges negative views on aging, offering insights to reimagine it positively, acknowledging challenges while emphasizing growth, meaning, and resilience in later years.
Chit-Chat: Check In	Discussing “The Parlour” - the three discussion-based programs at the end of January. How was the format? Pros and Cons? Also, what’s new with you? How’s Life?
National Flag of Canada Day	This February 15th we celebrate 60 years of Canada’s iconic national flag. We’ll hear the story of how the flag came to be, and share personal memories.
TELEPHONE TAPESTRY: Viktor Frankl	Dr. Thomas Mengel, a multidisciplinary scholar, explores values-based leadership through Viktor Frankl's insights on purpose, meaning, vision, and freedom, highlighting their transformative power in leadership.
Piskwa! (C'mon In!) Savvy Simon	Join Savvy Simon for an inspiring exploration of Mi'kmaq songs, culture, language, and storytelling, celebrating the rich traditions, wisdom, and vibrant heritage of the Mi'kmaq people.
The Art of Listening: Love Songs	For all the lovers out there: Happy Valentine’s Day! Let’s celebrate by enjoying love songs in many forms. Learn something new, and just enjoy some music together.
Trivia	Check and show off your random knowledge!
CBC’s Secret Life of Canada: Birchtown	Canada's Black history includes slavery, North America's first race riot, broken freedom promises, and Birchtown, Nova Scotia —one of the earliest Black settlements in the country. <i>Warning: There is swearing and some difficult information.</i>
C'mon In! Oren Hercz Herbalist	Join clinical herbalist Oren Hercz to explore how herbal medicine can support mental health during winter, easing grief, anxiety, and other emotions while fostering connection and resilience.
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!
C'mon In! Fountain of Health	Join Gina Hanley from the Fountain of Health as she discusses "The Art and Science Behind Aging Well," offering evidence-based strategies to enhance health, happiness, and longevity.
C'mon In! Nancy Aladdin	Educator, Artist, Personal Trainer, and practising Egyptian Muslim, Nancy will talk to us about “the holy month of Ramadan”. Why is it celebrated, when is it celebrated, and how? She’s here to answer any questions you may have.

