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Monday	Tuesday	Wednesday	Thursday	Friday
5	6 Southwest 1 10:30-11:00	7 HRM 1 10:30-11:00	8 HRM 2 10:30-11:00	9 Cape Breton 2 10:30-11:00
	Lea 1:30-2:00	Cape Breton 1 1:30-2:00	BINGO 1:30-2:30	Southwest 2 1:30-2:00
Program Check-In 6:00-6:30		English with Martina 4:00-4:30		DAL Wills 4:00-4:30+
12	13 Southwest 1 10:30-11:00	14 HRM 1 10:30-11:00	15 HRM 2 10:30-11:00	16 Cape Breton 2 10:30-11:00
	Lea 1:30-2:00	Cape Breton 1 1:30-2:00	Oren 1:30-2:30	Southwest 2 1:30-2:00
Yoga and Meditation 6:00-6:30		English with Martina 4:00-4:30		
19	20 Southwest 1 10:30-11:00	21 HRM 1 10:30-11:00	22 HRM 2 10:30-11:00	23 Cape Breton 2 10:30-11:00
	Lea 1:30-2:00	Cape Breton 1 1:30-2:00	PIPN 1:30-2:00	Southwest 2 1:30-2:00
Yoga and Meditation 6:00-6:30		English with Martina 4:00-4:30		
26	27 Southwest 1 10:30-11:00	28 HRM 1 10:30-11:00	29 HRM 2 10:30-11:00	30 Cape Breton 2 10:30-11:00
	Lea 1:30-2:00	Cape Breton 1 1:30-2:00	ACLA PenPals 1:30-2:00	Southwest 2 1:30-2:00
Yoga and Meditation 6:00-6:30		English with Martina 4:00-4:30		



Program Descriptions

	Call 1	Call 2
Week 1 Regional Programming	World Braille Day. Learn about reading and writing by the sense of touch.	Elvis Trivia! How well do you know the King of Rock and Roll?
Week 2 Regional Programming	Thank You Day. Explore gratitude and its impact on mental well-being.	Celtic Heritage. Nova Scotia means “New Scotland” and there’s a rich Celtic Culture.
Week 3 Regional Programming	World Snow Day! Snow is the foundation of many cultural traditions. What are yours?	Music Trivia. This will all be music from Nova Scotia and the rest of Canada.
Week 4 Regional Programming	Art Talk. Tom Forrestall is a realist and impressionist artist.	CBC’s “The Dose” with Dr. Brian Goldman. Listen and discuss health news.
Novel Tuesday With Lea	Join Lea as she reads the classic tale, “The Wind in the Willows”. Grab your favourite hot drink, sit back, and relax.	
English With Martina	English with Martina. This is a discussion call about this complex and curious language we call English!	
BINGO	Keep that BINGO card! If you win 5 games, you get a gift certificate in the mail!	
ACLA Pen-Pals	We will once again join up with the Atlantic Canada Language Academy to match Seniors Connect NS participants with pen-pals. Students from the academy are keen to exchange letters!	
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.	
DAL Wills	The Dalhousie Wills Clinic offers free wills and estates services to eligible seniors, pairing law students with volunteer lawyers to draft and execute documents.	