

September

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Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4 Trivia 1 10:30-11:00
		More Riddles 12:00-12:30	Where in the World? 1:30-2:00	
Movement & Meditation 4:30-5:00	No Programming	Listen Together: Spiritual Brain 4:30-5:00		
7	8 Southwest 1 10:30-11:00	9	10	11 Then and Now 10:30-11:00
	Lea 1:30-2:00	HRM 1 12:00-12:30	After Stroke Care 1:30-2:15	
HOLIDAY		Listen Together: Spiritual Brain 4:30-5:00		
14	15 Southwest 1 10:30-11:00	16	17	18 Song Circle 10:30-11:00
	Lea 1:30-2:00	HRM 1 12:00-12:30	PIPN 1:30-2:00	
Movement & Meditation 4:30-5:00		Listen Together: Women Over 70 4:30-5:00		
21	22 Southwest 1 10:30-11:00	23	24	25 Games 10:30-11:00
	Lea 1:30-2:00	HRM 1 12:00-12:30	BINGO 1:30-2:30	
Movement & Meditation 4:30-5:00		Listen Together: Grosse Ile 4:30-5:15		
28	29 Trivia 2 10:30-11:00	30	1 Moved to October. TBD.	2 In Common 10:30-11:00
	Lea 1:30-2:00		Firefighter: Andrea Speranza 1:30-2:15	
Movement & Meditation 4:30-5:00		HOLIDAY		

Program Descriptions



Regional Calls	
Week 2	The Great Debate - Canada Post: Should Canada Post keep home delivery, even if it means less frequent service?
Week 3	Objects - School Supplies: A conversation about our favourite pencils, notebooks, and stationary supplies.
Week 4	Practical Life - Fall Kitchen Prep: Tips and tricks around preserving, stocking up, and getting ready for the season ahead.
Provincial Calls	
Novel Tuesday: Join Lea and get ready for some laughs as she reads "Letters from the Country" by Marsha Boulton.	Listen Together - Waking Up Your Spiritual Brain: Over two calls, we'll listen to an Episode of "Hidden Brain" that discusses the science of spirituality.
Listen Together - Women Over 70: Mariann Aalda—actor, hypnotherapist, and self-described "pro-aging evangelist"—challenges ageism.	Where in the World?: From a series of clues, you guess "where in the world". Could be somewhere in NS, or elsewhere in the world.
Then and Now - Self-Perception: How did you see yourself then, and how do you see yourself now?	March of Dimes: Stephanie Frizzell, the Community Stroke Navigator will talk to us about after stroke care.
Song Circle: Bring your voice or an instrument and we'll share our favourite tunes.	More Riddles: Test your lateral thinking with these brain teasers.
PIPN: A support group for those living with chronic pain.	Games - Guess the Decade: Try and guess the decade before the clues run out!
Listen Together - Parks Canada's "ReCollections": Grosse Ile: Listen and learn about Grosse Ile, an island in Quebec that was used to quarantine incoming ships.	Bingo: Keep that BINGO card! If you win 5 games, you get a gift certificate in the mail!
In Common - Your Fall Routine: Paired conversations about the small and big ways fall shifts our daily lives.	Trivia 1: Three themed rounds of fast-paced trivia: Back to School, The Equinox, Harvest.
Firefighter - Andrea Speranza: A firefighter for 30 years in HRM, and founder of "Camp Courage".	Trivia 2: It's a bonus round of trivia this month! Test your knowledge on the Signs of Fall, September History, and Nature.