



The call-out comes from: 782-201-3125

Call in to: **1-800-305-0494**

Trouble Connecting?

Call Alaina: 902-932-7124, ext. 0

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Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9 Then and Now 10:30-11:00
		Trivia 12:00-12:30	BINGO 1:30-2:30	
Movement & Meditation 4:30-5:00	No Programming	Birthday Celebration 4:30-5:00		
12	13 Southwest 1 10:30-11:00	14	15	16 Song Circle 10:30-11:00
	Story 1:30-2:00	HRM 1 12:00-12:30	PIPN 1:30-2:30	
No Programming		Listen Together: Rooted in Treaty 4:30-5:30		
19	20 Southwest 1 10:30-11:00	21	22	23 Games 10:30-11:00
	Story 1:30-2:00	HRM 1 12:00-12:30	Green Burial NS 1:30-2:30	
Movement & Meditation 4:30-5:00		Larry's Games 4:30-5:00		
26	27 Southwest 1 10:30-11:00	28	29	30 In Common 10:30-11:00
	Story 1:30-2:00	HRM 1 12:00-12:30	donnalee Moulton 1:30-2:30	
Movement & Meditation 4:30-5:00		Firefighter: Andrea Speranza 4:30-5:15		

Program Descriptions



Regional Calls	
Week 2	The Great Debate - Wildfire Funding: Should Canada invest more in preventing wildfires, or fighting them once they start?
Week 3	Objects - The Telephone: A conversation about phones, calls, and how we stay in touch.
Week 4	Practical Life - Staying Organized: Tips, tricks, and systems for keeping life a little more manageable.

Provincial Calls	
Novel Tuesday: Join Lea and get ready for some laughs as she reads "Letters from the Country" by Marsha Boulton.	Listen Together - Slavery: August 1 is Emancipation Day in Canada. So, emancipation from what? Listen to CBC's "Ideas" to learn more.
Trivia: Three themed rounds of fast-paced summer trivia: The Beach, The Night Sky, and Canada's National Parks	NS Emergency Preparation: Erica Brook, the Regional Outreach Officer for the Dept. of Emergency Management will talk to us about emergency preparedness.
Then and Now - Getting Around: A look at how we've moved through the world, and how that's changed.	Listen Together - Arthritis Talks: From the Arthritis Society: Find freedom from pain with RN Susan Johnston—a recorded talk on strategies that work.
Song Circle: Bring your voice or an instrument and we'll share our favourite tunes.	Dignity Memorial: Dignity Memorial funeral services is back to talk to us about wills, power of attorney, and estate lawyers.
Bingo: Keep that BINGO card! If you win 5 games, you get a gift certificate in the mail!	Larry's Game: Larry is back to teach us one of his games! This one is a word game played with dice.
Games - The Alphabet Game: A fast-paced word game where participants race through the alphabet category by category.	Listen Together - Science v. Memory: A show called "Science VS." investigates memory. Can you boost it? Listen along and share your thoughts.
In Common - Your Morning Routine: Paired conversations where participants find unexpected common ground about how they start their day.	donnalee Moulton: We're joined again by a local author. She will read an excerpt from her paranormal story "Cardinal", and give us a spooky quiz about paranormal activity.