



Monday	Tuesday	Wednesday	Thursday	Friday
	30 "The Enchanted April" 2:30-3:00	1 Our Stories: Sharon 10:30-11:00	2	3 Art of Listening: Classical Instruments 2:30-3:30
6	7 "The Enchanted April" 2:30-3:00	8 HRM Musical Bio: Gordon Lightfoot 10:30-11:00	9 BINGO 2:30-3:30	10 Martina: Thanksgiving 6:30-7:00
13 	14 "The Enchanted April" 2:30-3:00	15 HRM Trivia 10:30-11:00	16 C'mon In! PIPN 2:30-3:00	17 Martina: United Nations Quiz 6:30-7:00
20	21 "The Enchanted April" 2:30-3:00	22 HRM Vinyl Cafe: Halloween 10:30-11:00	23 C'mon In! Elderberries 10:30-11:00	24 Martina: CBC's White Coat, Black Art 6:30-7:00
27	28 "The Enchanted April" 2:30-3:00	29 HRM Blue Zones of the World 10:30-11:00	30 Our Stories: Shelagh 2:30-3:00	31 Martina: Ghost Story 6:30-7:00

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

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



HRM: Musical Bio: Gordon Lightfoot	"Join us to celebrate Gordon Lightfoot, Canada's legendary singer-songwriter. Hear his timeless songs and reflect on the music that defined a generation."
BINGO	Keep that lucky BINGO card from last month! We're playing again. Win 5 games and receive a gift card in the mail! If you need a replacement card, be sure to get in touch.
Martina: Thanksgiving	Welcome Martina, our new volunteer! We are so grateful to have her join Seniors Connect NS. She will do evening calls, and for her first one, the theme is "Thanksgiving".
HRM: Trivia	A little of this, and a little of that. Join to test your trivial knowledge, and maybe gain some!
C'mon In! PIPN	Alvine, a trained facilitator with the People In Pain Network will join us to do a program called "Communicating with Family and Friends".
Martina: UN Quiz	The United Nations is turning 80! Join to test your UN knowledge with a quiz about the past and present of the UN.
HRM: Vinyl Cafe Hallowe'en	Join for another episode of CBC's "Vinyl Cafe". Listen to a Hallowe'en story from our old friend Stuart MacLean.
C'mon In! Elderberries	The Elderberries is the social and activism group for 2SLGBT Elders in Atlantic Canada. Nate Elling will tell us his story and about Elderberries. We'll talk sexuality, lifestyle, and history!
Martina: White Coat, Black Art	This is a CBC radio show. Have you ever seen those kind-of confusing "Ask Your Doctor" ads about medications? That's what we'll hear about in this program.
HRM: Blue Zones of the World	The so-called "Blue Zones" of the world are places where people are living longer. Where are these places, and how is this happening? What can we learn?
Our Stories: Shelagh	Our Stories is a chance to hear from each other. We ALL have stories to tell, big or small. What's yours? Today, we welcome Shelagh to the microphone!
Martina: Ghost Story	Happy Hallowe'en! This spooky evening, we'll listen to "The Haunted Trailer", an old radio broadcast. If you have little ghosts coming to your door, don't worry, we'll be on mute.

