

April

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	Monday	Tuesday	Wednesday	Thursday	Friday
	6	7 Southwest 1 10:30-11:00	8 HRM 1 10:30-11:00	9 HRM 2 10:30-11:00	10
				Introducing... 1:30-2:00	Southwest 2 1:30-2:00
			English with Martina 4:30-5:00		
	13	14 Southwest 1 10:30-11:00	15 HRM 1 10:30-11:00	16 HRM 2 10:30-11:00	17
		Lea 1:30-2:00		PIPN 1:30-2:00	Southwest 2 1:30-2:00
	Movement & Meditation 4:30-5:00	Iranian Culture 4:30-5:00+	English with Martina 4:30-5:00		
	20	21 Southwest 1 10:30-11:00	22 HRM 1 10:30-11:00	23 HRM 2 10:30-11:00	24
		Lea 1:30-2:00		Donalee Moulton 1:30-2:00+	Southwest 2 1:30-2:00
	Movement & Meditation 4:30-5:00		English with Martina 4:30-5:00		
	27	28 Southwest 1 10:30-11:00	29 HRM 1 10:30-11:00	30 HRM 2 10:30-11:00	1
		Lea 1:30-2:00		BINGO 1:30-2:30	Southwest 2 1:30-2:00
			English with Martina 4:30-5:00		



Program Descriptions

	Call 1	Call 2
Week 1 Regional Programming	Trivia - Spring: Test your knowledge and share your memories in a fun spring trivia call.	This or That: Then or Now: We're taking sides and talking about how everyday life has changed.
Week 2 Regional Programming	Objects: Cars: From bench seats to GPS. What are your memories behind the wheel?	Then and Now: Staying Connected: From letters to texts, how has keeping in touch changed?
Week 3 Regional Programming	Song Circle: Bring your voice or an instrument and we'll share our favourite tunes.	Games: Finish the Phrase: Every cloud has a silver... How many can you complete?
Week 4 Regional Programming	Current World: Technology: Share what you've tried, how it went, and what surprised you.	Practical Life: Spring Cleaning: Swap your best tips, tricks, and hard-won cleaning wisdom.
Novel Tuesday With Lea	Join Lea as she reads the classic tale, "Letters from the Country". 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!	
Iranian Culture with Setareh Basseri	Seti will introduce Iranian culture, including Zoroastrianism, Nowrooz, and Yalda Night. The talk will also highlight powerful women from Iran's history.	
Introducing.... Alaina MacKenzie	Alaina has been working largely behind the scenes for Seniors Connect NS for almost a year as the Program Administrator. But who is this mysterious woman? Come find out!	
PIPN	Heather will join us again from the People In Pain Network on the topic of: "Flare-Ups". This is a guided conversation and is mainly peer support for those in pain.	
BINGO	Keep that BINGO card! If you win 5 games, you get a gift certificate in the mail!	
Donalee Moulton	A Halifax-based author, Donalee will discuss her book "Hung Out to Die", talk about the writing process, do a fun quiz on psychopaths (really!), and take questions.	