

August 2020

Rural Connections – Seniors Centres Without Walls
Please register for programs two days in advance.
To register phone 519-664-1900

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5 10:30 – 11:00am Conversation & Coffee with Kim	6 10:30 -11:15am Trivia 11 – 11:45am Motivation Part 1	7 10:30 – 11:15am Region of Waterloo Library – reading and discussion	8
9	10 1pm – 1:45pm Medication Usage	11 1 – 1:45pm Tips for communicating with Health Providers	12 10:30 – 11:00am Conversation and Coffee with Kim 1 – 1:45pm Enhancing Immune Systems	13 11 – 11:45am Motivation Part 2 1pm – 1:45pm Habits for Well-Being	14 10:30 – 11:15am Guest speaker from the Schneider Haus	15
16	17 1 – 1:45pm Senior Services in Rural Areas	18 1 – 1:45pm Understanding Anxiety & Managing Worry	19 10:30 – 11:00am Conversation & Coffee with Kim	20 10:30-11:15am Trivia 1 – 1:45pm Help with getting a restful sleep	21 10:30 – 11:15am Region of Waterloo Library, reading and discussion "Waterloo You Never Knew"	22
23	24 11 – 11:45am Home Health Services for Seniors	25 1 – 1:45pm Mindfulness – What is it and how to do it	26 10:30 – 11:00am Conversation & Coffee with Kim	27 1 - 1:45pm Coping with Isolation & Loneliness	28 10:30 – 11:15am Discussion with Dietician, Tiffany	29
30	31					
						