

# October 2020

## Rural Connections – Senior Centres Without Walls

Please register for programs two days in advance. To register phone 519-664-1900

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 10:30 – 11:00am Bye, Bye Miss American Pie
5	6	7 10:30 – 11am Conversation with Kim. Music Memories from the first Bandstand in 1952	8	9 10:30 – 11:00am Person, Place or Thing?
12 Happy Thanksgiving!	13	14 10:30 – 11am Conversation and Coffee with your Local Pharmacist	15 1:00 – 1:30pm Strategies for a Restful Sleep	16 10:30 – 11:00am National “I Love Lucy day”!
19 11:00 – 11:30am Stress Management – causes and effects of stress and coping strategies	20 1:00 – 1:30pm Understanding Anxiety and Managing Worry	21 10:30 – 11am Guest speaker from the Schneider Haus  1:00 – 1:45pm Enhancing your Immune System during Covid-19 and Flu Season	22	23 10:30 – 11:00am The year was 1960. See what interesting things happened this year!
26 11:00 – 11:30am How to Contact all Levels of Government Officials	27 1:00 – 1:30pm Coping with Isolation and Loneliness Together	28 10:30 – 11am Conversation and Coffee with your Local Pharmacist	29 1:00 – 1:30pm Strengthening our Self-Care	30 10:30 – 11:00am Trick or Treat BINGO!

