

November 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
2	3	4 10:30 – 11am Conversation with Kim. Discovery of King Tut's Tomb 1922	5 10:00 – 10:45am Conversation with Sue Martin	6 10:30 – 11am Piano music with Beatrice
9	10	11 10:30 – 11am Remembrance Day. In Flanders Field, The Last Post and a Moment of Silence at 11am	12 1:00 – 1:30pm Understanding Anxiety and Managing Worry	13 10:30 – 11am Conversation with Kim. World Kindness Day
16	17 1:00 – 1:30pm What is Mindfulness?	18 10:30 – 11am Celebrating the Birthday of Mickey Mouse	19 1:30 – 2:00pm Conversation with Michelle about the historical McDougall Cottage	20 10:30 – 11am Conversation with Kim. Piano music with Beatrice
23	24 1:00 – 1:30pm Creating Habits for Well-Being by Strengthening Self Care	25 10:30 – 11am Conversation with Kim. Piano music with Beatrice	26 1:00 – 1:30pm Coping with Isolation and Loneliness Together	27 10:30 – 11am Conversation with Kim. Friday Bingo!
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