



Bruce Grey
Seniors' Centre
Without Walls



United Way
Bruce Grey



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>L  ng weekend!</p>	<p>2</p> <p>AUGUST CIVIC HOLIDAY</p>	<p>3</p> <p><i>Volunteer to phone someone</i></p>	<p>4</p> <p>1:00 - 1:45 p.m. Phone-in What are your wishes? Meaningful Conversations with Brad Inglis</p>	<p>5</p> <p><i>Be thankful. Give a hand up to someone</i></p>	<p>6</p> <p>1:00 - 1:45 p.m. Phone-in Electric Vehicles by Glen Estill Zoom 2:00 - 3:00 p.m. Fun Seated Fitness</p>	<p>7</p> <p><i>Smiles are free!</i></p>
<p>8</p> <p><i>Go outside for a walk</i></p>	<p>9</p> <p>1:00-1:45 p.m. Phone-in Fun Trivia Zoom 2:00 - 3:00 p.m. Fun Seated Fitness with Carolyn Shannon</p>	<p>10</p> <p><i>Be mindful of the present</i></p>	<p>11</p> <p>1:00 - 1:45 p.m. Phone-in TBA</p>	<p>12</p> <p><i>Watch a favourite show</i></p>	<p>13</p> <p>1:00 - 1:45 p.m. Phone-in Protecting Georgian Bay #1 by Brooke Harrison Zoom 2:00 - 3:00 p.m. Fun Seated Fitness</p>	<p>14</p> <p><i>Share a story with someone</i></p>
<p>15</p> <p><i>Enjoy a favourite snack</i></p>	<p>16</p> <p>1:00-1:45 p.m. Phone-in Fun Trivia Zoom 2:00 - 3:00 p.m. Fun Seated Fitness with Carolyn Shannon</p>	<p>17</p> <p><i>Thank a Frontline Worker</i></p>	<p>18</p> <p>1:00 - 1:45 p.m. Phone-in Communities helping communities by Debbie Dover and Ron Wheeler</p>	<p>19</p> <p><i>Plan a surprise for someone</i></p>	<p>20</p> <p>1:00 - 1:45 p.m. Phone-in Electrification of the Peninsula by Ryan Matheson Zoom 2:00 - 3:00 p.m. Fun Seated Fitness</p>	<p>21</p> <p><i>Enjoy the Weather, Regardless</i></p>
<p>22</p> <p><i>Help someone from a distance</i></p>	<p>23</p> <p>1:00-1:45 p.m. Phone-in Fun Trivia Zoom 2:00 - 3:00 p.m. Fun Seated Fitness with Carolyn Shannon</p>	<p>24</p> <p><i>Write a thank you list</i></p>	<p>25</p> <p>1:00 - 1:45 p.m. Zoom or Phone-in Puppets present "Anchors Away"</p>	<p>26</p> <p><i>Plan your favourite meal</i></p>	<p>27</p> <p>1:00 - 1:45 p.m. Phone-in Women Pilots in Canada by 99's Pilot Marilyn Dickson Zoom 2:00 - 3:00 p.m. Fun Seated Fitness</p>	<p>28</p> <p><i>Send a card to someone</i></p>
<p>29</p> <p><i>Say thank you to someone</i></p>	<p>30</p> <p>1:00-1:45 p.m. Phone-in Fun Trivia Zoom 2:00 - 3:00 p.m. Fun Seated Fitness with Carolyn Shannon</p>	<p>31</p> <p><i>Phone someone who is alone</i></p>	<p>Seniors' Centre Without Walls is a Community Centre Without Walls offering free educational and fitness sessions for all ages. If you have not registered call Misty at United Way Bruce Grey at 519-376-1560 or 1-800-794-1729 or misty@unitedwaybg.com or Sharron at nbpcsaac@eastlink.ca Contact information will be sent to you by e-mail, mail or www.scwww.ca Thank you to Lion's Head Hellyer's Foodland, Scott's Home Hardware and community donors for the monthly gift card draw for attending 2 or more sessions.</p>			