

Introduction to Speakers in July 2021 SCWW

Friday July 2nd – Brian Reis will speak about the Environment, Climate Change and the conservation of the valuable resources in our communities.

How does weather affect our environment? How can we protect our Great Lakes?

Brian has 10 years of experience tracking the weather at the weather station at the Wiarton Keppel International Airport. He is a workshop leader for the Power Boat and Squadrons across Canada. He is a beekeeper in Howdenvale. **Zoom in**

ID 84452180396 Click launch meeting. Pass-code 785851 or Phone in

toll free: 1-877-806-9883 Follow the prompts. Input pass-code 772270#

Mondays July 5th, 12th, 19th and 26th – Fun Trivia allows us to learn about history, geography, small towns in Ontario and climate change. Continue to learn about your environment, province and country in a fun activity. Exercise your brain while learning in a non-competitive activity. **Phone toll free: 1-877-806-9883 Follow the prompts. Input pass-code 772270#**

Wednesday July 7 – Lee Royer returns with her mindfulness and meditation skills to help us visualize, relax and experience peace. Lee is a qualified Reiki teacher, spiritual minister and meditation leader Lee lives in Wiarton.

Phone toll free: 1-877-806-9883 Follow the prompts. Then input pass-code 772270#

Friday July 9th & July 16th meet Dr. Brian Taylor who is a retired surgeon from London, Ontario. He has retired to the Bruce Peninsula. He enjoys entertaining with his guitar and singing. He is on call for surgery at the Owen Sound Hospital. Brian is also chair of the Board of Directors at the Golden Dawn Senior Residences in Lion's Head. **Phone toll free 1-877-806-9883 Input pass-code 772270#**

Wednesday July 14th – Meet Marilyn Rivers, a qualified psychotherapist from Meaford who has many years of experience with helping people make healthy decisions during group discussions. She will also lead a meditation for relaxation and mindfulness. **Phone toll free: 1-877-806-9883. Input pass-code 772270#.**

Wednesday July 21st – Meet Stephen Mueshl, the new executive director for Home and Community Support Services Grey Bruce. He will discuss his new position as executive director to let us know the support and services that are available within your community. Stephen was the executive director of

Alzheimer Society. Phone toll free **1-877-806-9883. Follow the voice prompts. Input passcode 772270#**

Friday July 23rd – Meet Lori-Ann Carswell who will present her session called “Talkin Trash.” She is a member of a group who cares about the environment.

Phone toll free 1-877-806-9883 Follow the voice prompts. Input pass-code 772270 followed by the number sign #. You will be asked your name followed by the number sign, #. You will be palced into the meeting.

Wednesday July 28th – “Name this Dance” will be presented by Carolyn Shannon. See if you can name the 45 different dances that are demonstrated. Carolyn Shannon is a creative energetic retired teacher who lives in Niagara Falls.

Zoom in ID 86980849744 Click Launch Meeing. Input pass code 987999

Friday July 30th – Meet First Nation Shirley John, a survivor from the Residential School system in the 50’s. In an article in the Exeter Lakeshore Times-Advance dated Wednesday June 6, 2021, Shirley John is described as an Anishinaabeg elder from the Saugeen First Nations. Join Shirley John via a teleconference to listen to her stories about her peoples. We will be able to show our respect to First nation and learn about their traditions and respect for the environment.

Toll free 1-877-806-9883 Follow the voice prompts. Input pass code 772270 followed by the number sign, #. You will be asked your name followed by the number sign #. You will be placed into the meeting.

Mondays and Fridays “Fun Seated Fitness” will continue at 2:00 p.m. – 3:00 p.m. via zoom video or telephone. Carolyn Shannon is a retired teacher who taught in high school for twenty years. Upon retirement she learned about yoga, laughter yoga, the lymph system and hand reflexology and much more which she is able to integrate in an hour long fun seated fitness from the safety and comforts of your home. Laugh, bend, sing, clap, tap, breathe and cheer to help you lift your mood and experience fun with other participants.

Zoom in Input ID 86980849744 Click Launch Meeting and then Input pass-code 987999 Click join meeting by video. You will be in the meeting.

Phone toll free 1-877-806-9883 Follow the prompts. Input pass-code 772270 followed by the number sign, # . “Fun Seated Fitness “ is best with video.