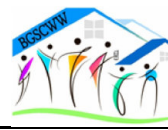


JULY

Bruce Grey
Seniors' Centre
Without Walls



United Way
Bruce Grey

Canada

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Phone-in Sessions – 1:00-1:45 p.m. Call 519-376-1560 or toll free 1-800-794-1729. Register with Misty for the passcode.</p>		<p>Fun Seated Fitness with Carolyn – one must phone 1-647-374-4685. Listen for the voice, then input ID 86980849744#. Listen for the voice, then input the passcode 772270#. For zoom video, click on zoom, when prompted for ID, input 86980849744. Then click on launch meeting. Then input passcode 987999.</p>		<p>CANADA DAY</p> 	<p>2 1:00-1:45 p.m. Phone-in Brian Reis – Taking care of the Environment Zoom 2:00 - 3:00 p.m. Fun Seated Fitness</p>	<p>3 <i>Help someone from a distance</i></p>
<p>4 <i>Smiles are free!</i></p>	<p>5 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>6 <i>Eat a yummy snack</i></p>	<p>7 1:00-1:45 p.m. Phone-in Lee Royer: Mindfulness with Meditation</p>	<p>8 <i>Watch a funny tv show</i></p>	<p>9 1:00-1:45 p.m. Phone-in Brian Taylor – Songs and stories Zoom 2:00 - 3:00 p.m. Fun Seated Fitness</p>	<p>10 <i>Eat your favourite food</i></p>
<p>11 Attend two or more phone-in sessions and you could win a draw for a \$25 gift card from Hellyer's Foodland or a Canadian flag</p>	<p>12 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>13 <i>Say hello to a neighbour</i></p>	<p>14 1:00-1:45 p.m. Phone-in Marilyn Rivers: Dealing with Covid-19 challenges</p>	<p>15 <i>Sahare a story with someone</i></p>	<p>16 1:00-1:45 p.m. Phone-in Brian Taylor – Songs and stories Zoom 2:00 - 3:00 p.m. Fun Seated Fitness</p>	<p>17 <i>If you participate in 2 or more "ZOOM Fun Seated Fitness" sessions, you will be eligible for your chance to win a \$25 gift card or a Canadian flag</i></p>
<p>18 <i>Phone a friend</i></p>	<p>19 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>20 <i>Write a thankful list</i></p>	<p>21 1:00-1:45 p.m. Phone-in Stephen Musehl: Meet the new director of Home and Community Support Services for "Aging in Place"</p>	<p>22 <i>Send a thank-you card</i></p>	<p>23 1:00-1:45 p.m. Phone-in Brian Taylor – Songs and stories Zoom 2:00 - 3:00 p.m. Fun Seated Fitness</p>	<p>24 <i>Be mindful of the present</i></p>
<p>25 <i>Send a happy message</i></p>	<p>26 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>27 <i>Say thank you to someone</i></p>	<p>28 1:00-1:45 p.m. Phone-in Carolyn Shannon: Name That Dance from 1940's to 2020's</p>	<p>29 <i>Go outside for a walk</i></p>	<p>30 1:00-1:45 p.m. Phone-in Elder Shirley John: Circle of life – Birth to Present Zoom 2:00 - 3:00 p.m. Fun Seated Fitness</p>	<p>31 <i>Enjoy the Weather, Regardless</i></p>