

Seniors Centre Without Walls-**OCTOBER** Program Calendar

To participate in a program, call 1-800-669-6180, then enter the passcode for your program followed by the # sign

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Sports Chat- Jason Marshall 2:00-2:30pm	2
5	6 Coffee with Nikki 10:00-10:30am	7 Trivia 2:30-3:00pm	8 Spiritual Guidance Rev. Dave McFarlane 10:00-10:30am	9
12 THANKSGIVING	13 Presentation Meaghan McMahon- Collette Travel- Changes in the Travel Industry 10:00-11:00am	14 Trivia 2:30-3:00pm	15 Chat with Donna 2:00-2:30	16
19	20 Music Show- Aerik Watson 10:00-11:00am	21 Trivia 2:30-3:00pm	22 Stories with Rae Ann 10:00-10:30	23
26	27 Presentation Lianne Johnston-Living with ALS The impact on clients and loved ones 10:00-11:00am	28 Trivia 2:30-3:00pm	29 Sports Chat- Jason Marshall 2:00-2:30pm	30

Passcode for programs on Tuesdays and Thursdays **161716** followed by the # sign

Passcode for Trivia on Wednesdays is **565654** followed by the # sign

For all inquiries please call either 613-296-1906 or 613-432-7691