



**FREE for  
Adults 55+**

# Pickering Seniors' Centre Without Walls

## Phone In Programs

Connect with others and enjoy some social fun from the comfort and safety of home. These weekly sessions are phone in programs, so a computer and/or internet are not required.

### Tuesdays

Trivia: Join us to learn some fun facts or test your knowledge of history, geography, food, entertainment and more!

**To participate:** call 416.507.1616 a few minutes before the start time, and enter participant code: 260259#

### Wednesdays

Join us for some lively games and social fun. Check the monthly calendar each month to see what games we will be playing.

**To participate:** reserve your spot in advance, call Josh at 905.420.4660 ext 1079 or email [jryan@pickering.ca](mailto:jryan@pickering.ca).

### Thursdays

Name That Tune: Get ready for some friendly fun trying to identify songs being played during our take on this popular musical quiz game.



**To participate:** call 416.507.1616 a few minutes before the start time, and enter participant code: 260259#

### Spotlight Series

Join us for interactive seminars with a guest speaker.

**To participate:** reserve your spot in advance, call Josh at 905.420.4660 ext 1079 or email [jryan@pickering.ca](mailto:jryan@pickering.ca).

# Seniors' Centre Without Walls **April 2023 Schedule**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 2:00 pm 🕒 Trivia	5 1:00 pm 🕒 Game: Family Feud	6 10:30 am 🕒 Name that Tune	7 <b>Good Friday</b> Facilities closed, no programs.	8
9	10 <b>Easter Monday</b> Facilities closed, no programs.	11 2:00 pm 🕒 Trivia	12 1:00 pm 🕒 Game: Family Feud	13 10:30 am 🕒 Name that Tune	14	15
16	17 Spring programs start!	18 2:00 pm 🕒 Trivia	19 1:00 pm 🕒 Game: Family Feud	20 10:30 am 🕒 Name that Tune	21	22
23	24 9:00 am 🕒 Spotlight Series: Powerful Tools for Caregivers	25 2:00 pm 🕒 Trivia	26 9:00 am 🕒 Spotlight Series: Living a Life with Diabetes  1:00 pm 🕒 Game: Family Feud	27 10:30 am 🕒 Name that Tune	28	29
30	<div> <div> <b>Spotlight Series:</b>            This spring we are excited to feature two free 6 week sessions hosted by Home and Community Care Support Services. All seminars will be live, interactive, and online via Zoom.   <b>Living a Life with Diabetes</b>            Participants will learn skills and tools to better manage their diabetes or pre-diabetes.         </div> <div> <b>Powerful Tools for Caregivers</b>            Participants will develop a wealth of self-care tools to help stay well while taking on the (sometimes overwhelming) role as caregiver.             Attendance is recommended for all session dates to receive the full benefit of each series.             Visit <a href="http://pickering.ca/adults55plus">pickering.ca/adults55plus</a> for more         </div> </div>					