



# SENIORS' CENTRE WITHOUT WALLS



## What is Seniors' Centre Without Walls?

Seniors' Centre Without Walls provides recreation programs from the comfort of your home. Join us over the phone for free fitness classes, art programs, brain games, and special guest workshops!

### Program Basics:

- Programs are multi-person phone conversations (or conference calls).
- No special equipment needed – any phone will do!
- All phone programs are free to Hamilton residents 55+.
- Call yourself in to the program, or we can call you – it's your choice!
- Each phone session averages 8-10 people on the call
- You are able to hear each other, talk to one another, learn, and/or just have fun!

## Program Schedule: January 2– March 31, 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>Special Guests Workshops</b>  Please call the hot-line or email us for more information!				<b>Story Break w/Hamilton Public Library</b> 10:00-10:30am
	<b>Trivia</b> 11:00-11:30am			<b>Stretch Your Mind</b> 11:00-11:30am
	<b>Trivia</b> 1:00-1:30pm	<b>Family Feud</b> 1:00-1:30pm	<b>Trivia</b> 1:00-1:30pm	<b>Stretch Your Mind</b> 1:00-1:30pm
	<b>Table Topics</b> 2:00-2:30pm	<b>Family Feud</b> 2:00-2:30pm	<b>Face the Music</b> 2:00-2:30pm	<b>Chair Yoga</b> 2:00-2:30pm

## Contact us

Phone: 905-526-4084

Email: [scww@hamilton.ca](mailto:scww@hamilton.ca)

[www.hamilton.ca/recreation55](http://www.hamilton.ca/recreation55)

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