



OCTOBER 2023



SENIORS' CENTRE WITHOUT WALLS TELEPHONE PROGRAMS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------------------------------------------------------|-----------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| 2 10 am - Welcome Meet and Greet | 3 10 am - OUT Saskatoon | 4 1 pm - Arthritis Tips and Tricks with Gilles Fournier | 5 1 pm - Trivia Thursday With Bonnie | 6 10 am - History of songs and piano playing with Lorne |
| 9 10 am - Coffee Chats | 10 NO CLASS | 11 1 pm - Crooked Trees of Hafford with Harlene Simmonds | 12 1 pm - Trivia Thursday With Bonnie | 13 10 am - History of songs and piano playing with Lorne |
| 16 10 am - National Loon Centre Cross Lake MN 10:30 am - Coffee Chat | 17 1:30 pm - Sewing Group with Myrna | 18 1 pm - Mexican Culture and Traditions with Gabby Carmona | 19 10 am - Art Group with Christy. Calligraphy Marker. | 20 10 am - History of songs and piano playing with Lorne |
| 23 10 am - SK Poetry with Thelma Poirier 10:30 am - Coffee Chat | 24 1 pm - Sewing Group with Myrna | 25 10:30 am - Giddy Up and Whoa with Alexis Jones W. Development Museum | 26 10 am - Art Group with Christy. Traditions from Mexico. Oil Pastels/gel pens | 27 10 am - History of songs and piano playing with Lorne |
| 30 10 am - Precious Metal Recycling with Terry Burrill 10:30 am - Coffee Chat | 31 NO CLASS | Mail back your registration form, survey, and waiver before you can take any classes. | | To Join the Class Phone: 1-855-204-8148 |

