



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2:00 - 3:00 pm: 1 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p>3:00 - 3:45 pm: Phone: Fun Trivia</p>	<p>2 Take a walk.</p>	<p>11:00 - 11:45 am: 3 Phone: Shirley John - Teaching on Ancestors from the Four Directions</p>	<p>4 Read the newspaper.</p>	<p>2:00 - 3:00 pm: 5 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p>3:00 - 3:45 pm: Phone: Recipe Swap: Soup/Stew Edition</p>
<p>2:00 - 3:00 pm: 8 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p>1:00 - 1:45 pm: Music on the Bruce with Sarah Pratt-Parsamian on Violin</p>	<p>9 Try a new recipe.</p>	<p> 10 3:00 - 3:45 pm: Phone: Wheel of Fortune - if you need a paper copy of game, reach out to Misty.</p>	<p> 11 Remembrance Day</p>	<p>2:00 - 3:00 pm: 12 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p>3:00 - 3:45 pm: Phone: Sheatre - Elder Abuse</p>
<p>2:00 - 3:00 pm: 15 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p>3:00 - 3:45 pm: History of Sauble / Remembrance Day Stories</p>	<p>16 Try a local restaurant.</p>	<p>1:00 - 1:45 pm: 17 Phone: Waste Watchers - Making A Difference - Sustainable Options</p>	<p>18 Stretch.</p>	<p>2:00 - 3:00 pm: 19 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p>3:00 - 3:45 pm: Phone: Guess The Phrase - If you need a paper copy, reach out to Misty.</p>
<p>2:00 - 3:00 pm: 22 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p>3:00 - 3:45 pm: Phone: Alzheimers Society Grey Bruce- The Journey of Supports Starts Here</p>	<p>23 Phone a friend.</p>	<p> 24 1:00 - 1:45 pm: Zoom: Name That Dance with Carolyn Shannon</p>	<p>25 Take a nap.</p>	<p>2:00 - 3:00 pm: 26 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p>3:00 - 3:45 pm: Phone: Virtual Book Club</p>
<p> 29 2:00 - 3:00 pm: Zoom: Laugh Yourself Healthy with Carolyn Shannon</p>	<p>30 Giving Tuesday</p>	<p>Seniors' Centre Without Walls offers free educational and fitness sessions for all ages. If you have not yet registered, please visit SCWW.ca or contact Misty at the United Way of Bruce Grey at 519-376-1560 or 1-800-794-1728 or misty@unitedwaybg.com.</p> <p>Our thanks go out to community donors for the monthly gift card draws. To qualify, simply attend two or more sessions.</p>		