



Monday	Tuesday	Wednesday	Thursday	Friday
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>1</p> <p><u>3:00 - 3:45 am:</u> Phone: Holiday Bingo</p>	<p>2</p> <p>Reconnect with an old friend.</p>	<p>3</p> <p><u>2:00 - 3:00 pm:</u> Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p><u>3:00 - 3:45 pm:</u> Phone: Recipe Swap: Christmas Goodies</p>
<p><u>2:00 - 3:00 pm:</u> 6 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p><u>3:00 - 3:45 pm:</u> Phone: Sarah Pratt-Parsamian, Mini Holiday Concert on Violin</p>	<p>7</p> <p>Drink some hot cocoa.</p>	 <p>8</p> <p><u>3:00 - 3:45 pm:</u> Phone: Wheel of Fortune</p>	<p>9</p> <p>Sing a Christmas carol or two.</p>	<p>10</p> <p><u>2:00 - 3:00 pm:</u> Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p><u>3:00 - 3:45 pm:</u> Phone: Caroline from United Way discusses Holiday Budgeting and GICs</p>
<p><u>2:00 - 3:00 pm:</u> 13 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p><u>3:00 - 3:45 pm:</u> Phone: Fun Trivia</p>	<p>14</p> <p>Try a new holiday recipe.</p>	<p><u>11:00 - 11:45 am:</u> 15 Phone: Elder Shirley John - Circle of Life: Birth to the Present</p>	<p>16</p> <p>Start a new holiday tradition.</p>	<p>17</p> <p><u>2:00 - 3:00 pm:</u> Zoom: Laugh Yourself Healthy with Carolyn Shannon</p> <p><u>3:00 - 3:45 pm:</u> Phone: Book Club</p>
<p><u>2:00 - 3:00 pm:</u> 20 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p>	 <p><i>Happy Holidays!</i></p>			
<p><u>2:00 - 3:00 pm:</u> 27 Zoom: Laugh Yourself Healthy with Carolyn Shannon</p>				