

## Program Highlights

**Conversations That Matter:** Sometimes it can be hard to get a conversation started, and even harder to keep the conversation going! Learn communication tools to create meaningful relationships and friendships. The Canadian Mental Health Association will present this 6 week course. **Pre-registration is required.**

**This Just In:** 30 minutes every week to explore a relevant news story and discuss as a group.

**Fun & Friendship Chats:** Join seniors from North West Edmonton Seniors Society, to talk to new friends and have fun conversations.

**You Be the Judge:** The object of this game is to try to guess what real live judges did in real cases, and what we thought should have happened. In each case, read the facts and decide the verdict.

**20 Questions:** Classic guessing game, a person chooses something (really anything) and gives the category it belongs to (such as person, place or thing). You have 20 questions to get clues to what it is.



## Please choose one of the following options to join a program:

1) To join by **phone**, call: **1-855-703-8985**

When prompted, enter Meeting ID: **225-573-6467#**

*Press # if asked for any further numbers.*

2) Join electronically through the following link: **<https://zoom.us/j/2255736467>**

***No video will be used.***

3) Contact Program Staff if you are unable to follow these options.

**Program Staff: 780-395-2626**

**Gayle: 780-395-2643**

**Jamie: 780-395-2628**

**Janine: 587-341-4324**



Please leave a message with your name and phone number.

**Please note that if a program name is in red, pre-registration is required and will have a different Meeting ID. Please contact program staff to register.**

## **Code of Conduct**

**We value and support diversity and the human rights of others regardless of their race, religion, gender identity, & sexual orientation. We strive for an inclusive environment, mutual respect, fairness and equality. Please respect all group members and their opinions even if you may not agree. No disrespectful comments will be allowed.**



# JULY

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>The Changing Arctic:</b> In this three part series, learn how these landscapes were formed and how they are changing. You will also learn how scientists from countries around the North are working together to understand how these changes will affect the People of the North and the global community.</p>			<p>1 </p>	<p>2 </p>
<p>5 1pm: Canada Day Trivia</p>	<p>6 11am: Beyond Meditation</p>	<p>7 1pm: Fun &amp; Friendship Chats</p>	<p>8 11am: Break the Ice</p>	<p>9 1pm: Geriactors: Virtual Theatre, Mary Reid A Courageous Women</p>
<p>12 10am: This Just In (30minutes) 11am: Exercise 1pm: Miss Marple's Mysteries 3pm: Did You Know</p>	<p>13 11am: Relaxation 1pm: French Conversation Practice 3pm: Jeopardy</p>	<p>14 11am: Nutrition for Health 1pm: Dr. Bruce Dick/Chronic Pain 3pm: Exercise</p>	<p>15 9am: Gratitude 11am: The Storyteller 1-2:30pm: Introduction to Anti-Racism</p>	<p>16 11am: The Changing Arctic 1pm: Coffee Chat 3pm: Name that Tune</p>
<p>19 10am: This Just In 11am: Exercise 1pm: Writing for Fun 3pm: Live Violinist Adam Pappas</p>	<p>20 11am: Beyond Meditation 1pm: Making Sense of the News 3pm: Working Through Grief</p>	<p>21 11am: Small Town Canada 1pm: Fun &amp; Friendship Chats 3pm: Exercise</p>	<p>22 9am: Gratitude 11am: Old Hollywood 2:30- 4pm: <b>Conversations That Matter</b></p>	<p>23 11am: The Changing Arctic 1pm: COVID-19 Update 3pm: Family Feud</p>
<p>26 10am: This Just In 11am: Exercise 1pm: Miss Marple's Mysteries 3pm: Armchair Travels</p>	<p>27 11am: Relaxation 1pm: Reader's Corner 3pm: 20 Questions 4:30pm Opera: Les Pêcheurs de Perles Pt 1</p>	<p>28 11am: Richard's Maritime History 1:30pm: Across the Miles 3pm: Exercise 4:30pm Opera: Les Pêcheurs de Perles Pt 2</p>	<p>29 9am: Gratitude 11am: Did You Know 2:30- 4pm: <b>Conversations That Matter</b> 4:30pm Opera: Les Pêcheurs de Perles Pt 3</p>	<p>30 11am: The Changing Arctic 1pm: Beginner Italian Phrases 3pm: BINGO</p>

# AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>HERITAGE DAY</b>	<b>3</b> 11am: Beyond Meditation 1pm: Beginner French 3pm: Good News Hour	<b>4</b> 11am: Canadian History of Residential Schools Part 1 1pm: Fun & Friendship Chats 3pm: Exercise	<b>5</b> 9am: Gratitude 11am: Canadian History Residential Schools Pt 2 2:30- 4pm: <b>Conversations That Matter</b>	<b>6</b> 11am: Water on Earth Series 1pm: Shared Mic: Folk Fest & Careers in Music 3pm: Word Play
<b>9</b>	10am: This Just In 11am: Exercise 1pm: Writing for Fun 3pm: Did You Know?	<b>10</b> 11am: Relaxation 1pm: Where were you when ...? 3pm: Jeopardy	<b>11</b> 11am: Watch your language - About Women 1pm: Nutrition for Health 3pm: Exercise	<b>12</b> 9am: Gratitude 11am: Old Hollywood 2:30- 4pm: <b>Conversations That Matter</b>	<b>13</b> 11am: Water on Earth Series 1pm: Coffee Chat 3pm: Name that Tune
<b>16</b>	10am: This Just In 11am: Exercise 1pm: Miss Marple's Mysteries 3pm: 20 Questions	<b>17</b> 11am: Beyond Meditation 1pm: French Conversation Practice 3pm: Working Through Grief	<b>18</b> 11am: Advisory Group 1pm: Fun & Friendship Chats 3pm: Exercise	<b>19</b> 9am: Gratitude 11am: The Storyteller 2:30- 4pm: <b>Conversations That Matter</b>	<b>20</b> 11am: Water on Earth Series 1pm: Birds in our Backyards 3pm: Family Feud
<b>23</b>	10am: This Just In 11am: Exercise 1pm: Writing for Fun 3pm: Coffee Chat	<b>24</b> 11am: Relaxation 1pm: Reader's Corner 3pm: Trivia	<b>25</b> 11am: You Be the Judge 1pm: Small Town Canada 3pm: Exercise	<b>26</b> 9am: Gratitude 11am: Did You Know? 2:30- 4pm: <b>Conversations That Matter</b>	<b>27</b> 11am: Water on Earth Series 1pm: Beginner Italian Phrases 3pm: BINGO
<b>30</b>	10am: This Just In 11am: Exercise 1pm: Miss Marple's Mysteries 3pm: Armchair Travels	<b>30</b> 11am: Beyond Meditation 1pm: Beginner French 3pm: Pet Tales	<b>Water on Earth Series:</b> To mark World Water Quality month, we will discuss the current issues, threats and innovations facing our Blue Planet, over a four part series, on water scarcity internationally, ocean pollution, human water quality issues like boil-advisory communities and Flint Michigan, and how water is used in Alberta.		

# S E P T E M B E R

Monday	Tuesday	Wednesday	Thursday	Friday
Join us to learn more about the <b>High Holy Days</b> , Rosh Hashanah ("Jewish New Year") and Yom Kippur ("Day of Atonement").		<b>1</b> 11am: Did You Know? 1pm: Fun & Friendship Chats 3pm: Exercise	<b>2</b> 9am: Gratitude 11am: Old Hollywood 3pm: Jewish High Holidays	<b>3</b> 11am: Exercise 1pm: Navigating Life with A Disability: Shared Mic Podcast 3pm: Word Play
<b>6</b> <b>LABOUR DAY</b>	<b>7</b> 11am: Relaxation 1pm: Small Town Canada 3pm: Jeopardy	<b>8</b> 11am: Coffee Chat 1pm: Nutrition for Health 3pm: Exercise	<b>9</b> <b>NO MORNING PROGRAMS</b>  3pm: Good News Hour	<b>10</b> 11am: Exercise 1pm: The Facts & Myths of 9/11 3pm: Name that Tune
<b>13</b> 10am: This Just In 11am: Exercise 1pm: Miss Marple's Mysteries 3pm: The Tetra Society	<b>14</b> 11am: Beyond Meditation 1pm: French Conversation Practice 3pm: Did you Know?	<b>15</b> 11am: Watch your language - About LGBTQ 1pm: Fun & Friendship Chats 3pm: Exercise	<b>16</b> 9am: Gratitude 11am: The Storyteller 3pm: Classical Music Appreciation	<b>17</b> 11am: Exercise 1pm: Amazing Elders 3pm: Family Feud
<b>20</b> 10am: This Just In 11am: Exercise 1pm: Writing for Fun <b>2:30pm: Parents of Estranged Children</b> 3pm: Armchair Travels	<b>21</b> 11am: Relaxation 1pm: Reader's Corner 3pm: Working through Grief	<b>22</b> 11am: Trivia 1pm: Coffee Chat 3pm: Exercise	<b>23</b> 9am: Gratitude 11am: Richard's Maritime History 1pm: Beginner Italian Phrases 3pm: Hymn Sing	<b>24</b> 11am: Exercise 1pm: Amazing Elders 3pm: BINGO
<b>27/28</b> 	<b>29/30</b> 	<b>The Tetra Society</b> recruits skilled volunteers who work with clients to design and build assistive devices that are custom-made for the individual. Learn more about how they help seniors foster greater independence, quality of life, and inclusion.		