



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: October 3-December 23, 2022

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

Contact us

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www.hamilton.ca/recreation55

