



Seniors' Centre Without Walls Program Schedule

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 brain games and special guest workshops.

WEDNESDAY	THURSDAY	FRIDAY
Armchair Travel - 10 to 11:30 am Stretch Your Mind - 11 to 11:30 am	Table Topics - 1 to 1:30 pm Face the Music - 2 to 2:30 pm Trivia - 3 to 3:30 pm	Family Feud - 1 to 1:30 pm Trivia - 2 to 2:30 pm



Program Details

- 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.

To register for the program:

Email: scww@hamilton.ca **Phone:** 905-526-4084



Funded in partnership with the
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hamilton.ca/SCWW ↗

