

TIMISKAMING
HOME SUPPORT / SOUTIEN À DOMICILE

ADULT DAY PROGRAM

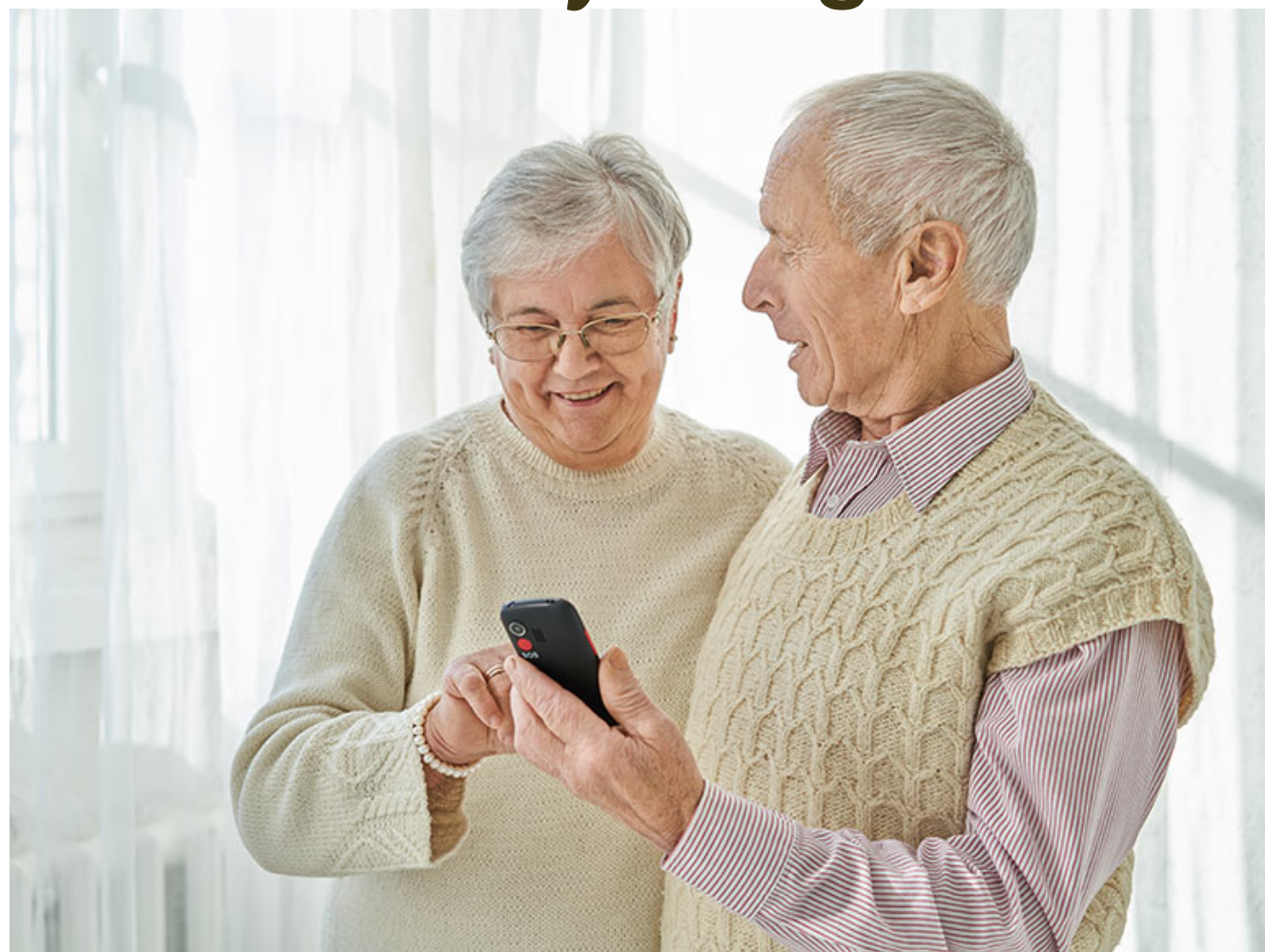
Staying Connected...

SENIORS' CENTRE

WITHOUT WALLS

Free Telephone-Based

Activity Program



March, April and May 2024

mars, avril et mai 2024

PROGRAMME DE JOUR POUR ADULTES

Restons ensemble...

MON CENTRE À DISTANCE

**Un programme d'activités gratuit par
téléphone**

SENIORS' CENTRE WITHOUT WALLS (SCWW) is...

- A community centre from the comfort of your home!
- Fun activities, educational, and health and wellness programs!
- A community-creating, loneliness-busting program for isolated seniors and adults with social limitations who find it difficult to leave home!
 - Learning opportunities and more!

MON CENTRE À DISTANCE (MCD) est...

- Un centre communautaire dans le confort de votre domicile!
- Des activités amusantes et des programmes sur l'éducation, la santé et le bien-être!
- Un programme communautaire qui a pour objectif de contrer la solitude et l'isolement des personnes âgées et des adultes ayant une incapacité sociale qui ont de la difficulté à quitter leur domicile!
 - Des possibilités d'apprentissage et plus encore!

Pour s'inscrire / To register:

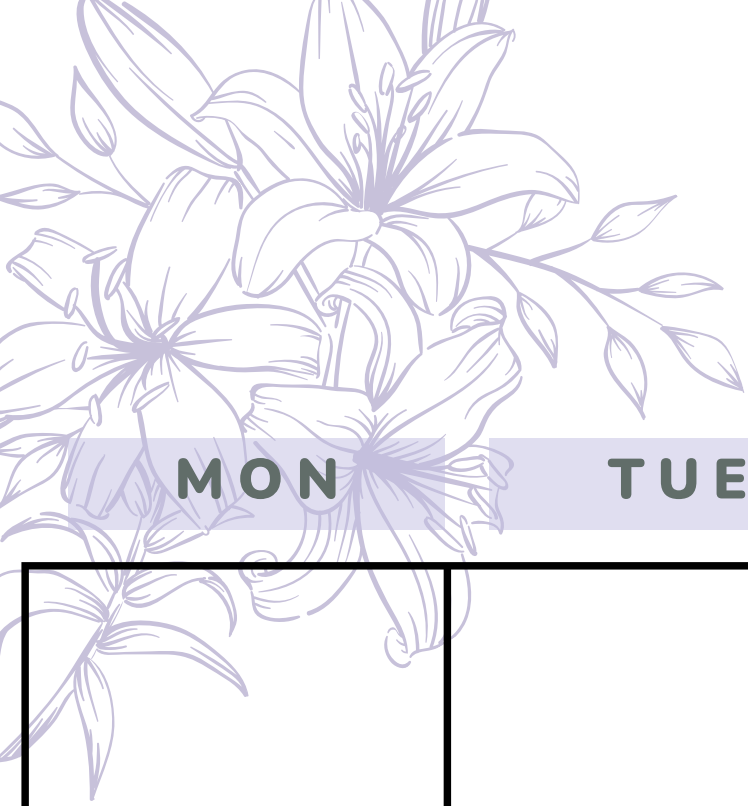
1-877-318-9678

Ext. / poste 2203

**scww@homesupport
services.ca**



MARCH/MARS 2024



MON

TUE

WED

THU

FRI

1

4

ON AIME LA
MUSIQUE/
SONGS YOU
LOVE!
14H00-
14H45/2:00-
2:45P.M.

5

SEATED
STRETCHING
10:00-10:30A.M.

6

7

EXERCICE
CHAISE
9 H – 9 H 30
MIND TRAP
2:00-2:30 P.M.

8

11

CLOSED
FERMÉ

12

CLOSED
FERMÉ

13

CLOSED
FERMÉ

14

CLOSED
FERMÉ

15

CLOSED
FERMÉ

18

ON AIME LA
MUSIQUE/
SONGS YOU
LOVE!
14H00-
14H45/2:00-
2:45P.M.

19

SEATED
STRETCHING
10:00-10:30A.M.

20

21

EXERCICE
CHAISE
9 H – 9 H 30
BINGO!
2:00-
3:00 P.M.

22

25

ON AIME LA
MUSIQUE/
SONGS YOU
LOVE!
14H00-
14H45/2:00-
2:45P.M.

26

SEATED
STRETCHING
10:00-10:30A.M.

27

28

EXERCICE
CHAISE
9 H – 9 H 30
BIRTHDAY
PARTY
2:00 – 2:30
P.M.

29



Pour s'inscrire / To register:

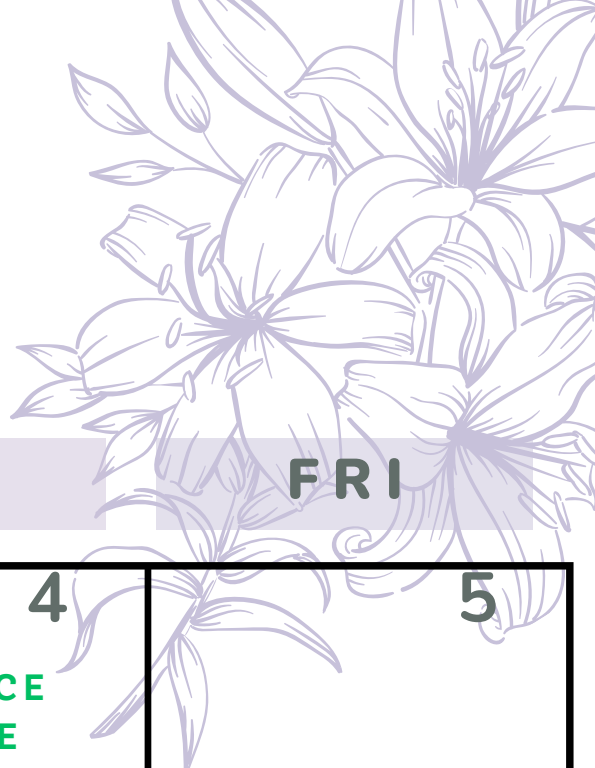
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APRIL/AVRIL 2024



MON

TUE

WED

THU

FRI

1

**CLOSED
FERMÉ**

2

SEATED
STRETCHING
10:00-10:30A.M.

3

4

EXERCICE
CHAISE
9 H – 9 H 30

TRIVIA
2:00-2:30 P.M.

5

8

ON AIME LA
MUSIQUE/
SONGS YOU
LOVE!
14H00-
14H45/2:00-
2:45P.M.

9

SEATED
STRETCHING
10:00-10:30A.M.

10

11

EXERCICE
CHAISE
9 H – 9 H 30

BUZZWORD
2:00-2:30 P.M.

12

15

ON AIME LA
MUSIQUE/
SONGS YOU
LOVE!
14H00-
14H45/2:00-
2:45P.M.

16

SEATED
STRETCHING
10:00-10:30A.M.

17

18

EXERCICE
CHAISE
9 H – 9 H 30
BINGO!
2:00-
3:00 P.M.

19

22

ON AIME LA
MUSIQUE/
SONGS YOU
LOVE!
14H00-
14H45/2:00-
2:45P.M.

23

SEATED
STRETCHING
10:00-10:30A.M.

24

25

EXERCICE
CHAISE
9 H – 9 H 30
BIRTHDAY
PARTY
2:00 – 2:30
P.M.

26

29

ON AIME LA
MUSIQUE/
SONGS YOU
LOVE!
14H00-
14H45/2:00-
2:45P.M.

30

SEATED
STRETCHING
10:00-10:30A.M.

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HOME SUPPORT / SOUTIEN A DOMICILE

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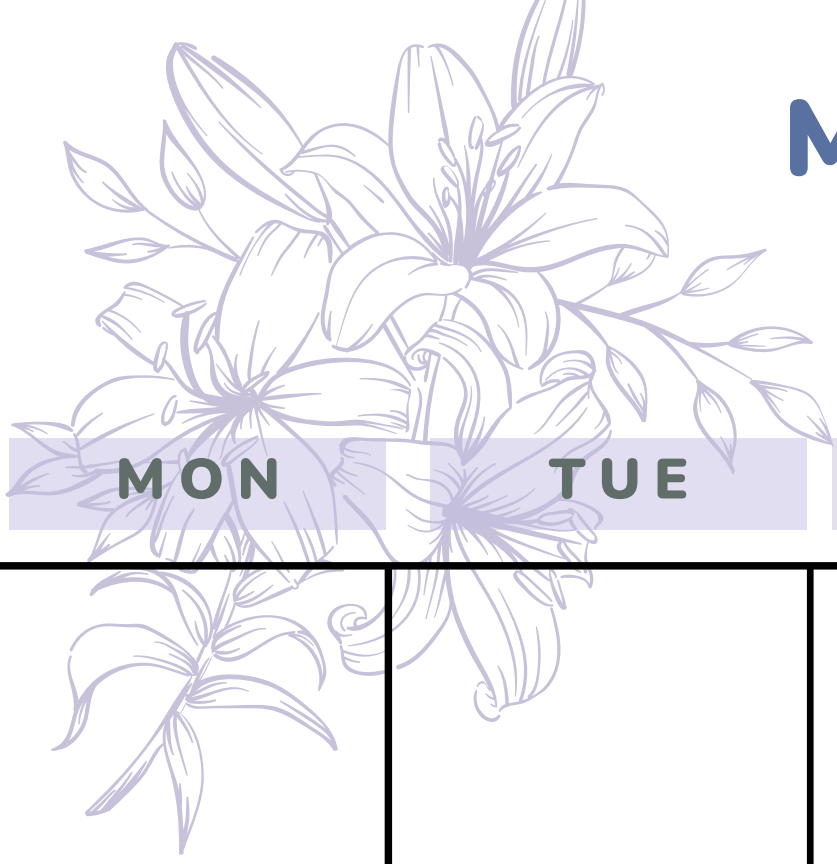
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MAY/MAI 2024



MON

TUE

WED

THU

FRI

| | | | | |
|---|---|----|--|----|
| | | 1 | 2 EXERCICE CHAISE 9 H – 9 H 30 FACT OR FICTION 2:00-2:30 P.M. | 3 |
| 6 ON AIME LA MUSIQUE/ SONGS YOU LOVE! 14H00- 14H45/2:00- 2:45P.M. | 7 SEATED STRETCHING 10:00-10:30A.M. | 8 | 9 EXERCICE CHAISE 9 H – 9 H 30 MIND TRAP 2:00-2:30 P.M. | 10 |
| 13 ON AIME LA MUSIQUE/ SONGS YOU LOVE! 14H00- 14H45/2:00- 2:45P.M. | 14 SEATED STRETCHING 10:00-10:30A.M. | 15 | 16 EXERCICE CHAISE 9 H – 9 H 30 BUZZWORD 2:00-2:30 P.M. | 17 |
| 20 CLOSED FERMÉ | 21 SEATED STRETCHING 10:00-10:30A.M. | 22 | 23 EXERCICE CHAISE 9 H – 9 H 30 BINGO! 2:00- 3:00 P.M. | 24 |
| 27 ON AIME LA MUSIQUE/ SONGS YOU LOVE! 14H00- 14H45/2:00- 2:45P.M. | 28 SEATED STRETCHING 10:00-10:30A.M. | 29 | 30 EXERCICE CHAISE 9 H – 9 H 30 BIRTHDAY PARTY 2:00 – 2:30 P.M. | 31 |

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