

TIMISKAMING
HOME SUPPORT / SOUTIEN À DOMICILE

ADULT DAY PROGRAM

Staying Connected...

SENIORS' CENTRE

WITHOUT WALLS

Free Telephone-Based

Activity Program



**June, July and August
2023**

**juin, juillet
et août 2023**

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**



2023
06

JUNE



MON

TUE

WED

THU

FRI

			1 EXERCICE CHAISE 9 H – 9 H 30 OLD TIME RADIO SHOW 2:00- 2:30 P.M.	2
5 ON AIME LA MUSIQUE/ SONGS YOU LOVE! 14H00- 14H45/2:00- 2:45P.M.	6 SEATED STRETCHING 10:00-10:30A.M.	7	8 EXERCICE CHAISE 9 H – 9 H 30 MIND TRAP 2:00-2:30 P.M.	9
12 CLOSED FERMÉ	13 CLOSED FERMÉ	14 CLOSED FERMÉ	15 CLOSED FERMÉ	16 CLOSED FERMÉ
19 ON AIME LA MUSIQUE/ SONGS YOU LOVE! 14H00- 14H45/2:00- 2:45P.M.	20 SEATED STRETCHING 10:00-10:30A.M.	21	22 EXERCICE CHAISE 9 H – 9 H 30 BINGO! 2:00- 3:00 P.M.	23
26 ON AIME LA MUSIQUE/ SONGS YOU LOVE! 14H00- 14H45/2:00- 2:45P.M.	27 SEATED STRETCHING 10:00-10:30A.M.	28	29 EXERCICE CHAISE 9 H – 9 H 30 BIRTHDAY PARTY 2:00 – 2:30 P.M.	30

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NOTE

2023
07

JULY



MON

TUE

WED

THU

FR

3 CLOSED FERMÉ	4 SEATED STRETCHING 10:00-10:30A.M.	5	6 EXERCICE CHAISE 9 H – 9 H 30 CANADIAN TRIVIA 2:00-2:30 P.M.	7
10 ON AIME LA MUSIQUE/ SONGS YOU LOVE! 14H00- 14H45/2:00- 2:45P.M.	11 SEATED STRETCHING 10:00-10:30A.M.	12	13 EXERCICE CHAISE 9 H – 9 H 30 BUZZWORD! 2:00-2:30 P.M.	14
17 CLOSED FERMÉ	18 CLOSED FERMÉ	19 CLOSED FERMÉ	20 CLOSED FERMÉ	21 CLOSED FERMÉ
24 ON AIME LA MUSIQUE/ SONGS YOU LOVE! 14H00- 14H45/2:00- 2:45P.M.	25 SEATED STRETCHING 10:00-10:30A.M.	26	27 EXERCICE CHAISE 9 H – 9 H 30 BINGO! 2:00- 3:00 P.M.	28
31 ON AIME LA MUSIQUE/ SONGS YOU LOVE! 14H00- 14H45/2:00- 2:45P.M.	SEATED STRETCHING 10:00-10:30A.M.		EXERCICE CHAISE 9 H – 9 H 30 BIRTHDAY PARTY 2:00 – 2:30 P.M.	

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2023
08

AUGUST

MON	TUE	WED	THU	FRI
	1 SEATED STRETCHING 10:00-10:30A.M.	2	3 EXERCICE CHAISE 9 H – 9 H 30 FACT OR FICTION 2:00-2:30 P.M.	4
7 CLOSED FERMÉ	8 SEATED STRETCHING 10:00-10:30A.M.	9	10 EXERCICE CHAISE 9 H – 9 H 30 OLD TIME RADIO SHOW 2:00- 2:30 P.M.	11
14 ON AIME LA MUSIQUE/ SONGS YOU LOVE! 14H00- 14H45/2:00- 2:45P.M.	15 SEATED STRETCHING 10:00-10:30A.M.	16	17 EXERCICE CHAISE 9 H – 9 H 30 BINGO! 2:00- 3:00 P.M.	18
21 CLOSED FERMÉ	22 CLOSED FERMÉ	23 CLOSED FERMÉ	24 CLOSED FERMÉ	25 CLOSED FERMÉ
28 ON AIME LA MUSIQUE/ SONGS YOU LOVE! 14H00- 14H45/2:00- 2:45P.M.	29 SEATED STRETCHING 10:00-10:30A.M.	30	31 EXERCICE CHAISE 9 H – 9 H 30 BIRTHDAY PARTY 2:00 – 2:30 P.M.	

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