



Register for a Seniors Centre Without Walls session:
Call BVO at 519-599-2577 Ext 126

To Participate in a session: Dial: 226-6820701
Enter the Passcode: 852340 then # Record your Name followed by # Wait to be admitted into the session.

Seniors Centre Without Walls November 2023

Speaker Info	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shawn Everitt – CAO, Town Of Blue Mountains Nina Andic – Loving Yoga	**Please Register for IN-Person event, NOV 16 phone 519 599 2755, ext. 126,	*Town of Blue Mountains, joining Thornbury & Collingwood Twshp. was created in 1998	1 10:00 am Chair Exercise and Stretching	2 11:00 a.m. Housing Update – TBM Campus of Care, Shawn Everitt	3
Alessia Farris, Museum Curator Sean Wraight, Regional Safety Coordinator, Min. of Transportation	6 2:00pm Check-in & Chat 2:30 BINGO!	7	8 10:00 am Chair Exercise and Stretching	9 11:15 am Mindful Yoga – Nina Andic	10 11:00 a.m. WW1 Woman Vets of Collingwood TWP. * Alessia Farris
Caroline Araujo Abbotts, Financial Literacy Coord., United Way, BG Optimal Aging – McMaster E Learning	13 2:00pm Check-in & Chat 2:30 BINGO!	14 11:00 a.m. Promotiing Brain Health – reduce risk of dementia- McMaster U. Optimal Aging	15 10:00 am Chair Exercise and Stretching	** 16 IN PERSON- Gallery, L.E. Shore Library 1:00 p.m. – 2:30 p.m. Winter Driving+License Renewal @80 -- Sean Wraight	17 11:00 a.m Stretch Our Incomes – share info & tips for best deals + learn from Caroline Araujo Abbotts
Shannon Fry – Pharmacist/owner	20 2:00pm Check-in & Chat 2:30 BINGO!	21	22 10:00 am Chair Exercise and Stretching	23	24 11:00 a.m. Meet the Pharmacist -- Shannon Fry
Josh Skelton, Museum Intern	27 2:00pm Check-in & Chat 2:30 BINGO!	28	29 10:00 am Chair Exercise and Stretching	30 11 a.m. Our Ski Industry, Josh Skelton	

