



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

December 2023

Speaker Info	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	** Please REGISTER for IN-Person events. seniors@bvo.ca or 519 599 2755, ext. 126.**				.
Amber Jackson, GreyBruceElder Abuse Prevention Sandra Hong, Alzheimer Grey Bruce	4 2:00pm Check-in & Chat 2:30 BINGO!	5 ** IN Person Noon-2:30, lunch incl., L. E. Shore Library Elder Abuse Prevention, Focus Group + Presentation RESCHEDULED TO January 2024	6 10:00 am Chair Exercise and Stretching	7 1:30 – 3. Simply Celebrating, holiday plans including friends & family living with dementia.- Sandra Hong. Hanukkah begins	8
Alar Soever, former mayor TBM Judy Porteous, Osteoporosis Canada	11 2:00pm Check-in & Chat 2:30 BINGO!	12 1 p.m. Property Tax Increase Relief – Alar Soever	13 10:00 am Chair Exercise and Stretching 1 p.m. Falls Prevention –Judy Porteous	14 10 a.m. Holiday specials – share ideas & recipes & tips for holidays	15 Hanukkah ends
Shannon Fry – Pharmacist/owner Ahimsa Gordon- Mindful Med. Instr.	18 2:00pm Check-in & Chat 2:30 BINGO!	19	20 10:00 am Chair Exercise and Stretching	21 11 a.m. Mindful Meditation – Ahimsa Agnes Gordon	22 11:00 a.m. Meet the Pharmacist -- Shannon Fry
	25 CHRISTMAS DAY	26 BOXING DAY	27	28	29
NEW YEAR'S EVE	NEW YEAR'S DAY	JANUARY 2 BVO OPENS	BVO will CLOSED, Fri, Dec 22 nd – Tues. Jan. 2 nd . Seniors Centre Without Walls phone will be answered during that time 519 599 2577, ext. 126. and 211 is available 24 hrs.a day, 7 days a week		