



Register for a Seniors Centre Without Walls session: BVO 519-599-2577 ext. 6  
**Yellow-In Person** **Red - Phone**

To Participate in a session: Dial: 1-866-261-6767; Enter Passcode 1371440, then #. Wait to be admitted

## Seniors Centre Without Walls (SCWW)

June 2025

Speakers/Presenters	TUESDAY	WEDNESDAY	THURSDAY	
Angela Yenssen, Grey Bruce Community Legal Clinic, Elder Law Lawyer	3 10:00 <b>PHONE</b> What's up around the Bay coffee chat  10:30 <b>PHONE</b> BINGO!	4 10:00 <b>Phone</b> Chair Exercise and Stretching  10:30 <b>Phone:</b> Falls Prevention - McMaster Optimal Aging	5 10:00 <b>PHONE</b> Mindful Meditation  1:00 <b>PM Powers of</b> Attorney - Property & Wills, Angela Yenssen at L. E. Shore Library	June is Seniors Month- Fit, Active & Healthy is the theme.
Master Gardener , John Hetherington  Jonathan Pepler, Primary Care Paramedic, Grey County	10 10:00 <b>PHONE</b> Gardening Tips 4 June! John Hetherington  10:30 <b>PHONE</b> BINGO!	11 10:00 <b>Phone</b> Chair Exercise and Stretching	12 10:00 <b>PHONE</b> Mindful Meditation (may be on hold)  1:00 <b>PM</b> Jonathan Pepler, Paramed Services in our area. At L. E. Shore Library.	June 15 <sup>th</sup> is World Elder Abuse Awareness Day. See the WEEAD flag flying at the Town Hall
Shannon Fry, Pharmacist & Pharmasave Owner  McMaster Optimal Aging Portal	17 10:00 <b>PHONE</b> What's up around the Bay coffee chat  10:30 <b>PHONE</b> BINGO!	18 10:00 <b>PHONE</b> Chair Exercise and Stretching  10:30 <b>PHONE:</b> Dementia: signs, symptoms and brain health- McMaster Optimal Aging	19 10:00 <b>PHONE</b> Mindful Meditation (may be on hold) 11:00 <b>PHONE:</b> Meet the Pharmacist with Shannon Fry -	Zoom Link for all sessions <a href="https://scwwbvo.vestavideo.com/conf/call/1371440">https://scwwbvo.vestavideo.com/conf/call/1371440</a>



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			bring your questions	
	24 <b>10:00 PHONE</b> What's up around the Bay coffee chat  <b>10:30</b> PHONE BINGO!	25 <b>10:00 PHONE</b> Chair Exercise and Stretching	26 <b>10:00 PHONE</b> Mindful Meditation <b>1:00 PM Powers of Attorney – Personal Care and M.A.I.D. - Angela Yennsen.</b>	