

Healthy Aging Without Walls



Healthy Aging Without Walls is a FREE interactive phone program for adults 50 years old and older. Call in to participate in trivia, health and wellness seminars, or discussion group from the comfort of your own home.

May 2020 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
May 4 Welcome Chat 10:00 am		May 6 Welcome Chat 10:00 am		May 8 Welcome Chat 10:00 am
May 11 Mindfulness 10:00 am		May 13 Categories 10:00 am		May 15 Fun Friday 10:00 am
May 18 No Programs Victoria Day	May 19 Weird But True 10:00 am	May 20 Categories 10:00 am	May 21 Love of Music 10:00 am Would You Rather 1:30 pm	May 22 Fun Friday 10:00 am
May 25 Mindfulness 10:00 am Love of Music 1:30 pm	May 26 Weird But True 10:00 am	May 27 Categories 10:00 am	May 28 Love of Music 10:00 am Would You Rather 1:30 pm	May 29 Fun Friday 10:00 am

How to Participate

1. Dial 1-866-279-1594
2. Enter passcode 642249
3. Record your name or stay on the line and press #

For more information, please call the Beckett Adult Leisure Centre at **519-756-3261 ext. 5569** or visit brantford.ca/HealthyAgingWithoutWalls.