

LIST OF PROGRAMS

Biographies

Join us as we explore the life and legacy of some very interesting people.

Casual Tuesdays

Looking for a more laid-back social session? Look no further! Join us on Tuesday for an enjoyable time!

Exploring Canada

Each session will feature a region of Canada to learn about. Join us to experience it together!

Hot Topic

Join in on the conversation! We will give you the facts and latest insight on the topic of the day!

Influential Canadian Figures

Discover notable Canadians who have made a mark in history. Join us to learn all about their achievements!

Just For Fun

Enjoy lighthearted conversations and playful games!

Mind Fitness

Experience mind fitness activities where learning meets laughter, boosting memory while having a blast!

Motivate Me Monday

Mondays throughout the month we'll be chatting about topics and people that might motivate us!

Music Mondays

Would you like to sing along with others? Join us every other Monday as we explore the wonderful world of music.

Tidbits of History

Looking to learn about the past without feeling overwhelmed? Join us to uncover history one piece at a time!

Wellness Wednesdays

Dive into discussions and tips focused on holistic well-being, covering physical health, mental clarity, and emotional balance to help you thrive throughout the week.

The Good Companions*

New for Fridays! Dive into discussions with our telephone-based partners every Friday. To join, please dial:
343-600-7647 or 1-844-237-9847

**Access to additional programming is available every weekday. Contact us for more info!*