

1) To join by phone, call: 1-855-703-8985. When prompted, enter Meeting ID: 225-573-6467#. Press # if asked for any further numbers.

2) Join electronically through the following link: <https://zoom.us/j/2255736467>. No video will be used.

**ID: 225.573.6467 #**



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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b>	<b>11am:</b> Exercise <b>1pm:</b> Writing for Fun <b>3pm:</b> Violin Music with Adam Pappas	<b>4</b> <b>11am:</b> Relaxation <b>1pm:</b> News and Views <b>3pm:</b> Living with Sight Loss	<b>5</b> <b>11am:</b> Coffee Chat <b>1pm:</b> French Conversation Practice <b>2:30pm:</b> <b>Parents of Estranged Children</b> <b>3pm:</b> Exercise	<b>6</b> <b>9am:</b> Gratitude <b>11am:</b> Sleep for Listeners <b>3pm:</b> Small Towns Canada	<b>7</b> <b>11am:</b> Mountains 101 <b>1pm:</b> Amazing Elders <b>3pm:</b> Name That Tune
<b>10</b>	<b>11am:</b> Exercise <b>1pm:</b> Conversations with Carol <b>3pm:</b> Pelvic Health	<b>11</b> <b>11am:</b> Beyond Meditation <b>1pm:</b> Alberta Seniors Benefits <b>3pm:</b> Making Sense of the News	<b>12</b> <b>11am:</b> Did You Know? <b>1pm:</b> SCWW Advisory <b>2:30pm:</b> <b>Parents of Estranged Children</b> <b>3pm:</b> Exercise	<b>13</b> <b>9am:</b> Gratitude <b>11am:</b> Coffee Chat <b>3pm:</b> Old Hollywood	<b>14</b> <b>11am:</b> Mountains 101 <b>1pm:</b> Amazing Elders <b>3pm:</b> Riddle Me This
<b>17</b>	<b>11am:</b> Exercise <b>1pm:</b> Writing for Fun <b>3pm:</b> Coffee Chat	<b>18</b> <b>11am:</b> Relaxation <b>1pm:</b> Readers' Corner <b>3pm:</b> Working Through Grief	<b>19</b> <b>11am:</b> Super Sleuths <b>1pm:</b> Beginner French <b>2:30pm:</b> <b>Parents of Estranged Children</b> <b>3pm:</b> Exercise	<b>20</b> <b>9am:</b> Gratitude <b>11am:</b> The Storyteller <b>2:30pm:</b> <b>Conversations That Matter</b> <b>3pm:</b> Hymn Sing	<b>21</b> <b>1pm:</b> Amazing Elders <b>3pm:</b> Family Feud
<b>24</b>	<b>VICTORIA DAY</b>	<b>25</b> <b>11am:</b> Relaxation <b>1pm:</b> Making Sense of the News <b>3pm:</b> Geriactors Theatre	<b>26</b> <b>11am:</b> Richard's Maritime History <b>1pm:</b> Nutrition for Health <b>2:30pm:</b> <b>Parents of Estranged Children</b> <b>3pm:</b> Exercise	<b>27</b> <b>9am:</b> Gratitude <b>11am:</b> Coffee Chat <b>2:30pm:</b> <b>Conversations That Matter</b> <b>3pm:</b> Did You Know?	<b>28</b> <b>11am:</b> Mountains 101 <b>1pm:</b> Amazing Elders
<b>31</b>	<b>11am:</b> Exercise <b>1pm:</b> Conversations with Carol <b>3pm:</b> Armchair Travels	<b>Mountains 101:</b> Explore the mountain world, focusing on the physical, biological, and human dimensions of mountain places in Alberta, Canada, and around the world. Through this multi-session University of Alberta course, we'll learn how mountains are used, how they're protected, and how today they're experiencing rapid change in a warming climate.			

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# JUNE

	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 11am: Beyond Meditation 1pm: News and Views 3pm: Suicide Prevention	<b>2</b> 11am: Coffee Chat 1pm: French Conversation Practice <b>2:30pm: Parents of Estranged Children</b> 3pm: Exercise	<b>3</b> 9am: Gratitude 11am: Jeopardy <b>2:30pm: Conversations That Matter</b> 3pm: Just for Laughs	11am: Mountains 101 1pm: Amazing Elders 3pm: Name That Tune
<b>7</b>	11am: Exercise 1pm: Writing for Fun 3pm: Did You Know	<b>8</b> 11am: Beyond Meditation 1pm: Read Aloud Short Story 3pm: Making Sense of the News	<b>9</b> 11am: Coffee Chat 1pm: Music Appreciation <b>2:30pm: Parents of Estranged Children</b> 3pm: Exercise	<b>10</b> 9am: Gratitude 11am: Old Hollywood <b>2:30pm: Conversations That Matter</b> 3pm: Hobby Talk	<b>11</b> 11am: Shared Mic Podcast 1pm: Edmonton Trash Talk 3pm: Word Play
<b>14</b>	11am: Exercise 1pm: Conversations with Carol 3pm: Medications for Heart Health	<b>15</b> 11am: Relaxation 1pm: Readers' Corner 3pm: Working Through Grief	<b>16</b> 11am: Would I Lie to You? 1pm: Beginner French <b>2:30pm: Parents of Estranged Children</b> 3pm: Exercise	<b>17</b> 9am: Gratitude 11am: The Storyteller <b>2:30pm: Conversations That Matter</b> 3pm: Hymn Sing	<b>18</b> 1pm: Small Town Canada 3pm: Family Feud
<b>21</b>	11am: Exercise 1pm: Writing for Fun 3pm: Armchair Travels	<b>22</b> 11am: Relaxation <b>12:30pm: Canadian Connections</b> 3pm: Making Sense of the News	<b>23</b> 11am: Coffee Chat 1pm: Nutrition for Health 3pm: Exercise 5pm: Live Jazz Music - Seven Deadly Syncopaters	<b>24</b> 9am: Gratitude 11am: Richard's Maritime History <b>2:30pm: Conversations That Matter</b> 3pm: Read Aloud Story	<b>25</b> 11am: Chicken Soup for the Soul 1pm: Did You Know? <b>3pm: BINGO</b>
<b>28</b>	<b>CALL: 1.855.703.8985</b> <b>ID:225.573.6467#</b>	<b>29</b> 	<b>30</b> 	<b>Would I Lie to You?:</b> Based on the British panel show, teams compete as each player reveals an unusual fact or personal tale, some are true; some are not, and it is the other team's task to decide which is which.	