

Alone for the holidays? Looking for some fun & holiday cheer? Join other older adults in Edmonton area, all from the comfort of your own home, no need to go out in the cold!

**JOIN THE SENIORS' CENTRE
WITHOUT WALLS FOR OUR HOLIDAY
PROGRAMS DECEMBER 21ST
THROUGH 31ST**

We are a free program that brings recreational activities and friendly conversation right to you, entirely over the telephone.

All programs begin at 1:00 p.m. and are 1 hour in length.

Friday, Dec. 21: Holiday Trivia

Saturday, Dec 22: Handel's Messiah – Music Therapy

Sunday, Dec. 23: Holiday Traditions & Fond Memories

Monday, Dec. 24: Short Story "The Shepherd"

Thursday, Dec. 27: Holiday Humour - Stuart McLean

Friday, Dec. 28: BINGO

Sunday, Dec. 31: New Year's Eve Celebration



**CALL 780-395-2626 TO
REGISTER & TO RECEIVE
THE JANUARY-APRIL
PROGRAM SCHEDULE.**

