

# Seniors' Centre

## Without Walls

**FREE  
Program**

# January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>1</b> <b>New Years Day</b>	<b>2</b> <b>Trivia Time</b> 11 a.m. to 11:30 a.m.	<b>3</b> <b>Card Bingo</b> Deck of cards required 11 a.m. to 11:30 a.m.	<b>4</b> <b>Twenty Questions</b> 11 a.m. to 11:30 a.m.	<b>5</b> <b>Cultivating Gratitude</b> with Jen Tindall 1 p.m. to 1:30 p.m.
<b>8</b> <b>Mind Matters</b> with Denise 11 a.m. to 11:30 a.m.	<b>9</b> <b>Icebreaker Games</b> 11 a.m. to 11:30 a.m.	 <b>10</b> <b>Brain Teasers and Riddles</b> 11 a.m. to 11:30 a.m.	<b>11</b> <b>Trivia Time</b> 11 a.m. to 11:30 a.m.	<b>12</b> <b>Best of 2023 with the St. Catharines Public Library</b> 11 a.m. to 11:30 a.m.
<b>15</b> <b>Way With Words</b> 11 a.m. to 11:30 a.m.	<b>16</b> <b>Thucydides, The Ancient Greeks, and Us with Prof. Michael Carter</b> 11 a.m. to 11:30 a.m.	<b>17</b> <b>Card Bingo</b> Deck of cards required 11 a.m. to 11:30 a.m.	 <b>18</b> <b>Twenty Questions</b> 11 a.m. to 11:30 a.m.	<b>19</b> <b>Trivia Time</b> 11 a.m. to 11:30 a.m.
<b>22</b> <b>Twenty Questions</b> 11 a.m. to 11:30 a.m.	<b>23</b> <b>Trivia Time</b> 11 a.m. to 11:30 a.m.	<b>24</b> <b>The Chat Room with Denise</b> 11 a.m. to 11:30 a.m.	<b>25</b> <b>Icebreaker Games</b> 11 a.m. to 11:30 a.m.	<b>26</b> <b>Brain Games</b> 11 a.m. to 11:30 a.m.
<b>29</b> <b>Way With Words</b> 11 a.m. to 11:30 a.m.	<b>30</b> <b>Winter Fire Safety</b> 11 a.m. to 11:30 a.m.	 <b>31</b> <b>Trivia Time</b> 11 a.m. to 11:30 a.m.	  <b>Winter Fire Safety</b> Jan. 30	

### How to Connect

1. Dial 1.866.279.1594
2. Enter participant code 943825 #
3. Record your name

To register: Call 905.688.5601 ext. 1570  
or email [scww@stcatharines.ca](mailto:scww@stcatharines.ca)

[stcatharines.ca/OAC](http://stcatharines.ca/OAC)

# Seniors' Centre

## Without Walls

# The City Where Everybody Can Play!

## Programs Offered January 2024

### Cultivating Gratitude

with Jen Tindall Jan. 5

Did you know it's impossible to be depressed and grateful at the same time? In this session we will learn how to add practicing gratitude into your daily life and see the world in a more positive light. Bring a pen, paper, and stationery if you have some handy.

### Mind Matters Jan. 8

Mind Matters is a program geared to the older population who may be experiencing memory loss, dementia or need a bit of encouragement to get their minds working! Join Recreationist Denise as she facilitates a session of cognitively stimulating games.

### Best of 2023

with the St. Catharines  
Public Library Jan. 12



Join Christina from St. Catharines Public Library as she shares some of the best reads from 2023 that you may have missed.

### Thucydides, The Ancient Greeks, and Us with Brock professor

Michael Carter Jan. 16

The ancient Greek historian, Thucydides, lived 2500 years ago and wrote a famous history of the war between Athens and Sparta. More than detailing the events of that war, Thucydides has become famous for his astute analysis of why the war happened in the first place. His observations about the causes of war have been seen to be relevant to more than just the ancient Greeks. Indeed, what he has to say finds parallels in the modern world and perhaps even today.

### The Chat Room

with Denise Jan. 24

Share your stories, memories, and opinions about a wide array of topics in a turn-based discussion facilitated by Denise of Mind Matters! Gain new perspectives and hear about the life experiences of each other. Topics will be provided for you to share whatever comes to mind!



### Winter Fire Safety Jan. 30

With winter in full swing, January is the time to be cozy with candles, heaters, and stoves. Unfortunately, these heat sources can present fire safety risks as well. Join Jim from St. Catharines Fire Services to make sure you stay safe this winter season with tips and tricks for staying warm as well as general fire safety information.

### Fun and Games!

Sign up or call in for Trivia Time, Icebreaker Games, Twenty Questions, Brain Teasers and Riddles, Card Bingo (Deck of cards required), and Way with Words.

Jan. 5

**Cultivating  
Gratitude**  
with Jen Tindall



**Mind  
Matters**

Jan. 8



**Best of 2023**  
with the  
St. Catharines  
Public Library

Jan. 12



**Thucydides,  
The Ancient  
Greeks, and Us**  
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Jan. 16

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