

Call-in Instructions

- 1) Dial the toll-free number: **1.855.703.8985**
- 2) You will hear the message: *“Welcome to Zoom. Please enter your Meeting ID number followed by #”* **225.573.6467#**
**if you hear a message that this meeting does not exist, please check that you have entered the correct number and try again.*
- 3) The next message will be the following: *“Please enter the participant ID or press the pound key”* **There are no further ID numbers, please press the pound key*
- 4) The next message will ask you to state your name and press the pound key (#). Please state your first name only.



Join electronically through the following link <https://zoom.us/j/2255736467>.

Please ensure your computer speakers and microphone are set up and the Zoom application can run on your computer before you join the presentation.

What if I can't call myself into a program?

If you are unable to call into a program, we can call you into the line. If you have requested but aren't receiving calls please contact staff directly – **780.395.2626**

- 1) A few minutes before the program starts, you will receive a call from a number that depending on your phone will show as unknown, Zoom or 1.646.568.7788. Please ensure you do not block this number!
- 2) An automated voice identifying it as a ZOOM MEETING. **Press “1” to join the meeting**
- 3) When asked, state your first name and then press the pound key (#)

Program Highlights

Seniors Week 2020: During the first full week of June, our programs will highlight and show appreciation for Alberta's seniors and all that they contribute to Alberta.

What Truly Matters: Led by Carol Kodish-Butt, retired grief counsellor and the founder of the original Edmonton Bereavement Centre of Jewish Family Services, a new six-week series on identifying and documenting our experiences, our wishes for the next generation (and the next). We will be giving ourselves peace by sharing a true piece of ourselves. Week 1: Personal Information; Week 2: Personal happiness and satisfaction; Week 3: The role of others; Week 4: Life advice; Week 5: Forgiveness and gratitude; Week 6: Our wishes for the next generation.

Memory Practice: Join us for games specifically chosen to exercise your brain and help you work on keeping our memory in tip-top shape.

Confront the Discomfort: Whether we like it or not, anxiety is a normal part of life. Anxiety can also get in the way of us enjoying life. In this course you will learn how to value, recognize, and react to important anxiety warning signs, and confront the discomfort in a positive and healthy way. Beginning in July, the Canadian Mental Health Association will be running this 8 week course. Spots will be limited so please register in advance and early.

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
1 11am: Exercise 1pm: Fact or Fiction 3pm What Truly Matters - Personal Information 5pm: Music Appreciation	2 10am: Grandparents Who Parent 11am: Beyond Meditation 1pm: Sing-a-Long 3pm: Did You Know?	3 9:45am: Chinese Association 11am: Mobility With Vision Loss 1pm: Caregivers Aware 3pm: Geriactors Performance - The Atto Street Gang 5pm: Get Up & Get Active	4 9am: Gratitude Group 11am: Coffee Chat 1pm: Chinese Association 3pm: Standing Up Against Ageism	5 11am:Strength Exercise 1pm: Amazing Elders 3pm: Seniors' Week Celebration 5pm Aging with Pride (LGBTQ+) 5pm: Short Story Read Aloud
8 11am: Exercise 1pm: Let's Talk Canning 3pm: What Truly Matters - Happiness & Satisfaction 5pm: Ted Talks Discussion	9 10am: Grandparents Who Parent 11am: Relaxation 1pm: Sing-a-Long 3pm: Did You Know? Sable Island	10 9:45am: Chinese Association 11am: Indigenous Canada 1pm: Coffee Chat 3pm: The Stuart McLean Story 5pm: Get Up & Get Active	11 9am: Gratitude Group 11am: Armchair Travels 1pm: Chinese Association 3pm: Heart Health	12 11am: Strength Exercise 1pm: Amazing Elders 3pm: Family Feud 5pm Aging with Pride (LGBTQ+) 5pm: Museums at Home
15 11am: Exercise 1pm: Just Keep Breathing 3pm What Truly Matters - The Role of Others 5pm: Geriactors - Mary Reid: A Courageous Woman	16 10am: Grandparents Who Parent 11am: Money Mentors 1pm: Sing-a-Long 3pm: Working Through Grief	17 9:45am: Chinese Association 11am: Beginner's French 1pm: Introduction to Bird Watching 3pm: Elder Abuse Awareness 5pm: Get Up & Get Active	18 9am: Gratitude Group 11am: The Storyteller 1pm: Chinese Association 3pm: COVID-19 Updates	19 1pm: Amazing Elders 3pm: Memory Practice 5pm Aging with Pride (LGBTQ+) 5pm: Read Aloud Short Story
22 11am: Exercise 1pm: Coffee Chat 3pm: What Truly Matters - Life Advice 5pm: Concerts From the Couch	23 10am: Grandparents Who Parent 11am: Relaxation 1pm: Sing-a-Long 3pm: Did You Know?	24 9:45am: Chinese Association 11am: Canadian History—Manitoba 1pm: Jeopardy 3pm: Nutrition for Health 5pm: Get Up & Get Active	25 9am: Gratitude Group 11am: Readers Corner 1pm: Chinese Language 3pm: Parents of Estranged Children Support Group	26 11am: Strength Exercise 12:30pm: Canadian Connections 3pm: BINGO 5pm Aging with Pride (LGBTQ+) 5pm: Come Dine With Us
29 11am: Exercise 1pm: Riddle Me This 3pm: What Truly Matters - Forgiveness and Gratitude 5pm: Live Music Night	30 10am: Grandparents Who Parent 11am: Beyond Meditation 1pm: Sing-a-Long 3pm: Current News	CALL: 1.855.703.8985 MEETING ID: 225.573.6467 #		