



# 2024 NBP BG Senior Centre Without Walls (NBP SCWW)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29 April 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone	30 April 1:30 – 2:00 p.m. Meditation – Good Companions VESTA  5:00 – 7:00 p.m. <b>OSHS Dinner LHL</b>	1	2 <b><u>In Person</u></b> 2:00 – 3:00 p.m. Legion Meeting	3 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone	4 <b><u>In Person</u></b> <b>(sold out)</b> Spaghetti Dinner and Silent Auction supporting Gr. 11 & Gr. 12
Good Companions SC in Ottawa has partnered with the NBP SCWW VESTA phone	6 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone	7 <b><u>In Person</u></b> 11:30 – 1:30 a.m. <b>OSHS Lunch LHL</b> 1:30 – 2:15 p.m. Asian Art Museum VESTA	8	9 <b><u>In Person</u></b> 11:30- 1:30 a.m. Friendship Club – Meeting and Lunch  <b>RSVP 519-375-0959</b>	10 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone	11 <b><u>In Person</u></b> <b>9:00 – 11:00 a.m.</b> Men's Breakfast in Tobermory  <b>RSVP</b>
<b>Happy Mother's Day!</b>	13 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone	14 <b><u>FUN Bingo</u></b> <b>12:45 – 1:30 p.m.</b> 1:30 – 2:15 p.m.. Hidden Figures – Good Companions - VESTA	15 1:00 – 2:00 p.m. Writer's Workshop 4:30 – 6:00 p.m. <b><u>Pick up chicken dinner at United Church</u></b>	16	17 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone	18 <b><u>In Person</u></b> 9:00 – 11:00 a.m. Bruce Men's Shed Meeting at the Lion's Head Legion on highway 6
<b><u>Fun Bingo</u></b> – 12:45 – 1:30 p.m. May 14 <sup>th</sup> & May 21 <sup>st</sup> – By VESTA phone – call Sharron for Bingo card(s)	20 Victoria Day Holiday	21 <b><u>FUN Bingo</u></b> <b>12:45 – 1:30 p.m.</b> 1:30 – 2:30 p.m. Hamilton Philharmonic Orch. VESTA	22	23 11:15 – 12:00 p.m. Let's Chat – VESTA phone	24 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone	25
<b>OSHS</b> – Old Schoolhouse Seniors <b>RSVP</b> at 519-793- 3589  LHL – Lion's Head Legion Branch 202	27 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone	28 1:30 – 2:00 p.m. Meditation with Good Companions – VESTA  5:00 – 7:00 p.m. <b><u>OSHS Dinner at LHL Br. 202 RSVP</u></b>	29	30 11:15 – 12:00 p.m. <b><u>Fun Trivia</u></b> with Sharron – VESTA History of Wiarnton	31 10:00 – 10:30 a.m. Laughter Chair Yoga with Carolyn - VESTA Phone	<b>Volunteer to plan or host free phone events.</b>

Contact Sharron Colter at [nbpcsaac@eastlink.ca](mailto:nbpcsaac@eastlink.ca) or [dshcolter@eastlink.ca](mailto:dshcolter@eastlink.ca) or phone 519-793-3473 for information. Volunteer to help.