

September



Seniors Connect NS

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Evangeline 2:30-3:15	4 The Art of Listening: The Glory of Gershwin 10:30-11:30	5	6
9	10 TAPESTRY: Catch-Up 2:30-3:00	11 C'mon In! Jamie Junger: "How to Write a Song" 10:30-11:30	12	13
16 BINGO 10:30-11:30	17 TAPESTRY: Meditation 2:30-3:00	18	19 Did You Know? Fall Equinox 2:30-3:00	20
23	24 Readers & Writers: Poetry 2:30-3:00	25	26 Chit-Chat: Local Tourism 10:30-11:00	27 CBC Podcast: "The Indian Act" 10:30-11:30
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Two Ways to Join a Call

We call you

1. Just before the program time, you will receive an automated call.
2. Press 1 to join the call.

You call in

1. You may also join using our toll-free number:
1-800-305-0494

✦ Not yet a Seniors Connect NS Participant?

For more information, or to register, call or email:

902-410-7092

info@SeniorsConnectNS.ca



www.seniorsconnectns.ca

Program Descriptions



Evangeline	The poem has opened, starting at the end: an empty Grand-Pre. Part One introduced us to the lovely Evangeline, her father, Benedict Bellefontaine, her sweetheart Gabriel, and his father, Basil Lajeunesse, the blacksmith. On to Canto Two! (p.6)
The Art of Listening: The Glory of Gershwin	A tribute album for musician Larry Adler, full of songs you might not know you know (you do!), and artists you surely do. Songs are by Ira and George Gershwin. Let's revisit some classics!
TAPESTRY: Catch-Up	Our friends at Telephone Tapestry are back and would love to catch up. This is a chit-chat on the summer Olympics, summer vacation, and anything else that might be on your mind.
C'mon In! Jamie Junger How to Write a Song	Veteran Nova Scotian musician Jamie Junger is back. This time he's teaching us how to write a song. He'll walk us through his process and tell how even non-musicians can write songs!
BINGO	Keep that lucky BINGO card from last month! We're playing again. Win five games and you will receive a gift certificate for a coffee and doughnut in the mail! It's a full hour this time.
TAPESTRY: Meditation	We're joining the Ottawa call again. We'll be gently guided through grounding and relaxing meditation techniques. No prior meditation experience is necessary.
Did You Know? Fall Equinox	Astronomical Fall begins at 9:44 am on September 22. Earth's tilt is moving away from its maximum lean toward the Sun. Equal day and night. How do humans celebrate this time?
Readers & Writers: Poetry	Bring your favourite poem, your own poetry, or just a keen ear to listen. All types of poetry are welcome!
Chit-Chat: Local Tourism	September 27th is the UN's World Tourism Day. Last year, 2.2 million people visited Nova Scotia! What should people visit in your community? What are your favourite NS spots?
CBC Podcast: "The Indian Act"	A 2019 episode from The Secret Life of Canada. What is "The Indian Act" and how does it influence Canada and Canadians today? <i>This may hit on sensitive topics for some.</i>

