



## HOW TO REGISTER

To register please call (905)-892-2607 ext. 329 or email [jcook@pelham.ca](mailto:jcook@pelham.ca)

## HOW TO PARTICIPATE

On the day and time of a chosen program you can use the following instructions to connect:

1. Dial **1-866-279-1594**
2. Enter 6-digit pass-code **704576** then press #
3. Record your first name or just stay on the line then press #

\*Not working? Dial \*0 to speak to the operator

### What if I can not call myself into the program?

We can call you directly into the program!  
Call or email [jcook@pelham.ca](mailto:jcook@pelham.ca) or 905-892-2607 ext 329 at least 1 hour prior to the program starting. We will then call you at the time of the program, and you will be added to the call!

### Is there any cost?

No. All phone programming is free of charge. All you need is a phone!

### Code of Conduct

To ensure a safe and welcoming space, all participants, facilitators and guest presenters must follow our Code of Conduct: To respect each other, by using appropriate subject matters and trying not to interrupt others. To allow the facilitator and guest speakers to direct the group. Allow everyone to contribute by not dominating the conversations. Help to create an inclusive environment that honours people of all cultures, faiths, genders, sexual orientation, abilities and life experiences.

For more information please contact Julie Cook at [jcook@pelham.ca](mailto:jcook@pelham.ca) or 905-892-2607 ext. 329



## PUTTING A FACE TO THE VOICE

**Katelynn Best** has a BA in Classical and Near Eastern Archaeology from Wilfrid Laurier University. She has been with the Welland Museum for 5 years as an intern, volunteer and currently as the Archive & Collections Co-ordinator. She is interested in preserving and sharing local history with the community. We are excited to have Katelynn join us to educate the community about Andrew Carnegie in the session *Andrew Carnegie Man of Steel and Heart of Gold*. Join Katelynn on Thursday June 11th at 11:00am to learn more!



**Colleen Kenyon** is the Creative Lead, co-director and co-producer of the SAY IT! (Senior And Youth Intergenerational Theatre) Program. Colleen helps develop programs that give seniors a space to share their stories, and to feel more connected with younger generations. Join Colleen each Wednesday afternoon from 1:30-2:30pm in the Party Line Conversation Circles, sparking interesting conversations about memories from the past that could help guide the next SAY IT! production!



**Eleanor Stasiw** of *Activate Well-Being with Eleanor Stasiw* is passionate about working with individuals, families, caregivers and businesses in the Niagara Region. She is a facilitator and advisor with over 20 years of experience working with Senior's, families and caregivers. Eleanor's dynamic and engaging seminars provide educational health and awareness presentations and workshops, to help individuals 50+ improve their lifestyle, health and overall well-being. Join Eleanor on Thursday June 4th and 18th at 11:00am in the Memory and Mind Power session!



**Susan Buckingham** was first introduced to meditation in her teens and has practiced meditation on and off her entire life. She has led practices in Mindfulness, Sitting and Moving Qi Gong Exercises, and taught Tai Chi (a sequence of Moving Qi Gong). Susan has also learned Vipassana Meditation and has been introduced to Dance Meditation. By combining ballet, other dance forms, synchronized swim, aquafit and meditation Susan created what she refers to as her Floating Practice (Mindfulness in the water) Join Susan for her Mindfulness session on Tuesday June 9th at 11:00am!





Monday

Tuesday

Wednesday

Thursday

Friday

1	2 Table Topics 11-11:45am	3 Party Line Conversation Circle 1:30-2:30pm	4 Mind & Memory Power 11-11:45am	5
8	9 Mindfulness 11-11:30am	10 Party Line Conversation Circle 1:30-2:30pm	11 Andrew Carnegie Man of Steel and Heart of Gold 11-11:45am	12
15	16 Good News! 11-11:45am	17 Party Line Conversation Circle 1:30-2:30pm	18 Mind & Memory Power 11-11:45am	19
22	23 Fun Facts 11-11:45am	24 Party Line Conversation Circle 1:30-2:30pm	25 Discussion Group 11-11:45am	26
29	30 Pelham Cares & The Community 11-11:45am	<p>To Register Call 905-892-2607 ext. 329 or email <a href="mailto:jcook@pelham.ca">jcook@pelham.ca</a></p> <p>To Connect Dial <b>1-866-279-1594</b> Enter participant code <b>704576</b></p>		

**Mindfulness**

Take part in a guided meditation to help you focus on the present and be in the moment. Mindfulness can help to manage stress, increase self-awareness, reduce anxiety and improve your quality of life!

**Table Topics**

Join in on the conversation! We have a collection of fun, unique and entertaining questions to start interesting and memorable conversations! Share your stories and opinions, hear how others would answer and engage in fun, lighthearted conversations!

**Discussion Group**

Join in on a new discussion each session with topics, selected by participants. Share your ideas and experiences while learning new perspectives from each other. This month, our discussion will focus on the topic of "what advice do you wish you could give your 20 year old self"?

**Fun Facts**

Explore and discover new and unusual facts on topics such as geography, history, interesting people and much more. Listen, and share a laugh or two while learning something new!

**Good News!**

Good news is so important to share to help brighten spirits! Come share some good news, or listen to positive news from others within your community!

**Mind and Memory Power with Eleanor Stasiw**

Join Eleanor from '*Activate Well-Being with Eleanor Stasiw*' in discussing topics such as brain power, mind and memory, keeping a healthy brain, and more. Ask questions, join in on the conversation and learn something new! This month Eleanor will discuss how diet can effect the mind and memory.

**Party Line Conversation Circles**

Stay connected with others within the community by joining the weekly Party Line conversation Circle! This is all about socializing with others and sharing your thoughts on weekly themes. Topics Include: June 3- What is Charity?; June 10- Comfort Food; June 17- With My Own Two Hands; June 24- Wellness and Well-being.

**Andrew Carnegie Man of Steel and Heart of Gold**

Two sides of the same coin. Andrew Carnegie was a ruthless business owner as well as one of the first large scale philanthropists in the world. Join Katelynn Best, the Archive & Collection Co-ordinator at the Welland Museum as they prep for the 100-year anniversary of Welland's Carnegie building.

**Pelham Cares & The Community**

Learn about the history of Pelham Cares and how this organization helps to support the community! This session will also discuss what precautions and measures are being taken to help protect the community and volunteers following COVID-19.