

WHAT'S GOING ON?



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VIRTUAL SOCIAL ACTIVITIES

October Theme: Creativity and Expression

October brings beautiful fall colours and Halloween. Let's get creative and spooky!

The Club welcomes Laura Coulter-Low as our new Zoom animator of Social Activities

Laura has a Bachelor's degree in Performing Arts and a passion for working with seniors. She was an Activities Coordinator at the non-profit residence Villa Beaurepaire for more than two summers where she brought music, art and entertainment to the tenants, exercising her creativity and innovation especially during the pandemic months. Laura is excited to be joining the DDO Club team and hopes to keep you full of spirit and curiosity over the next few months with Zoom activities that help you stay connected with your community and friends.

HALLOWEEN VIRTUAL BINGO: Friday October 30th at 1pm

There will be bingo prizes to be won! Costumed participants will be eligible for the raffle prize. A link will be sent out with bingo cards in the weekly reminder email.

(Virtual bingo is simple, but if you are feeling hesitant, join our Halloween ChitChat for a demonstration on Oct 30th at 11am.)

OCTOBER SOCIAL ACTIVITIES*

Singalong with Laura: Sing popular songs (English and French) spanning decades, from your home with the help of Laura Coulter-Low on keyboard and accompanying lyric sheets (lyrics will be sent out the morning of).

Tuesday Tea and Trivia: Quotes - Who Said It? Test your Trivia knowledge with famous quotes from politicians, celebrities and characters.

Creative Drawing: Guided drawing exercises, all levels are welcome. You will need a pencil and a few sheets of paper.

Broadway! Part 2: Travel to New York City to discover the origins of the Broadway musical. (It is not necessary to have joined Part 1 to enjoy this activity.)

Know Your Community: Guest speaker Sandra Watson from the Community Resource Centre will be joining us to talk about senior resources in the West Island. A question period will follow.

Laughing Wellness Instructor Orly Nahmias will be leading a playful and active class designed to lose tension and find laughter.

*Please reference the calendar at www.ddoclub55.com for the up-to-date schedule, and Zoom links to join the activities, located under the *Program* tab.