

Seniors' Centre

Without Walls

The City Where
**Everybody
Can Play!**



Programs Offered

Categories

Name a type of flower, a hockey team, a brand of cereal! Work together as a group to see how many items in a category you can name!

Brain Teaser and Riddles

Put your thinking caps on and see if you can solve these interesting riddles and brain teasers!

Trivia Time

Researchers have found that memory loss can be improved simply by doing mental exercise every day. Give your brain a workout with our tip-top trivia questions.

Museum Talks

Listen to one of our resident experts from the St. Catharines Museum and Welland Canals Centre on a variety of topics.



Staying Mentally Well at Home

Looking after your mental health at this time is very important. Join Nicole and Katie from Niagara Region for some tips on how to manage this challenging time.



Creative Writing

Interested in documenting your thoughts and how you spent your time during this current pandemic? Please join Karissa Fast from the St. Catharines Public Library as she guides you through the creative writing process.



Discussion Group

Join this group where we will have a theme for discussion each session chosen from participant suggestions. Share ideas and learn new perspectives from each other.

Heartland Forest

Hear about all about Heartland Forest and the programs they have to offer.



Fun Facts

Explore and discover new and unusual facts from geography, to history, to interesting people and much more. Listen, learn and share!