






# TelePALS

Free Dial-in Programs for Adults



-  **Group Chat** – small discussion groups
-  **Game Show** – fun competitions
-  **Listen and Learn** – listen then Q and A
-  **Ask the Expert** – all Q and A
-  **Listen for Enjoyment** – listening only

## To Register for TelePALS

For Courses Requiring Registration (R):

1. Registration will be accepted until 9 a.m. the day prior to program.
2. Leave name, course and contact info at 905-335-7738, ext. 4662.
3. OR email [adult@burlington.ca](mailto:adult@burlington.ca).
4. All messages will be returned to confirm registration.
5. On confirmation call, indicate if you will dial yourself in, or need us to connect you.

## For Courses NOT Requiring Registration (No-Reg):

1. Do not call the Registration line.
2. Follow the Dial-in directions below.
3. Call 10 minutes prior to start time.
4. Late calls will not be admitted.

## To Dial-In:

1. Call 1-866-279-1594 from anywhere or 905-963-1096 local.
2. Enter the Passcode 355760, found in brackets after each course description, then press #.
3. Record your name or just stay on the line then press #.
4. Your host will join you soon.

## Need Assistance?

Call 1-905-335-7738 ext. 4662. Leave a message and we will help you register or join a call.

## Program Schedule:

As Adult Recreation in-person and online programs are beginning to resume, the TelePALS Calendar will have a new look.

You will notice that instead of Calendar months, we will be moving towards Program Sessions each season during our gradual return to service. For this reason, our TelePALS Schedule will start Sept 1 and run until the end of Session One on October 9.

The schedules will now be named:

Sept. 1 to 11 and Fall Session One: Sept. 14 to Oct. 9

Fall Session Two Schedule: Oct. 13 to Nov. 6

Fall Session Three Schedule: Nov. 9 to Dec. 4

Visit [burlington.ca/activeathome](http://burlington.ca/activeathome) for more information on Active-At-Home recreation programs.



**Sept. 1 to 11 and Fall Session One: Sept. 14 to Oct. 9**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Sept. 1**

**10-10:30 a.m.**

**☕ Coffee Time (R)**

Join this regular coffee club to share good news stories, riddles, word games and conversation. [355760]

**2-2:45 p.m.**

**? Chef Michael Gris (No-Reg)**

Chef Mike will share BBQ recipes and professional tips to help you prepare dishes in your home. [355760]

**3-3:45 p.m.**

**🧘 Guided Meditation (No-Reg)**

Turn your phone on speaker and listen, relax, and reset. [355760]

**2**

**10-10:30 a.m.**

**🧘 Chair Yoga (No-Reg)**

Listen-in and follow along with this modifiable, 30-minute program to promote a calm mind, body and spirit. [355760]

**11-11:30 a.m.**

**📻 5 Minute Mysteries (No-Reg)**

Listen to old time radio mysteries and try to solve the mystery and discuss with fellow participants. [355760]

**1-1:45 p.m.**

**🎧 Listen and Learn Elvis-Music Lovers (No-Reg)**

Finish the lyric, name that tune, share stories and listen to samples. [355760]

**3**

**11-11:45 a.m.**

**📻 Teatime with Sara (R)**

A weekly telephone tea party that shares tea facts, stories and friendship. This week we will travel to Paris and explore the tea salons, traditions and recipes. [355760]

**1-1:45pm**

**📻 Getting to Know Christine (No-Reg)**

Get to know Christine, one of your Pilates instructors as she shares her story, expertise and answers your questions. [355760]

**3-3:45 p.m.**

**🧘 Guided Meditation (No-Reg)**

Turn your phone on speaker and listen, relax, and reset. [355760]

**4**

**10-10:20 a.m.**

**🧘 Full Body Stretch (No-Reg)**

Get ready for the weekend with a gentle, full body stretch. Listen-in and follow along with this modifiable, 20-minute program. [355760]

**11-11:45 a.m.**

**📻 What Separates Us from The Chimpanzees - Jane Goodall (No-Reg)**

Join us for a weekly thought-provoking audio presentation followed by round-table discussion. [355760]

**Sept. 1 to 11 and Fall Session One: Sept. 14 to Oct. 9**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Sept. 7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Labour Day</b>	<p><b>10-10:30 a.m.</b> ☕ <b>Coffee Time (No-Reg)</b> Join this regular coffee club to share good news stories, riddles, word games and conversation. [355760]</p> <p><b>2-2:45 p.m.</b> ? <b>Chef Michael Gris (No-Reg)</b> Chef Mike will share recipes and professional tips to help you prepare comfort food at home. [355760]</p> <p><b>3-3:45 p.m.</b> 🧘 <b>Guided Meditation (No-Reg)</b> Turn your phone on speaker and listen, relax, and reset. [355760]</p>	<p><b>10-10:30 a.m.</b> 🧘 <b>Chair Yoga (No-Reg)</b> Listen-in and follow along with this modifiable, 30-minute program to promote a calm mind, body and spirit. [355760]</p> <p><b>11-11:45 a.m.</b> 🎵 <b>Gotta Sing, Gotta Dance!-The Burlington Footnotes (R)</b> Fun and friendly discussion to learn more about this fabulous older adult community dance troupe. [355760]</p> <p><b>1-1:30 p.m.</b> ? <b>Midweek Stretch-Wellness Wednesdays (No-Reg)</b> Join Anne Svetik-Jones PT as she leads you through simple stretches and helpful advice for best mobility. [355760]</p>	<p><b>11-11:45 a.m.</b> 📻 <b>Old Time Radio- Bob Hope (No-Reg)</b> Step back in time and listen to an old radio broadcast of Bob Hope featuring Jack Benny and Doris Day. Friendly discussion to follow. [355760]</p> <p><b>1-1:45 p.m.</b> 🗣️ <b>Getting to Know Cameron (No-Reg)</b> Get to know Cameron, a personal trainer as he shares his story, expertise and answers your questions. [355760]</p> <p><b>3-3:45 p.m.</b> 🧘 <b>Guided Meditation (No-Reg)</b> Turn your phone on speaker and listen, relax, and reset. [355760]</p>	<p><b>10-10:20 a.m.</b> 🧘 <b>Full Body Stretch (No-Reg)</b> Get ready for the weekend with a gentle, full body stretch. Listen-in and follow along with this modifiable, 20-minute program. [355760]</p> <p><b>11-11:45 a.m.</b> 🎵 <b>Music and Emotion through Time - Michael Tilson Thomas (No-Reg)</b> Join us for weekly thought-provoking audio presentation followed by a round table discussion. [355760]</p>

**Sept. 1 to 11 and Fall Session One: Sept. 14 to Oct. 9**

**Monday**

**Sept. 14**

**10-10:20 a.m.**

**🦻 Morning Stretch (No-Reg)**

Listen-in and follow along with this modifiable, 20-minute program to promote circulation and help limber-up our bodies. [355760]

**11-11:45 a.m.**

**🌅 Monday Morning Trivia Time (R)**

Fun and friendly competition with five categories of trivia offering multiple choice options. [355760]

**1-1:45 p.m.**

**📻 Your Pet's Bone and Joint Health (No-Reg)**

Join Doug Shirten as he shares a Burlington Humane Society Podcast followed by discussion and questions from the group. [355760]

**Tuesday**

**15**

**10-10:30 a.m.**

**☕ Coffee Time (No-Reg)**

Join this regular coffee club to share good news stories, riddles, word games and conversation. [355760]

**1-1:45 p.m.**

**? Start Swimming- Heather Kress (No-Reg)**

Supervisor of Aquatics, Heather Kress will share information about the City's aquatic programs. [355760]

**3-3:45 p.m.**

**🦻 Guided Meditation (No-Reg)**

Turn your phone on speaker and listen, relax, and reset. [355760]

**Wednesday**

**16**

**10-10:30 a.m.**

**🦻 Chair Yoga (No-Reg)**

Listen-in and follow along with this modifiable, 30-minute program to promote a calm mind, body and spirit. [355760]

**11-11:45 a.m.**

**🌅 Woodstock-Music Lovers (R)**

Finish the lyric, name that tune, share stories and listen to samples. [355760]

**1-1:45 p.m.**

**? Nutrition and Wellbeing- Wellness Wednesdays (No-Reg)**

Join The Burlington Family Health Team's registered nutritionist for information and strategies that may improve and enhance your well-being. [355760]

**Thursday**

**17**

**11-11:45 a.m.**

**📻 Teatime with Sara (R)**

A weekly telephone tea party that shares tea facts, stories and friendship. This week we will re-visit the history of tea from Ancient China to 17th Century Europe. [355760]

**1-1:45 p.m.**

**📻 Getting to Know Tom (No-Reg)**

Get to know Tom, one of your pickleball instructors as he shares his story, expertise and answers your questions. [355760]

**3-3:45 p.m.**

**🦻 Guided Meditation (No-Reg)**

Turn your phone on speaker and listen, relax, and reset. [355760]

**Friday**

**18**

**10-10:20 a.m.**

**🦻 Full Body Stretch (No-Reg)**

Get ready for the weekend with a gentle, full body stretch. Listen-in and follow along with this modifiable, 20-minute program. [355760]

**11-11:45 a.m.**

**📻 Why we Laugh - Sophie Scott (No-Reg)**

Join us for a weekly thought provoking audio presentation followed by round-table discussion. [355760]

**Sept. 1 to 11 and Fall Session One: Sept. 14 to Oct. 9**

**Monday**

**Sept. 21**

**10-10:20 a.m.**

**🦻 Morning Stretch (No-Reg)**

Listen-in and follow along with this modifiable, 20-minute program to promote circulation and help limber-up our bodies. [355760]

**11-11:45 a.m.**

**🕒 Monday Morning Trivia Time (R)**

Fun and friendly competition with five categories of trivia offering multiple choice options. [355760]

**1-1:45 p.m.**

**📍 Around Town (No-Reg)**

This week's guest: Councillor Kelvin Galbraith. Listen to discover more about our guest's life, passions, neighborhood updates, and the community work underway. [355760]

**Tuesday**

**22**

**10-10:30 a.m.**

**☕ Coffee Time (No-Reg)**

Join this regular coffee club to share good news stories, riddles, word games and conversation. [355760]

**1-1:45 p.m.**

**📍 Art Gallery of Burlington (No-Reg)**

Join staff from the AGB and discover which displays, exhibits and opportunities they are offering this season. [355760]

**2:30-3:15 p.m.**

**📍 Around Town (No-Reg)**

This week's guest: Councillor Lisa Kearns. Listen to discover more about our guest's life, passions, neighborhood updates, and the community work underway. [355760]

**Wednesday**

**23**

**10-10:30 a.m.**

**🦻 Chair Yoga (No-Reg)**

Listen-in and follow along with this modifiable, 30-minute program to promote a calm mind, body and spirit. [355760]

**11-11:45 a.m.**

**📍 Acclaim Health-Denise Severin-Prior (No-Reg)**

Learn about all of the wonderful programs, resources and opportunities available from this community agency. [355760]

**1-1:30 p.m.**

**? Midweek Stretch-Wellness Wednesdays (No-Reg)**

Join Anne Svetik-Jones PT as she leads you through simple stretches and helpful advice for your best mobility. [355760]

**Thursday**

**24**

**11-11:45 a.m.**

**📍 The Halton Distress Centre- Dara Eisner- Clancy (No-Reg)**

Learn of resources, programs and supports in our community to better cope with crisis, loneliness and stress. [355760]

**1-1:45 p.m.**

**📍 Getting to Know Michelle (No-Reg)**

Get to know Michelle, a pottery instructor at the Seniors' Centre as she shares her story, expertise and answers your questions. [355760]

**3-3:45 p.m.**

**🦻 Guided Meditation (No-Reg)**

Turn your phone on speaker and listen, relax, and reset. [355760]

**Friday**

**25**

**10-10:20 a.m.**

**🦻 Full Body Stretch (No-Reg)**

Get ready for the weekend with a gentle, full body stretch. Listen-in and follow along with this modifiable, 20-minute program. [355760]

**11-11:45 a.m.**

**📍 The Future of Storytelling-Shonda Rhimes (No-Reg)**

Join us for weekly thought provoking audio presentation followed by friendly round-table discussion. [355760]

**Sept. 1 to 11 and Fall Session One: Sept. 14 to Oct. 9**

**Monday**

**Sept. 28**

**10-10:20 a.m.**

**👂 Morning Stretch (No-Reg)**

Listen-in and follow along with this modifiable, 20-minute program to promote circulation and help limber-up our bodies. [355760]

**11-11:45am**

**🌅 Monday Morning Trivia Time (R)**

Fun and friendly competition with five categories of trivia offering multiple choice options. [355760]

**1-1:45 p.m.**

**📍 Around Town (No-Reg)**

This week's guest: Councillor Angelo Bentivegna. Listen to discover more about our guest's life, passions, neighborhood updates, and the community work underway. [355760]

**Tuesday**

**29**

**10-10:30 a.m.**

**☕ Coffee Time (No-Reg)**

Join this regular coffee club to share good news stories, riddles, word games and conversation. [355760]

**1-1:45 p.m.**

**📖 The Next Best Read (No-Reg)**

Join this popular program with local Burlington Public Library librarian for a discussion about the latest must read books and resources. [355760]

**3-3:45 p.m.**

**🧘 Guided Meditation (No-Reg)**

Turn your phone on speaker and listen, relax, and reset. [355760]

**Wednesday**

**30**

**10-10:30 a.m.**

**👂 Chair Yoga (No-Reg)**

Listen-in and follow along with this modifiable, 30-minute program to promote a calm mind, body and spirit. [355760]

**11-11:45 a.m.**

**🐝 Bee Gees-Music Lovers (R)**

Finish the lyric, name that tune, share stories and listen to samples. [355760]

**1-1:45 p.m.**

**? Occupational Therapy-Wellness Wednesday (No-Reg)**

Join The Burlington Family Health Team's occupational therapist for information and strategies that may improve and enhance your well-being. [355760]

**Thursday**

**Oct. 1**

**11-11:45 a.m.**

**📞 Teatime with Sara (R)**

A weekly telephone tea party that shares tea facts, stories and friendship. This week we will discuss pumpkin scones and autumn tea ideas. [355760]

**1-1:45 p.m.**

**📍 Burlington Museums (No-Reg)**

Join Robin Hill, Volunteer Program Administrator as she takes us on a journey room by room of our local museum houses and discover hidden details and stories. [355760]

**3-3:45 p.m.**

**📍 Getting to Know Lesley (No-Reg)**

Get to know Lesley, one of your fitness instructors as she shares her story, expertise and answers your questions. [355760]

**Friday**

**2**

**10-10:20 a.m.**

**👂 Full Body Stretch (No-Reg)**

Get ready for the weekend with a gentle, full body stretch. Listen-in and follow along with this modifiable, 20-minute program. [355760]

**11-11:45 a.m.**

**📞 The Fight for Civil Rights and Freedom - John Lewis (No-Reg)**














Join us for a weekly thought-provoking audio presentation followed by round-table discussion. [355760]

**1-1:45pm**

**📍 Around Town (No-Reg)**

This week's guest: Councillor Paul Sharman. Listen to discover more about our guest's life, passions, neighborhood updates, and the community work underway. [355760]

**Sept. 1 to 11 and Fall Session One: Sept. 14 to Oct. 9**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Oct. 5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p><b>10-10:20 a.m.</b>   <b>Morning Stretch (No-Reg)</b>                      Listen-in and follow along with this modifiable, 20-minute program to promote circulation and help limber-up our bodies. [355760]</p> <p><b>11-11:45 a.m.</b>   <b>Monday Morning Trivia Time (R)</b>                      Fun and friendly competition with five categories of trivia offering multiple choice options. [355760]</p> <p><b>1-1:45 p.m.</b>   <b>Behind the Scenes (No-Reg)</b>                      Join Rainer for a fun panel discussion with theatre staff and youth as they share what is new this season and what it takes to create a production. [355760]</p>	<p><b>10-10:30 a.m.</b>   <b>Coffee Time (No-Reg)</b>                      Join this regular coffee club to share good news stories, riddles, word games and conversation. [355760]</p> <p><b>1-1:45 p.m.</b>   <b>Getting to Know Barbara (No-Reg)</b>                      Get to know Barbara, your tap dancing instructor as she shares her story, expertise and answers your questions. [355760]</p> <p><b>3-3:45 p.m.</b>   <b>Guided Meditation (No-Reg)</b>                      Turn your phone on speaker and listen, relax, and reset. [355760]</p>	<p><b>10-10:30 a.m.</b>   <b>Chair Yoga (No-Reg)</b>                      Listen-in and follow along with this modifiable, 30-minute program to promote a calm mind, body and spirit. [355760]</p> <p><b>11-11:45 a.m.</b>   <b>Poetry and Literature Club (R)</b>                      Join Burlington Public Library staff as they share readings, resources and discussion. [355760]</p> <p><b>1-1:30 p.m.</b>   <b>Midweek Stretch-Wellness Wednesdays (No-Reg)</b>                      Join Anne Svetik-Jones PT as she leads you through simple stretches and helpful advice for best mobility. [355760]</p>	<p><b>11-11:45 a.m.</b>   <b>Teatime with Sara (R)</b>                      A weekly telephone tea party that shares tea facts, stories and friendship. This week we will discuss similarities and differences between tea and coffee. [355760]</p> <p><b>1-1:45 p.m.</b>   <b>Getting to Know Mark (No-Reg)</b>                      Get to know Mark, one of your music program instructors as he shares his story, expertise and answers your questions. [355760]</p> <p><b>3-3:45 p.m.</b>   <b>Guided Meditation (No-Reg)</b>                      Turn your phone on speaker and listen, relax, and reset. [355760]</p>	<p><b>10-10:20 a.m.</b>   <b>Full Body Stretch (No-Reg)</b>                      Get ready for the weekend with a gentle, full body stretch. Listen-in and follow along with this modifiable, 20-minute program. [355760]</p> <p><b>11-11:45 a.m.</b>   <b>Compassion at the Dinner Table - James Forbes (No-Reg)</b>                      Join us for a weekly thought-provoking audio presentation followed by round-table discussion. [355760]</p>