






# 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, 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.


















## Fall Session Two Schedule – Oct. 13 to Nov. 6, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oct. 12</b> <b>THANKSGIVING</b>	<b>13</b> <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]	<b>14</b> <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]	<b>15</b> <b>11-11:45 a.m.</b> <b>📍 Fall Foliage at the Royal Botanical Gardens (No-Reg)</b> Join RBG Plant Archivist and Curator Jon Peter as he shares fall gardening tips and his favourite autumn blooms. [355760]	<b>16</b> <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]
	<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 use up your Thanksgiving leftovers. [355760]	<b>11-11:45 a.m.</b> <b>🎵 The Rolling Stones - Music Lovers (R)</b> Finish the lyrics, name that tune, share stories and listen to music. [355760]	<b>1-1:45 p.m.</b> <b>📍 Getting to Know Beverly (No-Reg)</b> Get to know Beverly, one of your fitness instructors as she shares her story, expertise and answers your questions. [355760]	<b>11-11:45 a.m.</b> <b>📍 How Saying Yes Can Change Your Life with Mark Smarzly (No-Reg)</b> Join us for a weekly thought-provoking audio presentation followed by a round-table discussion. [355760]
	<b>3-3:45 p.m.</b> <b>🧘 Guided Meditation (No-Reg)</b> Turn your phone on speaker and listen, relax, and reset. [355760]	<b>1-1:45 p.m.</b> <b>? Wellness Wednesdays (No-Reg)</b> Join Sherri, a social worker from the Burlington Family Health Team, as she discusses the challenges of being a parent to an adult child. [355760]	<b>3-3:45 p.m.</b> <b>🧘 Guided Meditation (No-Reg)</b> Turn your phone on speaker and listen, relax, and reset. [355760]	<b>1-1:45 p.m.</b> <b>📍 Around Town (No-Reg)</b> This week's guest: Mayor Marianne Meed Ward. Listen to discover more about our guest's life, passions, neighbourhood updates, and the community work underway. [355760]















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## Fall Session Two Schedule – Oct. 13 to Nov. 6, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Oct. 19</b></p> <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>11-11:45a.m.</b>   <b>Monday Morning Trivia Time (R)</b>                      Fun competition with five categories of trivia offering multiple choice options. [355760]</p> <p><b>1-1:45p.m.</b>   <b>“Talking about Death Won’t Kill You” with Home Hospice Association (R)</b>                      Join Tracey Robertson and Terri Viola-Wilson as they share valued information, details and resources with an afternoon Death Café discussion. [355760]</p>	<p><b>20</b></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>All About Cats (No-Reg)</b>                      Please join us for a discussion about cats with the Burlington Humane Society as we share information and resources about your feline friends. Bring your questions and share stories. [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>21</b></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>Classic Crooners-Music Lovers (R)</b>                      Tony, Frank, Rosemary and Bing! Finish the lyrics, name that tune, share stories and listen to music. [355760]</p> <p><b>1-1:30 p.m.</b>   <b>Wellness Wednesdays (No-Reg)</b>                      Join Mary, a pharmacist for the Burlington Family Health Team, as she shares information and answers questions about medicinal marijuana. [355760]</p>	<p><b>22</b></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 the art and legend of tea leaf readings. [355760]</p> <p><b>1-1:45p.m.</b>   <b>Getting to Know Johannes (No-Reg)</b>                      Get to know Johannes, one of your 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>23</b></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>Three Clues to Understand the Brain with Ramachandran (No-Reg)</b>                      Join us for a weekly thought-provoking audio presentation followed by a round-table discussion. [355760]</p> <p><b>1-1:45p.m.</b>   <b>Around Town (No-Reg)</b>                      This week’s guest: Councillor Shauna Stolte. Listen to discover more about our guest’s life, passions, neighbourhood updates, and the community work underway. [355760]</p>















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## Fall Session Two Schedule – Oct. 13 to Nov. 6, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Oct. 26</b></p> <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>11-11:45a.m.</b>   <b>Monday Morning Trivia Time (R)</b>                      Fun competition with five categories of trivia offering multiple choice options. [355760]</p> <p><b>1-1:45 p.m.</b>   <b>Fire and Life Safety - Daylight Savings (No-Reg)</b>                      Join Burlington Fire Department's Education Officer Corry Holloway as she shares important information to help keep you and your home safe. [355760]</p>	<p><b>27</b></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>The Next Best Read (No-Reg)</b>                      Join this popular program with local Burlington Public Library librarian for a discussion about the latest must-read books and resources. [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>28</b></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>American Pie - Music Lovers (R)</b>                      Buddy, Ritchie and the Big Bopper. Finish the lyrics, name that tune, share stories and listen to music. [355760]</p> <p><b>1-1:45 p.m.</b>   <b>Wellness Wednesdays (No-Reg)</b>                      Join Shannon, an occupational therapist from the Burlington Family Health Team, as she shares information on how to practice mindfulness. [355760]</p>	<p><b>29</b></p> <p><b>11-11:45 a.m.</b>   <b>Old Time Radio - Bela Lugosi, The Shadow and More (No-Reg)</b>                      Revisit radio shows from the golden age followed by friendly discussion. [355760]</p> <p><b>1-1:45 p.m.</b>   <b>Warplane Heritage Museum (No-Reg)</b>                      Learn about the Hamilton Warplane Heritage Museum exhibits and resources from knowledgeable volunteer tour guides. [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>30</b></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>A Scientific Approach to the Paranormal with Carrie Poppy (No-Reg)</b>                      Join us for a weekly thought-provoking audio presentation followed by round-table discussion. [355760]</p>

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## Fall Session Two Schedule – Oct. 13 to Nov. 6, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Nov. 2</b></p> <p><b>10-10:15 a.m.</b>   <b>Morning Stretch (No-Reg)</b>                      Listen-in and follow along with this modifiable, 15-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 competition with five categories of trivia offering multiple choice options. [355760]</p> <p><b>1-1:45 p.m.</b>   <b>Gotta Sing, Gotta Dance! -The Burlington Footnotes (No-Reg)</b>                      Join us for a fun discussion to learn more about this fabulous older adult community dance troupe. [355760]</p>	<p><b>3</b></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>2-2:45 p.m.</b>   <b>Chef Michael Gris (No-Reg)</b>                      Chef Mike will share his favourite soup recipes to warm your soul. [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>4</b></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>Wellness Wednesdays (No-Reg)</b>                      Join Daniel, a psychotherapist from the Burlington Family Health Team, as he discusses and shares information about mental health and CBT [cognitive behavioural therapy]. [355760]</p>	<p><b>5</b></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. Herbal tea and tisanes believed to boost immunity will be the topic of this week's tea party. [355760]</p> <p><b>1-1:45p.m.</b>   <b>Burlington Museums (No-Reg)</b>                      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]</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>6</b></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>Healthier Men, One Moustache at a Time with Adam Garone (No-Reg)</b>                      Join us for a weekly thought-provoking audio presentation followed by a round-table discussion. [355760]</p>

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