






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.
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 for more information on Active-At-Home recreation programs.



Fall Session Three - November 9 to December 4, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 9 10-10:15 a.m. 🔊 Morning Stretch (No-Reg) Listen-in and follow along with this modifiable, 15-minute program to promote circulation and help limber-up our bodies. [355760] 11-11:45 a.m. 🌅 Monday Morning Trivia Time (R) Fun competition with five categories of trivia offering multiple choice options. [355760] 1-1:45 p.m. 📍 Spaying and Neutering your Pets (No Reg) Join Doug Shirten as he shares a Burlington Humane Society podcast followed by group discussion and time for questions. [355760]	10 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] 2-2:45 p.m. Listen and Learn Chef Michael Gris (No-Reg) Chef Mike will share recipes and Wartime Rashers stories of creative kitchen resourcefulness during WWI and WWII. [355760] 3-3:45 p.m. 🔊 Guided Meditation (No-Reg) Turn your phone on speaker and listen, relax, and reset. [355760]	11 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] 1-1:30 p.m. ? Wellness Wednesdays (No-Reg) Join Anne Svetik-Jones PT as she leads you through simple stretches and helpful advice for your best mobility. [355760]	12 11-11:45 a.m. 📻 Old Time Radio- Father Knows Best (No-Reg) Step back in time and listen to an old radio broadcast followed by a group discussion. [355760] 1-1:45 p.m. ? All about Cats (No-Reg) Join Dr. Kathleen O'Connor from the Burlington Cat Hospital as she shares information, stories and discussion about our feline family members. [355760] 3-3:45 p.m. 🔊 Guided Meditation (No-Reg) Turn your phone on speaker and listen, relax, and reset. [355760]	13 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. 📻 A Kinder, Gentler Philosophy of Success with Alain de Botton (No-Reg) Join us for a weekly thought-provoking audio presentation followed by a round-table discussion. [355760]

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Fall Session Three - November 9 to December 4, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nov. 16</p> <p>10-10:15 a.m.  Morning Stretch (No-Reg) Listen-in and follow along with this modifiable, 15-minute program to promote circulation and help limber-up our bodies. [355760]</p> <p>11-11:45 a.m.  Monday Morning Trivia Time (R) Fun competition with five categories of trivia offering multiple choice options. [355760]</p>	<p>17</p> <p>10-10:30 a.m.  Coffee Time (No-Reg) Join this regular coffee club to share good news stories, riddles, word games and conversation.</p> <p>1-1:45 p.m.  Festive Season at the Art Gallery of Burlington (No-Reg) Join staff from the AGB and discover what displays, exhibits and opportunities they are offering this season. [355760]</p> <p>3-3:45 p.m.  Guided Meditation (No-Reg) Turn your phone on speaker and listen, relax, and reset. [355760]</p>	<p>18</p> <p>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]</p> <p>11-11:45 a.m.  Get Involved-Acclaim Health (No-Reg) Learn about the programs, resources and opportunities available from this community agency. [355760]</p> <p>1-1:45 p.m.  Wellness Wednesdays (No-Reg) Join Mary, a pharmacist from the Burlington Family Health Team, as she shares information focused on Diabetes and chronic pain medications. [355760]</p>	<p>19</p> <p>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 share ice box cookie recipes to prepare for the holidays. [355760]</p> <p>1-1:45 p.m.  I Love a Parade! (No-Reg) Join your Festivals and Events staff as they share stories and highlights of parades past and how they prepare for annual parades and celebrations. [355760]</p> <p>3-3:45 p.m.  Guided Meditation (No-Reg) Turn your phone on speaker and listen, relax, and reset. [355760]</p>	<p>20</p> <p>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]</p> <p>11-11:45 a.m.  How Christmas Lights Helped Guerrillas Put Down their Guns with Jose Miguel Sokoloff (No-Reg) Join us for a weekly thought-provoking audio presentation followed by a round-table discussion. [355760]</p>

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Fall Session Three - November 9 to December 4, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 23 10-10:15 a.m. 📍 Morning Stretch (No-Reg) Listen-in and follow along with this modifiable, 15-minute program to promote circulation and help limber-up our bodies. [355760] 11-11:45a.m. 📍 Monday Morning Trivia Time (R) Fun competition with five categories of trivia offering multiple choice options. [355760] 1-1:45 p.m. 📍 Winter Birding with Peter Thoem (No-Reg) Join the “Birdman of Burlington” as he shares his love of birding and offers winter birding tips. [355760]	24 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. 📍 Online Shopping Safety - Fraud Squad (No-Reg) Halton Police Constable Derek Gray shares information to keep you alert and safe when holiday shopping online and in stores. [355760] 3-3:45 p.m. 📍 Guided Meditation (No-Reg) Turn your phone on speaker and listen, relax, and reset. [355760]	25 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] 1-1:45 p.m. 📍 Music Lovers- Classic Crooners (R) Tony, Frank, Rosemary and Bing! Finish the lyric, name that tune, share stories and listen to music. [355760] 1-1:30 p.m. ? Wellness Wednesdays (No-Reg) Join Sherri, a social worker from the Burlington Family Health Team, as she discusses the change in our sense of identity after retirement and our anxiety over our lifetime. [355760]	26 11-11:45 a.m. 📍 Old Time Radio- Amos and Andy Annual Christmas Show (No-Reg) Step back in time and listen to an old radio broadcast followed by a friendly discussion. [355760] 1-1:45 p.m. 📍 The Festival of Lights (No-Reg) Join the volunteer team that makes our waterfront merry and bright. How many lightbulbs? How many volunteer hours? Who designs the displays? [355760] 3-3:45 p.m. 📍 Guided Meditation (No-Reg) Turn your phone on speaker and listen, relax, and reset. [355760]	27 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 Foods Did your Ancestors Love? - Aparna Pallavi (No-Reg) Join us for a weekly thought-provoking audio presentation followed by a round-table discussion. [355760]

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Fall Session Three - November 9 to December 4, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>10-10:15 a.m.  Morning Stretch (No-Reg) Listen-in and follow along with this modifiable, 15-minute program to promote circulation and help limber-up our bodies. [355760]</p> <p>11-11:45 a.m.  Monday Morning Trivia Time (R) Fun competition with five categories of trivia offering multiple choice options. [355760]</p> <p>1-1:45 p.m.  The Next Best Read (No-Reg) Join our local Burlington Public Library librarian for a discussion about the latest books and various formats available that best suit your interests and needs. [355760]</p>	<p>Dec. 1</p> <p>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]</p> <p>1-1:45 p.m.  Classic Christmas Side Dishes (No-Reg) Bistro staff will share recipes and professional tips to help you prepare holiday dishes in your home. [355760]</p> <p>3-3:45 p.m.  Guided Meditation (No-Reg) Turn your phone on speaker and listen, relax, and reset. [355760]</p>	<p>2</p> <p>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]</p> <p>1-1:45 p.m.  Christmas Crooners-Music Lovers (R) Finish the lyric, name that tune, share stories and listen to samples. [355760]</p> <p>1-1:45 p.m.  Wellness Wednesdays (No-Reg) Join Anne Svetik-Jones PT as she leads you through simple stretches and helpful advice for your best mobility. [355760]</p>	<p>3</p> <p>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 discover Christmas tea blends and share recipes. [355760]</p> <p>1-1:30 p.m.  Five Minute Mysteries (No-Reg) Listen to old time radio mysteries and try to solve the mystery with fellow participants. [355760]</p> <p>1-1:45 p.m.  Burlington Footnotes - Holidays Past, Present and Future (No-Reg) An exciting discussion about this fabulous older adult community dance troupe as we share Christmas stories of past performances and look ahead to the future. [355760]</p> <p>3-3:45 p.m.  Guided Meditation (No-Reg) Turn your phone on speaker and listen, relax, and reset. [355760]</p>	<p>4</p> <p>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]</p> <p>11-11:45 a.m.  A Child of the State with Lemn Sissay (No-Reg) Join us for a weekly thought-provoking audio presentation followed by a round-table discussion. [355760]</p>

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