

# Lifetime Connections Without Walls (LCWW)

Building a community over the phone

Spring 2012 Calendar- February 6, 2012- May 25, 2012

Family Eldercare  
1700 Rutherford Ln  
Austin, TX 78754  
[www.familyeldercare.org](http://www.familyeldercare.org)

## 512-628-1688

### NO ACTIVITIES ON THE FOLLOWING DAYS

February 20, 2012 Presidents Day  
April 6, 2012 Good Friday  
May 28, 2012 Memorial Day

### FUN & FRIENDLY CONVERSATIONS

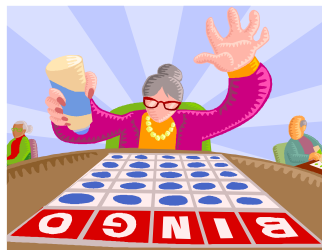


### COFFEE TALK

Every Monday and Friday: 10:30 a.m. -10:45 a.m.

Begin your morning with us. Join our LCWW community on the telephone and talk about what you feel grateful for, catch up with everyone, and share stories while you sip coffee at home.

### ENTERTAINMENT



### BINGO IN ENGLISH

Every Thursday: 1:00 p.m. -2:00 p.m.

Bingo? On the telephone? You bet! We will operate this all-time favorite lucky-chance game. Join us for fun and prizes!

## **BRAIN SPARKS**



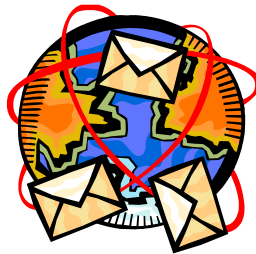
Ignite your brain cells! Exercise your gray matter with quizzes, trivia questions, word games, and various puzzles. There is scientific evidence that new brain challenges cause growth of dendrites, the branches of a brain neuron that receive impulses. And it's fun!

### **BRAIN AEROBICS**

Every Friday: 1:00 p.m. -1:30 p.m.

Join us for assortment of brain exercise games - Trivia, Family Feud questions, and end it with a session of Boggle- Some of us even prefer it to Scrabble! Very easy to learn and loads of fun, this word game is a great brain exercise and easily adapted to playing on the telephone. Be forewarned—this diversion can be habit-forming!

## **ACROSS THE MILES**



A special session, "Across the Miles" is held every other month with similar programs in NY, CA and CT.

Tuesday March 20, 2012 - 1:00 p.m. – 2:00 p.m.

Tuesday May 15, 2012 - 1:00 p.m.-2:00 p.m.

## **SPECIAL PRESENTATIONS on the TELEPHONE**

We are pleased to offer a series of special presentations with the help of several programs serving seniors in our community. Don't miss this opportunity to learn about valuable resources and helpful information from the comfort of your own home. Phone presentations will include a discussion session, so you can get all of your questions answered.

### **Armchair Traveling with Bruce**



**Wednesday, February 22, 2012 1:00 p.m. – 2:00 p.m. Visit Alaska.**

**Wednesday, March 28, 2012 1:00 p.m. – 2:00 p.m. Topic TBD**

**Wednesday, April 25, 2012 1:00 p.m. – 2:00 p.m. Topic TBD**

**Wednesday, May 23, 2012 1:00 p.m. – 2:00 p.m. Topic TBD**

Even if you can't get to the park or the lake or travel to distant places, there are many you can admire by listening to travel stories on the phone?

### **Healing Circle with Chris**



**Tuesday, February 14, 2012 10:00 a.m. – 11:00 a.m.**

**Tuesday, March 13, 2012 10:00 a.m. – 11:00 a.m.**

**Tuesday, April 10, 2012 10:00 a.m. – 11:00 a.m.**

Participants spend 30 minutes in reflective meditation sharing strengths and reinforcing each other. Participants can request comforting words and good wishes for things such as illness recovery, friends going thru a hard time and so on. Chris will also read an inspirational story and the session will be open for discussion.

### **Phone Visit to Zilker Botanical Gardens**



**Tuesday, May 8, 2012 1:00 p.m.-2:00 p.m.**

Join Speaker Elizabeth McVeety, Garden Center Coordinator for Zilker Botanical Gardens for an informative phone visit. Zilker Botanical Garden is located on 31 acres on the south bank of the Colorado River near downtown Austin. The garden is the centerpiece of Zilker Park and the Town Lake corridor. Over 300,000 people annually visit the gardens from across Texas and the U.S, as well as over 100 countries.

### **Arthritis and Pain Management**



**Date TBD, Tuesday, 1:00 p.m.-1:45 p.m.**

Join Arthritis Foundation and learn how to manage your condition and practical techniques for coping with pain.