








SENIORS' CENTRE
WITHOUT WALLS

PROGRAM GUIDE

October to December 2025



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What is the Seniors' Centre Without Walls?

The Seniors' Centre Without Walls (SCWW) is a free, phone-based program that offers recreational activities, skill-building lessons, health and well-being topics, and friendly conversations for older adults (55+) who find it difficult to leave their home to participate in community activities.

How do I register?

Call **780-395-2626** and **press 1**

How do I join a program?

You can join by phone or by computer:



Join by phone:

1. Call toll-free: **1-855-703-8985**
2. When prompted, enter Meeting ID: **225-573-6467#**
3. Press # if you are asked for any more numbers

If you have difficulty connecting with the toll-free number, try:

- **1-833-955-1088** (toll free) OR
- **587-328-1099** (charges may apply, contact your phone carrier for more information)



Join by computer:

Go to:

zoom.us/j/2255736467

Video will not be used for any SCWW programs.



Meet the Team!



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Hello From Us!

As we say goodbye to summer's sunshine and welcome the colourful days of fall and cozy winter, we invite you into a season full of connection, conversation, and curiosity. It's the perfect time to gather, join engaging discussions, learn something new, and share your stories. With many programs ahead, let's finish the year with a bang—staying warm, connected, and having some fun along the way.

Building on this season of connection and learning, we're excited to offer a great lineup of guest speakers! Join a practical workshop on chronic pain management, learn about the Palliative Institute's work, and take part in an open Q&A on sexuality with the Centre for Sexuality. These sessions are a chance to learn, ask questions, and explore important topics. Be sure to check out the full lineup—there are many more fascinating speakers you won't want to miss. We hope you find something that sparks your interest. Here's to a joyful and meaningful end to your year! Thanks for all the great memories together.

Join us for the Program Preview!

Wednesday, October 1st @ 11:00am

Programs That Require Pre-Registration

- **Canadian Connections**, in collaboration with other seniors' groups from across Canada, November 14th at 12:00 noon.
- **Chronic Pain: Better Choices, Better Health**, facilitated by Alberta Health Services. Tuesdays at 1:00 pm starting on October 21st.
- **Finding Your Joy**, facilitated by Cornerstone Counselling. Wednesdays at 1:00 pm starting on October 8th.

Spots are limited! Pre-registration opens on October 1st until full. Call **780-395-2626 (press 1)** to register.

Community Etiquette

- Be aware of background noises.
- Allow every participant to contribute.
- Treat each other with dignity and respect.
- Do not interrupt when others are speaking.
- Let the facilitator guide and direct the group.
- Use *6 to mute and unmute yourself during a call.



SCWW Community Code of Conduct

We value and support diversity and the human rights of others regardless of their race, religion, gender identity, and sexual orientation. We strive for an inclusive environment, mutual respect, fairness, and equality. Please respect all group members and their opinions, even if you do not agree with them. No disrespectful comments will be tolerated.

Land Acknowledgement

We acknowledge that what we call Alberta is the traditional and ancestral territory of many peoples, presently subject to Treaties 6, 7, and 8. We acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We make this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.

Privacy Disclaimer

This program uses audio technologies for sessions rather than asking for participants to come into a building. We do our best to make sure that any information you give us during programs is private and secure, but no audio tools are ever completely secure. Some sessions may be recorded - we will request permission at the beginning of sessions. Recordings may be re-played throughout our series.



Special Events

To join, call: 1-855-703-8985
Meeting ID: 225-573-6467#

November 14



Canadian Connections

Senior groups from across Canada share a little about their lives and experiences and you can do the same.

Pre-registration required! Registration opens October 1st. Call 780-395-2626 (press 1) to register.

October 16

Centre for Sexuality

Diana from Calgary's Centre for Sexuality is back! Join her for an open and engaging conversation about sexuality—bring your questions, curiosity, and let's talk.

October 21, 28

November 4, 18, 25

December 2



Chronic Pain: Better Choices, Better Health

Living with a long-term health condition can be challenging. Better Choices, Better Health is a workshop for adults with chronic conditions. It helps you build confidence and learn practical skills to manage your health and improve your quality of life.

Pre-registration required! Registration opens October 1st. Call 780-395-2626 (press 1) to register.

December 4

Cogitators

Meet Ken, a longtime health professional and member of The Cogitators—a group of retired but active individuals with deep experience in health and public service. They explore fresh ideas and practical ways to improve health and care. Join the discussion and share your own ideas!

December 17

EPL Presents!

Presented by our friends from the Edmonton Public Library. Come listen to interesting stories or 'did you know' topics.

October 8, 15, 22, 29

Finding Your Joy

November 5, 12, 19, 26

December 3



Facilitated by Erica, from Cornerstone Counselling. This is a support group for those looking to find joy and meaning in their lives. The program will support and provide practices that you can use to foster joy and meaning in relationships with others and yourself.

Pre-registration required! Registration opens October 1st. Call 780-395-2626 (press 1) to register.

October 7, 14

Good Grief

Presented by facilitators from the Canadian Mental Health Association, this course is for anyone who is interested in learning about loss and the grieving process, and about how to acknowledge and support others in their grief journey.

November 10

Lest We Forget

Ojibwe Elder, and Indigenous Knowledge Keeper of Indigenous Veterans Issues and History, Randi, has returned through the Memory Project, to speak about Aboriginal Veterans' Day.

December 4

Palliative Institute

Get to know the Palliative Institute, which promotes high-quality palliative and end-of-life care across Alberta and Canada.

November 26

Richard's Maritime History

With a love for history and local tales, Richard takes you through the memorable people and events of the Maritimes.



Conversations

To join, call: 1-855-703-8985
Meeting ID: 225-573-6467#

October 3, 8, 15, 24, 30

Coffee Chat

November 5, 13, 21, 26

Share this opportunity for informal conversation with other participants, with no set topic.

December 5, 10, 17, 23

December 3

Crafting Circle

Work on your favourite craft or hobby while enjoying relaxed conversation with others. Share ideas, get inspired, and connect creatively from wherever you are!

November 20

Empowerment

Take part in a conversation about what drives and inspires you. Explore ideas, share experiences, and talk about what empowerment means in everyday life.

October 28

Every Voice Matters

An opportunity to come together, chat about current political issues, share your thoughts, and hear different viewpoints in a friendly and open environment.

October 22

Fandom

Explore the psychology of fandom and why we idolize celebrities, musicians, and actors—examining the fine line between admiration and obsession, and the impact on both fans and the privacy of those in the spotlight.

October 10, 22

November 6, 27

December 22

In The Headlines

An opportunity to explore and discuss relevant international news stories.

October 7

Inner Beauty Day

Celebrate Inner Beauty Day by exploring the true meaning of inner beauty, self-worth, and confidence. Engage in meaningful conversations that inspire self-love and a positive self-image.

October 2, 21

November 7, 25

December 16

Let's Talk About

An in-depth, guided discussion that dives into significant social and political issues shaping our world today.

October 14

November 18

December 9

Nostalgia Moments

Take a walk down memory lane with a heartfelt discussion centered on nostalgic moments from the past. Share stories, cherished memories, and favorite experiences that shaped your life and connect us across generations.

- Back to School
 - Diners & Restaurants
 - Pets & Animals
-

October 7

November 4

December 2

Ponder This

Join in the conversation to talk, reminisce, and share your experiences around enjoyable and easygoing topics picked out by our program assistants.

October 1

Program Preview

Join a SCWW Program Assistant as they share with you all the exciting programs happening over the next three months.

October 14

November 25

December 9

Readers' Corner

A fun time for book fans to chat about their latest reads or audiobooks and discover new favourites through friends' recommendations.

November 19

SCWW Advisory Group

We'd love to hear your thoughts and opinions about our program, as well as any suggestions you have for topics you'd like to see in the future. Your feedback is incredibly valuable to us and helps make the program better for everyone.

October 6

November 24

Some Good News

A focused news program to highlight all the good things happening around the world.

October 20

November 17

December 15

The Big Picture

Presented by SCWW Program Assistants. Join in on open discussions about the big things in life, like the meaning of it all.

October 29

What If?

Join us for fun, imaginative discussions based on "what if" questions—like *What if history had taken a different turn?* Each session sparks creative thinking and open conversation. No prep needed—just curiosity!

October 21

November 12

December 2

Worldviews

A worldview is a collection of attitudes, values, stories, and expectations about the world around us, which inform our every thought and action. Join to discuss differing world views and their impacts.

December 12

Would You Rather?

A conversation that poses a dilemma in the form of a question beginning with "would you rather". The dilemma can be between two supposedly good or bad options.



Health & Wellness

To join, call: **1-855-703-8985**
Meeting ID: **225-573-6467#**

October 10

Exercise: Chair Yoga

November 14

December 12

Chair yoga is low impact and helps to increase stability, flexibility, and strength, and includes relaxation and meditation. Join Janine, a SCWW Program Assistant, as she walks you through poses and techniques.

**Mondays,
Wednesdays & Fridays**

Exercise

Get moving and grooving as we guide you through the Home Support Exercise Program from the Centre for Active Living.

October 15

Exercise Q&A

Join an Edmonton Southside PCN Exercise Specialist who will answer your exercise questions and take you through a short exercise program.

November 20

December 18

For Your Body

Presented by a Registered Nurse from Edmonton Southside PCN. Up-to-date information about health topics and good practices for your well-being. In this series we will focus on:

- Arthritis
- Falls

Thursdays

Gratitude

Join us as we share personal stories and reflections on the things we're thankful for—big and small. Together, we'll explore how gratitude can bring more joy, peace, and connection into our daily lives.

October 7, 21	Imagination Circle Presented by Luc, a Behavioural Health Consultant from Edmonton Southside PCN. “Dreams are the royal road to the unconscious.” We travel and unravel meanings that we hold in our imaginative mind that assist in our well-being.
November 4, 18	
December 2, 16	
November 13	Laughter Yoga Join Janine, Program Assistant, for a relaxed and engaging session that blends deep breathing with easy laughter exercises—no jokes or comedy involved. With an open mind, you'll shift from fake laughs to real ones. It's a simple way to lift your mood, ease tension, and leave feeling refreshed and recharged.
November 5	Mindfulness Join in on a guided meditation and discussion about differing ideas surrounding mindfulness and self-compassion.
October 14	Mindfulness with Carol Join Carol, for a guided meditation and discussion about differing ideas surrounding mindfulness and self-compassion.
November 25	
December 9	
October 28	Music Meditation Music is healing! Take some time for yourself to listen to some soft music, soothing sounds, and guided meditation.
December 23	

October 21

November 18

December 16

Nutrition For Health

Presented by Joanne and Annika, Registered Dietitians from St. Albert and Sturgeon PCN. Current information about healthy eating; the tips, the practices, and possible recipes. Topics for this series are:

- Bone Health
- Meal Planning & Cooking for One
- Ask a Dietician

October 23

November 27

December 18

Working Through Grief

Presented by Karen, a Social Worker from Lakeland PCN. Understanding the emotions involved in grief may help us see the light at the end of the tunnel.



Learn & Discover

To join, call: **1-855-703-8985**
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October 30

Animal Spotlight

November 7

Join us for fun and fascinating talks about some of the incredible animals that share our planet.

December 8

October 28

Canadian Resources

November 27

Our country's natural resources are vital to the economy. Explore their key role in creating jobs, growth, and prosperity for Canadians. This series we will focus on:

December 19

- Uranium City
- Faro
- The Forestry Industry

November 25

Crime & Justice

December 4

Experience some mind-bending true crime cases from all sides—the crime, the courtroom, the professionals and people involved.

October 1

Global Events

November 4

With so much happening in the world, it can be hard to keep up. Join us as we take a step back and explore one important issue at a time.

December 5

October 7, 24

November 6

December 16

History Of...

Join to learn the complex history of the following:

- Cowrie Shells
 - Easter Island
 - Time Zones
 - Fruit Cake
-

October 15

November 14

December 2

How It's Made

Inspired by the TV show, we will dive into the processes and materials that go into the creation of everyday items.

November 19

International Men's Day

This day celebrates the positive contributions of men and boys worldwide, promoting gender equality, mental health awareness, and positive role models. It's a great opportunity to discuss topics like mental health, healthy masculinity, and the importance of support and respect.

December 30

Kwanzaa

Celebrated from December 26 to January 1, this week-long holiday honours African American culture, heritage, and unity. Rooted in African traditions, it centers around seven guiding principles expressed through meaningful rituals and vibrant celebration.

December 23

Myth of the Phoenix

Explore the myth of the phoenix, a legendary bird that rises from its ashes, symbolizing renewal and immortality, and discover its significance in cultures such as Ancient Egypt, Greece, and China.

October 27

November 12, 26

December 10

Next Stop

Discover countries that are home to a Seven Wonder of the World, each rich in culture, history, and unique traditions that bring these iconic landmarks to life. In this series, we'll explore:

- Brazil-Christ the Redeemer
 - India-The Taj Mahal
 - Mexico-Chichén Itzá
 - Peru-Machu Picchu
-

October 8

November 18

December 9

Science Savvy

This program is for all the curious, science-loving minds out there—whether you're fascinated by the mysteries of the universe, the marvels of nature, or the everyday science behind how things work. If you've ever found yourself wondering why the sky is blue, how black holes form, or what makes plants grow, you're in the right place.

October 2, 23

November 3, 21

December 3, 18

Such Fascinating People

People of all ages—young and old—have done some truly incredible things. While some have made headlines and become household names, others have quietly made a big impact without much recognition. Get ready to meet people who've chased dreams, overcome challenges, and made a difference in ways both big and small.

- Canadian Women in Aviation
 - Judy Garland
 - Greta Thunberg
 - Ozzy Osbourne
 - Edwin A. Baker
 - Siegfried & Roy
-

October 17

Who Why When

December 1

A fun mix of weird, wild, and fascinating stories about things you wouldn't believe actually happened.

October 29

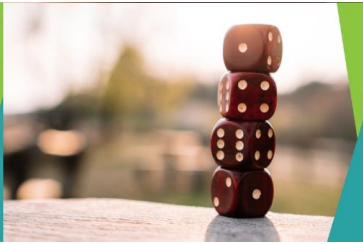
Year Without a Summer

In 1816, a massive volcanic eruption triggered global climate disruptions, leading to freezing summers, crop failures, and famine. This event, known as the Year Without a Summer, had lasting effects on weather, migration, and culture around the world.

November 10

27 Club

The 27 Club refers to a group of influential musicians and artists who tragically died at the age of 27, often highlighting the pressures and challenges of fame. Explore their lives and legacies while discussing the impact of their stories.



Just for Fun!

To join, call: **1-855-703-8985**
Meeting ID: **225-573-6467#**

November 3

Broadway Musicals

December 1

Spend a musically inspired hour with us listening to Broadway's favourite songs.

December 10

Chicken Soup for the Soul

Chicken Soup for the Soul has gathered some great stories of mishaps and misadventures of everyday life and celebrates humanity's ability to laugh at itself. So, prepare for lots of good, clean (and not so clean) fun.

October 27

Dinner Theatre

November 17

You bring the dinner; we bring the show.

December 15

Throughout Series

Games

- BINGO
- Brain Games
- Finish the Phrase
- Hummzinger
- Jeopardy
- Name That Tune
- Person Place or Thing
- Wheel of Fortune
- Word Games

October 16

Literary Reflections

Join to explore and discuss short selections of classic literature and poetry. Together, we will unpack themes, language, and deeper meanings through thoughtful conversation and literary analysis.

Throughout Series

Music

- All Female Artists
 - All Request Music
 - Classical Music Hour
 - Halloween Music Hour
 - Holiday Favourites
 - Ragtime Music Hour
 - Songs of Faith
 - Songs of Your Childhood
 - Songs That Empower
 - Who Sang it Best
 - Your Favourite Songs
-

October 29

Mystery Chronicles

November 19

Listen in and follow the twists and turns in these short mysteries.

December 3

November 5

NPR Tiny Desk Concerts

Hosted by NPR Music, the Tiny Desk Concert series was created to combat noisy crowds overpowering live music. Enjoy a variety of performances recorded live at the cozy desk once used by All Songs Considered host Bob Boilen.

October 1	Short Stories This program offers short stories, read or listened to, along with discussion.
October 23	Story Lines (Group Writing)
November 20	Do you love stories? Ever wanted to create one with others? Join us for a collaborative story-writing experience where creativity, fun, and imagination take center stage!
December 23	
November 17, 24	The Importance of Being Earnest
December 1	Written by Oscar Wilde, this funny and clever story is full of mix-ups, hidden romances, and sharp jokes about society. With smart dialogue and lots of humor, it playfully makes fun of the rules and habits of Victorian times.
December 8, 15, 22	The Nutcracker and the Mouse King Join young Marie as her nutcracker doll comes to life and leads her on a journey to defeat the fearsome Mouse King in E.T.A. Hoffmann's classic story. Filled with wonder and courage, it's the perfect tale to enjoy this holiday season!
December 24	The Shepherd Listen to SCWW's annual presentation of Frederick Forsyth's classic holiday story. On Christmas Eve, a lost RAF pilot is guided home through the dark skies by a ghostly World War II fighter—the shepherd who appears only to save him.
October 6, 20, 27	The Wizard of Oz
November 3, 10	Step into the magical world of The Wizard of Oz by L. Frank Baum! Follow Dorothy and her unforgettable friends on a journey through Oz in search of home, courage, heart, and wisdom—a classic adventure that continues to captivate readers of all ages.

December 31

Year in Review

2025 saw its share of notable moments and important events worldwide — join us and test your knowledge on everything that happened throughout the year.

October 22

Vinyl Café

December 17

Enjoy a delightful selection of stories from Canada's favourite funny man, Stuart McLean.

October 3, 7, 31

Writing For Fun

November 14, 28

December 12

All are welcome regardless of your writing style, experience, or skill. Prompts provided, or you can choose your topic.
