



SENIORS' CENTRE
WITHOUT WALLS



Welcome to the Alberta Seniors Centre Without Walls Community January - March 2022

The Alberta SCWW is a free phone-based program that offers recreational activities, skill-building lessons, health and well-being topics as well as friendly conversation for older adults (55+) who find it difficult to leave their home.

How to Join Instructions

Please choose one of the following options to join a program:

To join by phone, call: **1-855-703-8985**

When prompted, enter Meeting ID: **225-573-6467#**.

Press # if asked for any further numbers.

Join electronically through the following link:

<https://zoom.us/j/2255736467>.

No video will be used.

Contact Program Staff if you are unable to follow these options. Please leave a message with your name & phone number.

Main Office: 780.395.2626

Janine: 587-341-4324

Gayle: 780-395-2643

Elizabeth: 780-239-8427

Code of Conduct



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

Celebrating Seniors

Amazing Elders: This is a weekly education series on a variety of topics, facilitated by Sage Seniors Association. These topics are explored via virtual presentations and various panel experts. Please be aware that these sessions will have participants joining by phone and video. *Fridays @1pm starting in February.*

Elder Wisdom: Join us for stories from the Green Bench where seniors from across Eastern Ontario share their life stories. *Fridays @1pm in January.*

Connections

Gratitude Group: Developing an “attitude of gratitude” takes practice and start your day off on a positive note! *1st, 3rd & 4th Thursdays @9:30am.*

Participant of the Month: A chance to meet and know more about one of your fellow participants in this fun, informal interview session. *Thursday February 24th & March 24th @3pm.*

Parents of Estranged Children: This group is based on personal healing in order to foster healthier familial relationships. We base the work on cognitive practices that support people to shed old fears and negative belief systems so that together they can become healthier in their approach to self and other. We ask that folks attend as much as possible the full 8-week program. **Pre-registration is required by January 10.** *Mondays @2:30pm, starting January 24th.*

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 to 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 the session. Recordings may be re-played throughout our series.

Seniors Centre Without Walls Advisory Session: Are you enjoying our programming? Do you have ideas for topics or changes you would like to see? *Thursday February 3rd @3pm.*

Staff of the Month: Who are the people running this program? Take this opportunity to get to know a new member of the team each month. *Thursday January 13 @1pm, February & March 10 @3pm.*

Conversations

Across the Miles: Join other SCWW participants from all over North America for discussions. *Wednesday January 26 @1:30pm.*

Coffee Chats: Opportunity for informal conversation with other participants, with no set topic. *Jan 12,19,25, March 2,9,16,23 @1pm.*

Olympics 2022: Keep up with what is happening at the winter Olympics, Beijing 2022. The international tensions, the events, medal counts, and how Canada is doing. *Wednesday February 2, 9, 16, 23 @1pm.*

Discovery

Did You Know: Find out fascinating and unique stories during these one-hour sessions on anything and everything. *January 13 @3pm. 26 @11am, February 2 @11am, 23 @11am, March 3 @3pm, 23 @11am.*

Podcasts: Specially picked out by SCWW staff, find out fascinating and unique stories during these one-hour sessions on just about anything. *Mondays and Wednesdays @9:30am.*

Weird Science: So many things are being found out in the world of science daily. Join us to explore some recent and strange discoveries. *Thursday January 27 @3pm.*

World Water Day: Let us celebrate water and raise awareness of the 2.2 billion people living without access to safe water. *Tuesday March 22 @1pm.*

Games

Trivia, Wordplay, Name that Tune, Jeopardy, Family Feud, Super Sleuths – *every Tuesday @4:30 and Friday @3pm.*

BINGO: Register in advance by January 7 to receive your cards for the series (or feel free to use your own).

Health Education

Managing Stress: *Tuesday January 11th @3pm*

Arthritis: *Tuesday February 15th @3pm*

Nutrition for Health: *Tuesday February 22nd & March 22nd @3pm*

Dementia & Alzheimer's: *Tuesday March 1 @3pm*

Heart Health-High Blood Pressure: *Tues March 8 & 15th @3pm*

History

Heritage Moments: Fascinating and lesser known events in Canadian history. *Wednesday January 12th, February 9th, and March 9th @11am.*

Truth & Reconciliation Actions: To address the legacy of residential schools, reconciliation calls on all Canadians to take action on the 94 Calls to Action. What are they and how can we help? *Tuesday January 18th @3pm, Wednesday March 2 @11am.*

Richard's Maritime History: Richard shares fascinating stories about various events and people from across Nova Scotia and the Maritimes. *3rd Wednesday of the month @11am.*

Learning

Beginner Italian Phrases – Food: Learn a few helpful phrases regarding food and restaurants. *Tuesday February 22 @1pm.*

Cultural Exchange: With the Calgary Chinese Elderly Citizens Association, help newcomers practice their English and learn useful phrases in Cantonese and Mandarin. **Pre-registration required by January 7.** *Every other Tuesday @1pm starting Jan 18.*

French Conversation Practice: An opportunity for beginner and moderate French speakers to practice their skills and learn useful phrases and vocab. *2nd Tuesday of the month @1pm.*

Funeral Planning: Learn how to make smart decisions, understand your options and how to pre-plan for the future. *Tuesday February 1 @3pm.*

The Art of Debate: Strategies for hashing out differences of opinion and making stronger arguments based on reason and compromise. *Every other Monday @1pm starting January 17.*

Music

All Request Music: Call in with a request and share a favourite song of any genre. *2nd Friday of the month 9:30am.*

Celtic Music: Celebrate St. Patrick's Day early with new and traditional Celtic music, from Canada and around the world. *Friday March 4 @9:30am.*

Concerts at Home: An exploration of music of all kinds, listening and discussing live recordings. *3rd Friday of the month 9:30am.*

Introduction to Classical Music: A five part series introducing the novice listener to the wonders of classical music, from Bach fugues to Mozart symphonies to Puccini operas. *Thursday January 20, 27 & February 3, 10, 17 @1pm.*

Movie Themes: Explore the music from movie soundtracks that helps us immerse into their stories. *Friday February 4 @3pm.*

Musician Biographies: Join us each month to learn about a featured musician, their life and their legacy with featured music. *Last Friday of the Month @9:30am.*

Sing-a-Long Love Songs: Only the classics, with a chance to sing along to the songs that remind us of romance and Valentine's Day. *Friday February 11 @9:30am.*

Stories & Literature

Read Aloud Short Stories: Listen to audio versions of our facilitators' favourite short stories, selected from a variety of genres from modern to classics. *Thursday February 3 & March 3 @11am.*

Readers Corner: A time for book lovers who want to talk about the books they have been reading and to get recommendations from others. *4th Thursday of the month, 11am.*

The Storyteller: For three years Mary Ann, a professional storyteller, has been delighting us with a wonderful variety of old tales, & made-for-AB stories. *3rd Thursday of the month, 11am.*

Writing for Fun: For all who like to write anything – short stories, childhood memories, recipes, poetry. We will provide the prompts to get you started, and an appreciative audience. *Every other Monday @1pm, starting January 10th.*

Timely Topics

In the Headlines: An opportunity to explore a relevant news story and discuss as a group. *2nd Monday of the month, @3pm.*

Happy Birthday Betty White: This amazing actress turns 100! Her interesting life in review. *Monday January 17th @3pm.*

Let's Talk About ...: A structured conversation group focused around a large social or political topic chosen by the program's facilitator. *Monday January 24, February 7, March 21 @3pm.*

COVID-19 Updates: Two years from the beginning of the COVID-19 pandemic, a lot has changed. *Tuesday January 25 @3pm.*

International Women's Day: A chance to celebrate the social, economic, cultural, and political achievements of women globally. *Monday March 7 @3pm.*

Wellness

Better Choices, Better Health: An AHS program for those who have or support someone with a long-term health conditions, to help explore ways to manage health. **Pre-registration is required by February 10.** *6 weeks, Thursday 1-2:15pm, starting February 24th.*

Domains of Wellness: Understand the six domains of wellness and gather ideas of what activities can help you fulfill your needs as a way to promote overall well-being. *Tuesday February 8 @3pm.*

Exercise: All exercise sessions have varying levels of difficulty and exercises can be modified to suit your needs! Always inform your family physician before beginning any exercises & be aware of your limits. *Mondays & Fridays @11am, Wednesdays @3pm.*

Relaxation: Learn practical stress-reducing exercises, breathing regulation, progressive relaxation techniques. For those interested in more spiritualistic/ imaginative programming join our **Beyond Meditation** sessions. *Tuesdays @11am, alternating topic each week.*

Seniors' and Depression: Discussions with the Canadian Mental Health Association, about experiences of depression, supporting those with depression, and what skills you may need. Two parts, *Monday January 31 and February 28 @3pm.*

Working Through Grief: Understanding the emotions may help you see that there's light at the end of the tunnel, and that there are things you can do to work through feelings. *3rd Thursday @3pm.*

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
JANUARY 3-7th, 2022 NO PROGRAMS				
10 9:30am: Podcasts 11am: Exercise 1pm: Writing For Fun 3pm: In the Headlines	11 11am: Relaxation 1pm: French Conversation 3pm: Managing Stress 4:30pm: Trivia	12 9:30am: Podcasts 11am: Heritage Moments 1pm: Coffee Chat 3pm: Exercise	13 <div style="border: 1px solid black; padding: 2px; text-align: center;">NO MORNING PROGRAMS</div> 1pm: Staff of the Month: Elizabeth 3pm: Did You Know?	14 9:30am: All Request Music 11am: Exercise 1pm: Elder Wisdom 3pm: Name that Tune
17 9:30am: Podcasts 11am: Exercise 1pm: The Art of Debate 3pm: Happy Birthday Betty White	18 11am: Beyond Meditation 1pm: Cultural Exchange 3pm: TNR Actions 4:30pm: WordPlay	19 9:30am: Podcasts 11am: Nova Scotia Fisherman 1pm: Coffee Chat 3pm: Exercise	20 9:30am: Gratitude 11am: The Storyteller 1pm: Introduction to Classical Music 3pm: Working Through Grief	21 9:30am: Concerts at Home 11am: Exercise 1pm: Elder Wisdom 3pm: BINGO
24 9:30am: Podcasts 11am: Exercise 1pm: Writing for Fun 2:30pm: Parents of Estranged Children 3pm: Let's Talk About...	25 11am: Relaxation 1pm: Coffee Chat 3pm: COVID-19 Updates 4:30pm: Family Feud	26 9:30am: Podcasts 11am: Did You Know with EPL 1:30pm: Across the Miles 3pm: Exercise	27 9:30am: Gratitude 11am: Reader's Corner 1pm: Introduction to Classical Music 3pm: Weird Science	28 9:30am: Musician Bio 11am: Exercise 1pm: Elder Wisdom 3pm: Jeopardy
31 9:30am: Podcasts 11am: Exercise 1pm: The Art of Debate 2:30pm: Parents of Estranged Children 3pm: Seniors' and Depression, Part 1	<p>To join by phone, call: 1-855-703-8985</p> <p>when prompted, enter Meeting ID: 225-573-6467#</p> <p><u>Note: Program names in red require pre-registration.</u></p> <p><u>Please contact program staff to register - 780.395.2626</u></p>			

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
/	1 11am: Beyond Meditation 1pm: Cultural Exchange 3pm: Funeral Planning 4:30pm: BINGO	2 9:30am: Podcasts 11am: Did You Know? 1pm: Olympics 2022 3pm: Exercise	3 9:30am: Gratitude 11am: Read Aloud Short Story 1pm: Introduction to Classical Music 3pm: SCWW Advisory	4 9:30am: Movie Themes 11am: Exercise 1pm: Amazing Elders 3pm: Name that Tune
7 9:30am: Podcasts 11am: Exercise 1pm: Writing for Fun 2:30pm: Parents of Estranged Children 3pm: Let's Talk About...	8 11am: Relaxation 1pm: French Conversation 3pm: Domains of Wellness 4:30pm: Trivia	9 9:30am: Podcasts 11am: Heritage Moments 1pm: Olympics 2022 3pm: Exercise	10 <div style="border: 1px solid green; padding: 2px; display: inline-block;">NO MORNING PROGRAMS</div> 1pm: Introduction to Classical Music 3pm: Staff of the Month: Janine	11 9:30am: Old Love Songs 11am: Exercise 1pm: Amazing Elders 3pm: Jeopardy
14 9:30am: Podcasts 11am: Exercise 1pm: The Art of Debate 2:30pm: Parents of Estranged Children 3pm: In the Headlines	15 11am: Beyond Meditation 1pm: Cultural Exchange 3pm: Arthritis 4:30pm: Word Play	16 9:30am: Podcasts 11am: Richard's Maritime History 1pm: Olympics 2022 3pm: Exercise	17 9:30am: Gratitude 11am: The Storyteller 1pm: Introduction to Classical Music 3pm: Working Through Grief	18 9:30am: Concerts at Home 11am: Exercise 1pm: Amazing Elders 3pm: BINGO
FAMILY DAY	22 11am: Relaxation 1pm: Italian Food Phrases 3pm: Nutrition for Health 4:30pm: Super Sleuths	23 9:30am: Podcasts 11am: Did You Know with EPL 1pm: Olympics 2022 3pm: Exercise	24 9:30am: Gratitude 11am: Readers' Corner 1pm: Better Choices, Better Health 3pm: Participant of the Month	25 9:30am: Musician Bio's 11am: Exercise 1pm: Amazing Elders 3pm: Family Feud
28 9:30am: Podcasts 11am: Exercise 1pm: The Art of Debate 2:30pm: Parents of Estranged Children 3pm: Seniors & Depression pt 2	To join by phone, call: 1-855-703-8985 when prompted, enter Meeting ID: 225-573-6467# <u>Programs in red require pre-registration - contact staff at 780.395.2626</u>			

MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 11am: Beyond Meditation 1pm: Cultural Exchange 3pm: Dementia & Alzheimer's 4:30pm: BINGO	2 9:30am: Podcasts 11am: TNR Actions 1pm: Coffee Chat 3pm: Exercise	3 9:30am: Gratitude 11am: Read Aloud Short Story 1pm: Better Choices, Better Health 3pm: Did You Know?	4 9:30am: Celtic Music 11am: Exercise 1pm: Amazing Elders 3pm: Name that Tune
7 9:30am: Podcasts 11am: Exercise 1pm: Writing for Fun 2:30pm: Parents of Estranged Children 3pm: International Women's Day	8 11am: Relaxation 1pm: French Conversation 3pm: High Blood Pressure, Part 1 4:30pm: Trivia	9 9:30am: Podcasts 11am: Heritage Moments 1pm: Coffee Chat 3pm: Exercise	10 <div style="border: 1px solid green; padding: 2px; text-align: center;">NO MORNING PROGRAMS</div> 1pm: Better Choices, Better Health 3pm: Staff of the Month: Gayle	11 9:30am: All Request Music 11am: Exercise 1pm: Amazing Elders 3pm: Jeopardy	
14 9:30am: Podcasts 11am: Exercise 1pm: The Art of Debate 2:30pm: Parents of Estranged Children 3pm: Let's Talk About..	15 11am: Beyond Meditation 1pm: Cultural Exchange 3pm: High Blood Pressure Part 2 4:30pm: WordPlay	16 9:30am: Podcasts 11am: Richard's Maritime History 1pm: Coffee Chat 3pm: Exercise	17 9:30am: Gratitude 11am: The Storyteller 1pm: Better Choices, Better Health 3pm: Working Through Grief	18 9:30am: Concerts at Home 11am: Exercise 1pm: Amazing Elders 3pm: BINGO	
21 9:30am: Podcasts 11am: Exercise 1pm: Writing for Fun 2:30pm: Parents of Estranged Children 3pm: Let's Talk About...	22 11am: Relaxation 1pm: World Water Day 3pm: Nutrition for Health 4:30pm: Super Sleuths	23 9:30am: Podcasts 11am: Did You Know with EPL 1pm: Coffee Chat 3pm: Exercise	24 9:30am: Gratitude 11am: Reader's Corner 1pm: Better Choices, Better Health 3pm: Participant of the Month	25 9:30am: Musician Bio's 11am: Exercise 1pm: Amazing Elders 3pm: Family Feud	
28 2:30pm: Parents of Estranged Children	MARCH 29-30, 2022 NO PROGRAMS			31 1pm: Better Choices, Better Health	