



Seniors' Centre Without Walls Program Guide January – March 2024

Who are we?

We are 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 do I register?

780-395-2626 (press 1)

How do I join a program?

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

To join by phone:

1. Call Toll-Free: **1-855-703-8985**

- If you are having difficulty accessing the Toll-Free Number try **1-833-955-1088** (toll-free), or **587-328-1099**

(charges may apply, contact your phone carrier for more info)

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

3. Press # if asked for any further numbers

To join electronically use the following link:

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

Video will not be used for programs

Who do I call if I have questions or concerns?

Alyssa Program Assistant **780-239-8427**

Elizabeth Program Assistant **780-238-9612**

Janine Program Assistant **780-231-4393**

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 may not agree. No disrespectful comments will be tolerated.

Community Etiquette

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



Monday January 8th: Program Preview

Join one of our Program Assistants as we go through the calendar together, providing details and answering questions.

Programs requiring PRE-REGISTRATION:

Spots are limited! Preregistration opens on January 2nd. Call 780-395-2626 (press 1) to register.

- **Estranged Relationships Support Group**
- **Feeling Better About Yourself presented by the Canadian Mental Health Association**

Exciting Guest Speakers!

Alice Major: [Poet Alice Major](#) has published collections of poetry, and she served as Edmonton's first poet laureate. She will be joining us for a Writing for Fun program to share some tips and inspiration she uses in her writing.

Armchair Travels with Robin: [Community member Robin](#) has travelled not only in Canada and the U.S. but also throughout the world. She will share her experiences and her favorite memories of her travels through Alaska, Bermuda and Singing Through the U.S., with us.

Immigration Policies: [Nicole Denier, Sociology Professor at the University of Alberta](#), will share some of Canada's Immigration Policies and discuss how they affect immigrants.

Jed and the Valentine: A talented [folk singing duo](#) from Edmonton will join us live to play a mix of classic tunes.

Powerful Pollinators: Hear from a [Conservation Specialist from the Alberta Wilderness Association](#)- the oldest conservation group in Alberta. Learn about pollinator biodiversity in Canada, the critical role of pollinators, and some tips for pollinator friendly gardening.

Sexuality 101: A [representative from the Centre for Sexuality](#) will join us to present and discuss what sexuality is, and determinants of sexuality.

The 7 Teachings: [Randi](#) returns to talk about the Seven Sacred Teachings of Indigenous Peoples. These include love, respect, honesty, courage/bravery, truth, wisdom and humility.

The Storyteller: Join [Mary Ann, a professional storyteller](#), who has returned to delight us with a wonderful variety of old tales and made-for-Alberta stories.

Personal Directives/Enduring Power of Attorney: Presented by [Brendan, Healthy Aging Social Worker from Edmonton Southside PCN](#). Everyone, regardless of age or health, should take the time to write these two very important documents and make sure you understand what they mean.

CONVERSATIONS

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

Desert Island: If you ever found yourself stuck on a desert island, what items would you want to have with you? Join the conversation to share your thoughts and hear what other have to say.

Grateful Living: At its core, grateful living is an invitation to view life as a gift – one that is unexpected and unearned. Join us for one week to learn and practice grateful living habits.

In the Headlines: An opportunity to explore and discuss relevant international news stories.

Let's Talk About: A structured conversation about larger social or political topics; the subjects vary, based on what is happening around the world.

My Travels: Did you ever get bit by the travel bug? Where did you go? Join in to share or listen about travel experiences and destinations.

Ponder This: Discuss, reminisce and share your thoughts and experiences on fun, lighthearted topics and prompts provided by the program assistants.

Spreading Kindness: Kindness can make the world a happier place for everyone. Join this program to discuss the meaning of kindness as well as ways to spread it to others.

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

Some Good News: A focused news program to highlight all the good things happening around the world.

SCWW Advisory Group: This is your opportunity to give us your opinions about our programs this series and give us any suggestions for planning future programs. Your help will be greatly appreciated!

HEALTH & WELLNESS

Feeling Better About Yourself: Facilitated by the [Canadian Mental Health Association](#). What makes us happiest? The answers might surprise you! In this engaging, fun course, learn skills to improve your mood, bounce back from challenges, and make time for what matters most to you.

- Preregistration opens on January 2nd. Limited spots. Call 780-395-2626 (press 1) to register.

Estranged Relationships Support Group: Facilitated by [Cory with Cornerstone Counselling](#). A support group for those looking for personal healing in their important relationships. This program will support and guide practices that you can do to foster healthier and accepting relationships with others and yourself.

- Preregistration opens on January 2nd. Limited spots. Call 780-395-2626 (press 1) to register.

Exercise: Shared presentation with [Exercise Specialists from Edmonton Southside PCN](#). Get moving and grooving as we guide you through the Home Support Exercise Program from the Centre for Active Living.

For Your Body: Presented by [Maria, Registered Nurse from Edmonton Southside PCN](#). Up-to-date information about relevant health topics and promoting best practices for your well-being. This series we will focus on: Eye Health, Allergies and Healthy Bowels.

Gratitude: Developing an ‘attitude of gratitude’ takes practice; join us as we take this dedicated time to share our personal gratitude in our lives.

Imagination Circle: Presented by [Luc, Behavioural Health Consultant from Edmonton Southside PCN](#). “Dreams are the royal road to the unconscious.” We travel and unravel some of the meanings that we hold in our imaginative mind that assist in our well-being.

Mindfulness-Being Ourselves: Presented by [Carol, guest facilitator and retired Social Worker](#). After introducing the ideas of mindfulness and self-compassion she will lead discussions on how these concepts translate into daily life. Each program will begin with a relevant thought, poem, or quotation to focus the discussion.

The Big Picture: Presented by [Carol, guest facilitator and Retired Social Worker](#). Sometimes we just want to talk about the big things in life, like the meaning of it all. Topics can include our thoughts on getting older, sharing the most important things we have learned, living in the world of today. Each session will start with a specific topic – and then we'll let it take us where it goes. Talking is encouraged. So is attentive listening. You know, what friends do with one another.

Nutrition for Health: Presented by [Janna, Registered Dietitian from St. Albert/Sturgeon PCN](#). Current information about healthy eating; the tips, the practices, and possible recipes. Topics for this series are Protein & Fiber, Lower Inflammation and Meal Planning & Prepping.

Working Through Grief: Presented by [Karen, Social Worker from Lakeland PCN](#). Understanding the emotions involved in grief may help us see there is a light at the end of the tunnel.

LEARN & DISCOVER

Animal Spotlight: Enjoy and learn as we talk about some of the amazing animals that share our world.

EPL Presents!: Presented by our friends from the [Edmonton Public Library](#). Come listen to interesting stories or did you know topics.

International Day of Education: Education around the world is not equally accessible or inclusive. Even within Canada, there have been several changes made to provincial curriculums within recent years to address this. Share your thoughts and experiences about the education system and how it has transformed.

Weird Science: Learn about and discuss fascinating scientific events that are strange, or hard to believe.

Secret Societies: These societies have existed for centuries but what do we really know or not know about them? We will look at some known secret societies, who they are, what they do and maybe learn their secrets.

Tricky Family Business: Getting into business with family can be tricky. Join us as we dig into some of the most famous family business empires.

Next Stop: All aboard as we travel to destinations around the world. We take time to learn the culture, landmarks, and personal experiences of our travels.

- **Yellowstone National Park:** This American treasure located in Wyoming is a national park rich with history, ecology, and well over half of the world's geysers.
- **The Catacombs of Paris:** Deep beneath the streets of Paris, in tunnels and ossuaries, lies the remains of more than six million people. How did they get here, and how long have these tunnels existed for? Find out!
- **Fortress of Louisbourg:** This National Historic site in Cape Breton Island was once a bustling community called Louisbourg. The 18th century fortress features the remnants of the French occupation, and long before that, the Mi'kmaw peoples.
- **Wieliczka and Bochnia Royal Salt Mines:** Hidden from the world, full of secrets and legends, these royal salt mines in Poland have a rich history dating back as far as the 13th century.

JUST FOR FUN

SCWW collection of games

- Brain Games- May require use of pen/paper.
- BINGO- Cards provided in series mail out package.
- Jeopardy
- Name That Tune
- Trivia
- Finish the Phrase
- Mad Libs
- Picture This- Follow along with a guided drawing game and take a guess at what beautiful images you have brought to life.
 - Requires use of pen/paper.

Funny Bone: They say laughter is the best medicine, join us to enjoy some comedy and have a good laugh together.

HISTORIES & BIOGRAPHIES

Ancient Empires: The power and influence from great leaders and their empires have shaped the world we live in today. Learn about the evolution of societies around the world.

- Egyptian Empire
- Roman Empire
- Han Dynasty

Crime and Justice: Experience some mind-bending true crime cases from all sides- the crime and the courtroom.

Nostalgia Moments: Get nostalgic and join in on discussions about entertainment, events, items, and memorable moments from the past.

- Drive-In Theatres
- Game Shows
- Retro Candy
- Golden Age of Comics
- Newspapers

Such Fascinating People: People, old and young have accomplished amazing things in their lives. Some are quite famous while others are virtually unknown.

This series we will highlight:

Musician: Rita McNeil

Artist: Mother Moses

Environmentalist: David Suzuki

Politician: Lester B. Pearson

Activist: Helen Keller

Author: Maya Angelou

Women Erased from History: It's time to bring to light the names, accomplishments, and discoveries of women whose work was either credited to men or disregarded entirely.

STORIES & LITERATURE

The Chronicles of Narnia: The Voyage of Dawn Treader: Book #3 of the series sees Edmund and Lucy Pevensie, along with their priggish cousin, Eustace Scrubb, return to Narnia, three Narnian years (and one Earth year) after their last departure. Once there, they join Caspian's voyage on the ship Dawn Treader to find the seven lords who were banished when Miraz took over the throne. This perilous journey brings them face to face with many wonders and dangers as they sail toward Aslan's country at the edge of the world.

LeVar Burton Reads: The best short fiction, read by the best voice in podcasting.

Mystery Chronicles: Follow the twists and turns in these short mysteries.

Readers' Corner: A time for book lovers to talk about the books they have been reading or listening to, and to get recommendations from others.

Writing for Fun: For all those who like to write anything, short stories, memories, recipes, poetry. We will provide the prompts to get you started, and an appreciative audience, if you would like to share.

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



MUSIC

All Request Music: Taking all requests of favorites from any genre.

Bollywood: One of the most popular genres of music in the world today. The Indian film industry produces up to 2,000 movies each year—more than double that of Hollywood.

Classical Music Hour: Relax and enjoy some of the best orchestras and symphonies.

Dinner Theatre: You bring the dinner, and we bring the show! A variety of stories, music, and radio theatre productions.

- January and February will feature unique BBC Old Time Radio stories.
- March will feature a three-part series of the play and musical composition of Peer Gynt. Peer Gynt is the son of the once highly regarded Jon Gynt. Jon Gynt spent all his money feasting and living lavishly and had to leave his farm to become a wandering salesman, leaving his wife and son behind in debt.

History of Music: Learn about the history of various music genres, how they have changed with time, and then enjoy some music together.

- Jazz
- Big Band

Love Songs: Love is in the air! Listen in and request your favourite romantic tune.

St. Patrick's Day Music: Rousing Irish ballads and folk tunes, this lively playlist is bound to get you up and dancing.

Songs of Faith: Taking all requests of songs that instill hope, truth and belief.



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.

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>WELCOME 2024!</p>			<p>5</p> 
<p>8</p> <p>9:30am: Nostalgia– Newspapers 11am: Exercises 1pm: Program Preview 3pm: Voyage of Dawn Treader 1</p>	<p>9</p> <p>11am: Mindfulness 1pm: Coffee Chat 3pm: Who, Why, When 4:30pm: Trivia</p>	<p>10</p> <p>9:30am: Secret Societies 11am: Armchair Travel: Alaska 1pm: Estranged Relationships 1pm: Name That Tune 3pm: Exercises</p>	<p>11</p> <p>No Morning Programs 1pm: In the Headlines 3pm: Person, Place or Thing</p>	<p>12</p> <p>9:30am: Bollywood Music 11am: Exercises 1pm: Yellowstone National Park 3pm: Mystery Chronicles</p>
<p>15</p> <p>9:30am: Ponder This 11am: Exercises 1pm: The Big Picture 3pm: Voyage of Dawn Treader 2</p>	<p>16</p> <p>11am: Imagination Circle 1pm: Feel Better about Yourself 1pm: My Travels 3pm: NFH: Adding Protein & Fiber 4:30pm: Don't Quote Me</p>	<p>17</p> <p>9:30am: Crime & Justice 11am: EPL Presents! 1pm: Estranged Relationships 3pm: Exercises</p>	<p>18</p> <p>9:30am: Gratitude 11am: Storyteller 1pm: Coffee Chat 3pm: Working Through Grief 4:30pm: Dinner Theatre</p>	<p>19</p> <p>9:30am: All Request Music 11am: Exercises 1pm: Let's Talk About 3pm: Some Good News</p>
<p>22</p> <p>9:30am: Nostalgia– Drive-in Movies Theatres 11am: Exercises 1pm: Writing for Fun—Poetry 3pm: Voyage of Dawn Treader 3</p>	<p>23</p> <p>11am: Mindfulness 1pm: Feel Better about Yourself 3pm: Reader's Corner 4:30pm: Wheel of Fortune</p>	<p>24</p> <p>9:30am: Ancient Empires 11am: Coffee Chat 1pm: Estranged Relationships 1pm: Picture This 3pm: Exercises</p>	<p>25</p> <p>9:30am: Gratitude 11am: Day of Education 1pm: FYB: Eye Health 3pm: History of Jazz Music</p>	<p>26</p> <p>9:30am: Jazz Music 11am: Exercises 1pm: Weird Science 3pm: BINGO</p>
<p>29</p> <p>9:30am: Ponder This 11am: Exercises 1pm: The Big Picture 3pm: Voyage of Dawn Treader 4</p>	<p>30</p> <p>11am: The Seven Teachings 1pm: Feel Better about Yourself 1pm: Animal Spotlight 3pm: David Suzuki 4:30pm: Finish the Phrase</p>	<p>31</p> <p>9:30am: Crime & Justice 11am: Coffee Chat 1pm: Estranged Relationships 3pm: Exercises</p>	<p>To join by phone, call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#</p>	

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To join by phone, call: 1-855-703-8985</p> <p>When prompted, enter Meeting ID: 225-573-6467#</p>				
<p>5</p> <p>9:30am: Nostalgia– Game Shows 11am: Exercises 1pm: The Big Picture 3pm: Voyage of Dawn Treader 5</p>	<p>6</p> <p>11am: Imagination Circle 1pm: Feel Better about Yourself 3pm: Coffee Chat 4:30pm: Two Truths and a Lie</p>	<p>7</p> <p>9:30am: Secret Societies 11am: Personal Directives 1pm: Estranged Relationships 1pm: Would You Rather 3pm: Exercises</p>	<p>8</p> <p>No Morning Programs</p> <p>1pm: Lester B. Pearson 3pm: Catacombs of Paris</p>	<p>9</p> <p>9:30am: Love Songs 11am: Exercises 1pm: Maya Angelou 3pm: Animal Spotlight</p>
<p>12</p> <p>9:30am: Grateful Living 11am: Exercises 1pm: Writing for Fun 3pm: Voyage of Dawn Treader 6</p>	<p>13</p> <p>11am: Mindfulness 1pm: Feel Better About Yourself 1pm: Spreading Kindness 3pm: Reader’s Corner 4:30pm: Trivia</p>	<p>14</p> <p>9:30am: Grateful Living 11am: Armchair Travel: Bermuda 1pm: Estranged Relationships 3pm: Weird History– Valentine’s Day</p>	<p>15</p> <p>9:30am: Grateful Living 11am: Storyteller 1pm: FYB: Allergies 3pm: Working Through Grief 4:30pm: Dinner Theatre</p>	<p>16</p> <p>9:30am: Grateful Living 11am: Exercises 1pm: Coffee Chat 3pm: Mystery Chronicles</p>
<p>19</p> <p style="text-align: center;">Family Day Stat</p>	<p>20</p> <p>11am: Imagination Circle 1pm: Feel Better About Yourself 3pm: NFH: Lowering Inflammation 4:30pm: Jeopardy</p>	<p>21</p> <p>9:30am: Crime & Justice 11am: EPL Presents! 1pm: Estranged Relationships 1pm: Let’s Talk About 3pm: Exercises</p>	<p>22</p> <p>9:30am: Gratitude 11am: SCWW Advisory Group 1pm: Coffee Chat 3pm: Fortress of Louisbourg</p>	<p>23</p> <p>9:30am: All Request Music 11am: Exercises 1pm: Helen Keller 3pm: BINGO</p>
<p>26</p> <p>9:30am: Ponder This 11am: Exercises 1pm: Writing for Fun 3pm: Voyage of Dawn Treader 7</p>	<p>27</p> <p>11am: Mindfulness 1pm: Feel Better About Yourself 1pm: Coffee Chat 3pm: Some Good News 4:30pm: Wheel of Fortune</p>	<p>28</p> <p>9:30am: Ancient Empires 11am: Elder Abuse 1pm: Estranged Relationships 3pm: Exercises</p>	<p>29</p> <p>9:30am: Gratitude 11am: Weird Science 1pm: History of Big Band Music 3pm: Powerful Pollinators</p>	

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To join by phone, call: 1-855-703-8985</p> <p>When prompted, enter Meeting ID: 225-573-6467#</p>				<p>1 9:30am: Big Band Music 11am: Exercises 1pm: Rita McNeil 3pm: Who, Why, When– AI</p>
<p>4 9:30am: Nostalgia– Golden Age of Comics 11am: Exercises 1pm: The Big Picture 3pm: Voyage of Dawn Treader 8</p>	<p>5 11am: Imagination Circle 1pm: Feel Better about Yourself 1pm: Would you Rather 3pm: Some Good News 4:30pm: Where in the World</p>	<p>6 9:30am: Secret Societies 11am: Arm Chair Travel: Singing NO Estranged Relationships 1pm: Coffee Chat 3pm: Exercises</p>	<p>7 No Morning Programs 11am: Jed & The Valentine 1pm: Weird Science 3pm: Name That Tune 4:30pm: DT: Peer Gynt Part 1</p>	<p>8 9:30am: All Request Music 11am: Exercises 1pm: Women Erased from History 3pm: Mystery Chronicles</p>
<p>11 9:30am: Ponder This 11am: Exercises 1pm: Writing for Fun 3pm: Vinyl Cafe</p>	<p>12 11am: Mindfulness 1pm: Sexuality 101 3pm: Reader’s Corner 4:30pm: Trivia</p>	<p>13 9:30am: Ancient Empires 11am: Desert Island 1pm: Estranged Relationships 3pm: Exercise</p>	<p>14 9:30am: Gratitude 11am: Coffee Chat 1pm: Let’s Talk About 3pm: Royal Salt Mines 4:30pm: DT: Peer Gynt Part 2</p>	<p>15 9:30am: St. Patrick's Day Songs 11am: Exercises 1pm: Mother Moses 3pm: Animal Spotlight</p>
<p>18 9:30am: Nostalgia– Retro Candy 11am: Exercises 1pm: The Big Picture 3pm: Short Stories</p>	<p>19 11am: Imagination Circle 1pm: Coffee Chat 3pm: NFH: Meal Planning & Prepping 4:30pm: Mad Libs</p>	<p>20 9:30am: Crime & Justice 11am: EPL Presents! 1pm: Estranged Relationships 1pm: In the Headlines 3pm: Exercises</p>	<p>21 9:30am: Gratitude 11am: Storyteller 1pm: FYB: Healthy Bowels 3pm: Working Through Grief 4:30pm: DT: Peer Gynt Part 3</p>	<p>22 9:30am: Songs of Faith 11am: Exercises 1pm: Tricky Family Businesses 3pm: BINGO</p>
<p>25 11am: Coffee Chat</p>	<p>26 11am: Wheel of Fortune</p>	<p>27 11am: Some Good News 1pm: Estranged Relationships</p>	<p>28 11am: All Request Music</p>	<p>29 Good Friday</p>