



Program Guide October-December 2023

Alberta Seniors' Centre Without Walls

The Alberta Seniors' Centre Without Walls 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.

**To register or for questions call:
780-395-2626 (press 1).**

Instructions to Join a Call

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

To join by phone:

1. Call: **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 information)

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

Alyssa Program Assistant	780-239-8427
Janine Program Assistant	780-231-4393
Elizabeth Program Assistant	780-238-9612

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.

Group 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

Tuesday, October 3rd: Program Preview

Follow along as we go over our new programs and answer questions that may arise.

Please call to REGISTER for the following programs:

- **Estranged Relationships Support Group:** preregistration open until October 10th.
- **Building Better Boundaries:** preregistration open until October 1st.

Save the Date - Exciting Speakers!

Oct 11	Craig Baird: Pucks & Cups
Oct 18	Edmonton Police Service: Personal Safety
Oct 26	Alice Majors: Author Hour
Nov 02	Alberta Parks: Pothole Lakes in Alberta
Nov 29	Jasper National Park: Caribou in Jasper
Nov 30	Canada Revenue Agency: Scams

HEALTH & WELLNESS

Building Better Boundaries: Presented by the [Canadian Mental Health Association](#). Building better boundaries involves learning how to set boundaries, talking to others about your boundaries, and showing others you respect their boundaries. This program series will introduce you to what boundaries are, the various types of boundaries, why they are important, and help you practice setting boundaries to help you improve your overall wellness.

- Preregistration required by October 1st. Call 780-395-2626 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 required by October 10th. Call 780-395-2626 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. For this series we will be focusing on:

- Sleep Hygiene
- Sensory Changes
- Blood Sugar

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, Registered Nurse and 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.

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.

- Bone Health
- Holiday Eating

Respiratory Health: Presented by [Sheena, Respiratory Therapist from Edmonton Southside PCN](#). Learn about various topics related to lung health.

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.

CONVERSATIONS



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

Don't Sweat The Small Stuff: Ever heard the saying, “Don’t sweat the small stuff”? This hour is dedicated to talking about ways to broaden our perspective to look beyond the little things in life that can get on our nerves from time to time.

Get To Know Us: Who are the people running this program? Take this opportunity to get to know the newest member of the team, Alyssa.

Holiday Traditions: How do you celebrate the holidays? How have your traditions changed? Take this opportunity to talk about the foods, celebrations, and traditions that make your holidays festive.

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.

Looking Forward To It: The point of this conversation is to explore the idea of planning and scheduling enjoyable activities to look forward to in our day to day lives.

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

Pet Tales: Calling all animal lovers! Share stories about the incredible animals we call our pets.

- Dogs With Jobs
- Exotic Pets
- Clever Creatures

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!

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

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.

LEARN & DISCOVER

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

Caribou in Jasper: Join [Karly](#) from [Jasper National Park](#) to chat about caribou in Jasper National Park. Share any sightings or stories you have about caribou and learn what makes Jasper caribou so unique.

Discover Hannukah: Hanukkah is a Jewish festival that reaffirms the ideals of Judaism and commemorates the rededication of the Second Temple of Jerusalem by the lighting of candles on each day of the festival. Join us to learn more about this celebration.

Donald Trump's Convictions: Donald Trump has a complicated history, as he holds the title of the only American president to face criminal charges. Discusses the latest news surrounding his cases.

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

The Fairy Creek Protests: Now known as the largest act of civil disobedience in Canadian history, the protests and blockade at Fairy Creek seek to end old-growth logging in British Columbia. Learn more about the ongoing efforts of this initiative.

International Men's Day: On November 19th, International Men's Day celebrates worldwide the positive value men bring to the world, their families and communities.

Multicultural Death Traditions: Beliefs and traditions that are associated with death and dying can vary greatly depending on someone's culture and religion. Join to discuss the diversity of death around the world.

Myths and Planets: Explore the history of ancient Mesopotamian practices of naming stars and planets after deities, and how the Greeks and Romans carried on these traditions.

Personal Safety: Discover and discuss with [Anne](#) an [EPS constable](#), tips on how to boost your personal safety.

Pothole Lakes: Hear from [staff with Alberta Parks](#) to learn about pothole lakes in Alberta, left over from the last ice age.

R U Online?: For those who spend time online and surfing the web, this is your chance to ask questions, share helpful information, and talk about the apps you use.

Scam Safety: Presented by [Canada Revenue Agency](#), learn about ways to keep yourself safe from numerous types of scams that are targeting Canadian's today.

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.

- **The Amazon:** Home to 1.6 billion acres of dense forests, around half of the planet's remaining tropical forests, the Amazon is a vast biome directly connected to the health of our planet and global climate.
- **Volcano Tourism:** Outdoor adventure and tourism certainly knows no limits, as volcano tourism is exploding with popularity in recent years. Have we gone too far this time?
- **Great Bear Rainforest:** The Great Bear Rainforest is a global treasure that covers 6.4 million hectares on British Columbia's north and central coast – equivalent in size to Ireland. Learn about this incredible place and the historic agreement that will conserve this area for generations to come.
- **Sherwood Forest:** Located in Nottinghamshire, England, this royal forest is known for its historic association with the legend of Robin Hood.

JUST FOR FUN

SCWW collection of games

- Brain Games- May require use of pen/paper.
- BINGO- Cards provided in series mail out package.
- Where in the World
- Jeopardy
- Name That Tune
- Trivia
- Don't Quote Me
- Picture This
- Old Wives' Tale
- Scattergories
- Family Feud

Person Place or Thing: We'll provide the clues, but it is up to you to get to the bottom of which person, place, or thing we might be describing.

Quiz of the Year: 2023 came and went, we've got questions to see if you were paying attention to some of the things that happened.

HISTORIES & BIOGRAPHIES

Brooms & Witches: This two-part series tells of the 2 young girls who fell ill in 1692, starting Salem's infamous witch hunts and the witch trials that followed. *Listener discretion is advised.*

From John to Justin: Prime Ministers of Canada: Review politics of Canada from Sir John A McDonald to Justin Trudeau. We will look at Prime Ministers, elections, opposition leaders, Governor Generals and Premiers. Join us to see why some made their marks, why some were terrible, and hear some crazy stories from our political history.

Innocence Files: Unfortunately, justice systems aren't always perfect. Listen to life stories of people who were wrongfully convicted and their battles to prove their innocence. *Listener discretion is advised.*

Lest We Forget: Honour all those who sacrificed their lives for the freedom we enjoy. Join us for a traditional Remembrance Day Ceremony.

Nostalgia Moment: Listen in as Craig Baird gives us some history and nostalgia of some iconic Canadian people and shows such as Red Green, Racoons and the Friendly Giant.

Pucks & Cups: Hear from the creator of the Canadian History Ehx podcast, [Craig Baird](#), as he discusses the history of the NHL.

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

Musician: Robbie Robertson

Artist: Pablo Picasso

Actor: William Shatner

Politician: Tommy Douglas

Inventor: Stephanie Kwolek

Humanitarians: The Famous Five

Thanksgiving: The history of Thanksgiving in Canada, and how this harvest festival has evolved with time.

True Crime: Explore some of the crazy, heartbreaking, and thought-provoking true crime cases in history. *Listener discretion is advised.*

Truth and Reconciliation: September 30th marks our National Day for Truth and Reconciliation to honour the children who never returned home and the Survivors of residential schools. It is important we continue to learn about Canada's Indigenous peoples and communities, and their cultures, and histories.

Weird History: Learn about and discuss historical events that are strange, or hard to believe.

Who Why When: An assortment of unusual and interesting stories of events.

STORIES & LITERATURE

Alberta Ghost Stories: History and Halloween buffs rejoice, there are reportedly haunted places all across Alberta. Listen to the spooky stories of these places...if you dare.

Author Hour: Presented by [Alice Major](#), who has published eleven collections of poetry, two novels, and an award-winning collection of essays. Join to speak with Alice herself, as she describes her journey and experiences as an author in Alberta.

Chronicles of Narnia: An adventure full of fantastic creatures, epic battles, and a journey to the end of the world. Listen to the riveting stories of the Lion, the Witch, and the Wardrobe, and Prince Caspian.

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.

The Storyteller: Join [Mary Ann, a professional storyteller](#), as she delights us with a wonderful variety of old tales and made-for-Alberta stories.

The Shepherd: Listen to SCWW's annual presentation of Frederick Forsyth's classic holiday story, The Shepherd.

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 favourites from any genre.

Canadian Artists: Artists and groups from the Great White North, eh!

Celtic Music: The soothing sounds of Ireland, Scotland, and more.

Classic Country: The songs that defined country music.

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

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

- October will feature multiple unique BBC Old Time Radio stories.
- November and December will feature a three-part series of the Nutcracker.

Holiday Favourites: 'Tis the season to listen to all your favourite holiday songs. Enjoy a collection of timeless festive tunes.

One Hit Wonders: Not all groups and singers have long and successful careers, sometimes they only have one hit song that lives on as their claim to fame.

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.




OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
2 National Day for Truth and Reconciliation	3 11am: Imagination Circle 1pm: Program Preview 3pm: Who Why When 4:30pm: Trivia	4 9:30am: True Crime 11am: Coffee Chat 1pm: Truth & Reconciliation 3pm: Exercise	5 9:30am: Gratitude 11am: In The Headlines 1pm: Let's Talk About 3pm: Animal Spotlight	6 9:30 am: All Request Music 11am: Exercise 1pm: Thanksgiving 3pm: Brain Games
9 Thanksgiving Day 	10 11am: Mindfulness 1pm: Building Better Boundaries 3pm: Respiratory Health 4:30pm: Scattergories	11 9:30am: Mystery Chronicles 11am: Pucks & Cups 1pm: Estranged Relationships 1pm: Don't Sweat The Small Stuff 3pm: Exercise	12 No Morning Programs 1pm: Person Place or Thing 3pm: Sherwood Forest 4:30pm: Dinner Theatre	13 9:30am: One Hit Wonders 11am: Exercise 1pm: Some Good News 3pm: Family Feud
16 9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: The Lion The Witch & The Wardrobe Part 1	17 11am: Imagination Circle 1pm: Building Better Boundaries 1pm: Let's Talk About 3pm: Reader's Corner 4:30pm: Don't Quote Me	18 9:30am: Innocence Files 11am: Personal Safety 1pm: Estranged Relationships 1pm: Fairy Creek Protests 3pm: Exercise	19 9:30am: Gratitude 11am: The Storyteller 1pm: FYB: Sleep Hygiene 3pm: Working Through Grief 4:30pm: Dinner Theatre	20 9:30am: Canadian Artists 11am: Exercise 1pm: Tommy Douglas 3pm: Coffee Chat
23 9:30am: Nostalgia Moment 11am: Exercise 1pm: Writing For Fun 3pm: The Lion The Witch & The Wardrobe Part 2	24 11am: Mindfulness 1pm: Building Better Boundaries 3pm: The Amazon 4:30pm: Where in the World	25 9:30am: From John to Justin 11am: EPL Presents! 1pm: Estranged Relationships 1pm: Pablo Picasso 3pm: Exercise	26 9:30am: Gratitude 11am: Author Talk: Alice Majors 1pm: Pet Tales: Dogs With Jobs 3pm: Picture This 4:30pm: Dinner Theatre	27 9:30am: Classical Music Hour 11am: Exercise 1pm: Alberta Ghost Stories 3pm: BINGO
30 9:30am: Brooms & Witches Part 1 11am: Exercise 1pm: The Big Picture 3pm: The Lion The Witch & The Wardrobe Part 3	31 11am: Brooms & Witches Part 2 1pm: Building Better Boundaries 1pm: Let's Talk About 3pm: My Travels 4:30pm: Old Wives' Tales	To join by phone, call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#		

N O V E M B E R

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: True Crime 11am: Brain Games 1pm: Estranged Relationships 1pm: Death Traditions 3pm: Exercise</p>	<p>2 9:30am: Gratitude 11am: Get To Know Us: Alyssa 1pm: The Famous Five 3pm: Pothole Lakes in Alberta</p>	<p>3 9:30 am: All Request Music 11am: Exercise 1pm: Who Why When 3pm: Coffee Chat</p>
<p>6 9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: The Lion The Witch & The Wardrobe Part 4</p>	<p>7 11am: Imagination Circle 1pm: Building Better Boundaries 3pm: R U Online? 4:30pm: Name That Tune</p>	<p>8 9:30am: Mystery Chronicles 3pm: Exercise</p>	<p>9 No Morning Program 11am: In The Headlines 1pm: Volcano Tourism 3pm: All Request Music</p>	<p>10 9:30am: Celtic Music 11am: Exercise 1pm: Person Place or Thing 3pm: Lest We Forget</p>
<p>13 Remembrance Day </p>	<p>14 11am: Mindfulness 1pm: Building Better Boundaries 1pm: Let's Talk About 3pm: Reader's Corner 4:30pm: Don't Quote Me</p>	<p>15 9:30am: Innocence Files 11am: SCWW Advisory Group 1pm: Estranged Relationships 1pm: Myths & Planets Part 1 3pm: Exercise</p>	<p>16 9:30am: Gratitude 11am: The Storyteller 1pm: FYB: Sensory Changes 3pm: Working Through Grief</p>	<p>17 9:30am: Vinyl Café 11am: Exercise 1pm: International Men's Day 3pm: Weird History</p>
<p>20 9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Prince Caspian Part 1</p>	<p>21 11am: Imagination Circle 1pm: Building Better Boundaries 3pm: NFH: Bone Health 4:30pm: Riddles</p>	<p>22 9:30am: From John to Justin 11am: EPL Presents! 1pm: Estranged Relationships 1pm: Myths & Planets Part 2 3pm: Exercise</p>	<p>23 9:30am: Gratitude 11am: Looking Forward To It 1pm: William Shatner 3pm: Some Good News 4:30pm: The Nutcracker Part 1</p>	<p>24 9:30am: Classic Country 11am: Exercise 1pm: Let's Talk About 3pm: BINGO</p>
<p>27 9:30am: Nostalgia Moment 11am: Exercise 1pm: Writing For Fun 3pm: Prince Caspian Part 2</p>	<p>28 11am: Mindfulness 1pm: Building Better Boundaries 1pm: LeVar Burton Reads 3pm: Coffee Chat 4:30pm: Jeopardy</p>	<p>29 9:30am: True Crime 11am: Caribou in Jasper 1pm: Estranged Relationships 1pm: Picture This 3pm: Exercise</p>	<p>30 9:30am: Gratitude 11am: Pet Tales: Exotic Pets 1pm: Scam Safety 3pm: Donald Trump's Convictions 4:30pm: The Nutcracker Part 2</p>	

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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</p> <p>9:30 am: All Request Music 11am: Exercise 1pm: R U Online? 3pm: In The Headlines</p>
<p>4</p> <p>9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Prince Caspian Part 3</p>	<p>5</p> <p>11am: Imagination Circle 1pm: Stephanie Kwolek 3pm: Reader's Corner 4:30pm: Don't Quote Me</p>	<p>6</p> <p>9:30am: Mystery Chronicles 11am: Coffee Chat 1pm: Estranged Relationships 1pm: Great Bear Rainforest 3pm: Exercise</p>	<p>7</p> <p>9:30am: Gratitude 11am: Brain Games 1pm: Some Good News 3pm: Discover Hanukkah 4:30pm: The Nutcracker Part 3</p>	<p>8</p> <p>9:30am: Songs of Faith 11am: Exercise 1pm: Weird History 3pm: Person Place or Thing</p>
<p>11</p> <p>9:30am: Nostalgia Moment 11am: Exercise 1pm: Writing For Fun 3pm: Prince Caspian Part 4</p>	<p>12</p> <p>11am: Mindfulness 1pm: Let's Talk About 3pm: Respiratory Health 4:30pm: Trivia</p>	<p>13</p> <p>9:30am: Innocence Files 11am: Holiday Traditions 1pm: Estranged Relationships 1pm: Robbie Robertson 3pm: Exercise</p>	<p>14</p> <p>No Programs</p>	<p>15</p> <p>9:30am: Vinyl Café 11am: Exercise 1pm: Don't Sweat The Small Stuff 3pm: BINGO</p>
<p>18</p> <p>9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Prince Caspian Part 5</p>	<p>19</p> <p>11am: Imagination Circle 1pm: Pet Tales: Clever Creatures 3pm: NFH: Holiday Eating 4:30pm: Name That Tune</p>	<p>20</p> <p>9:30am: From John to Justin 11am: EPL Presents! 1pm: Estranged Relationships 1pm: My Travels 3pm: Exercise</p>	<p>21</p> <p>9:30am: Gratitude 11am: The Storyteller 1pm: FYB: Blood Sugar & Diabetes 3pm: Working Through Grief</p>	<p>22</p> <p>9:30am: Holiday Favourites 11am: The Shepherd</p>
<p>25</p> <p>Christmas Day</p> 	<p>26</p> <p>Boxing Day</p> 	<p>27</p> <p>11am: Coffee Chat</p>	<p>28</p> <p>11am: Who Why When</p>	<p>29</p> <p>11am: Quiz of the Year</p>