



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**

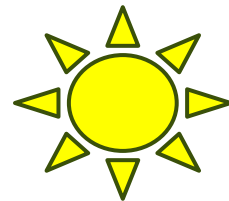
- If you are having difficulty accessing the Toll-Free Number try **1-833-955-1088** (toll-free), or **587-328-1099**
(charges may apply, contact your phone carrier for more information)

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

Gayle 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, July 4th- Program Preview

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

Please call to REGISTER for the following program:

- [Canadian Connections](#): Preregistration required to participate!

Please Note: The [Parents of Estranged Children](#) program will be on **hold** for the summer. Call to register for the **fall**.

Save the Date - Exciting Speakers!

- [Forestry in Alberta](#): Presented by Bob, guest facilitator and retired Natural Resource Manager. Learn about the history of forestry as well as some interesting experiences Bob has had working in the forests of Alberta.
- [Banff Park Museum National Historic Site](#): As the oldest surviving federal building in any Canadian national park, staff will share about the natural history of this historic site and the current exhibits featured this summer.
- [Mount Revelstoke & Glacier National Parks](#): These parks in the heart of the Canadian Rocky Mountains, are known for their unspoiled mountain scenery, ancient glaciers, and vast history. Join us to learn more from staff who work in these remote locations.
- [International Literacy Day](#): Dr. Kathleen James-Cavan from the University of Saskatchewan will share and discuss the importance of literacy in society.

HEALTH & WELLNESS

Chronic Pain: This [Albera Health Services lecture series](#) offers information about the nature of pain and the ways that the body's systems are affected by pain. Learn about how pain effects your body, your sleep, and attention/memory.

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:

- Self-Care
- Skin Health
- Chronic Pain

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

Guided Imagery: Focus on different senses as we guide you through various settings and places on a mental journey designed for imagination and relaxation.

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.

Mental Health Matters: Presented by a [Behavioural Health Consultant from Edmonton Southside PCN](#). Learn about:

- Anxiety
- Depression
- Mental Health with a Chronic Condition

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.

- Eating on a Budget
- Appetite & Supplements

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

Canadian Connections: Senior's groups from **across Canada** share a little about their lives and experiences and you can do the same.

- Preregistration required!

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

Cooking Conversations: Do you have any cooking tips and tricks that have been passed down through generations? What about cooking catastrophes? Share your stories about all things food.

The Impact of Music: Join in to discuss the many ways that music and chosen words and melody can impact society and shift social perspectives.

International Friendship Day: July 30th marks the celebration of International Friendship Day. This open discussion is an opportunity to share stories about old friends, new friends, and chosen family.

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.

Pet Tales: Share stories about the incredible animals we call our pets.

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. About our best memories or our worst memories. About the biggest lesson we ever learned or the thing we wish we had learned. Topics can include our thoughts on getting older, sharing the most important things we have learned, living in the world of today, talking openly about death. No judgement, no advice, no solemn “pronouncements”. 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.

Toys of Your Childhood: This series looks at some of North America’s greatest toy franchises, including the people and companies that created them, telling the stories of the rise -- and, sometimes, fall -- of the billion-dollar creations.

LEARN & DISCOVER

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

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.

- **Arctic Circle Trail:** Located in Greenland, the Arctic Circle Trail is the oldest and most isolated long-distance hikes (160 km from icecap to ocean!) in the Arctic.
- **Sailing the Seas:** These days there are many ways to sail the seas, join in to learn about ocean travel endeavours ranging from leisurely cruise ship retirement to adventurous pursuits such as the Vendée Globe Sailing Race.
- **Kokoda Track:** Rich in history, the Kokoda Track is in the Owen Stanley Range in Papua New Guinea. The 96-kilometer single-file foot trail is the location of the World War II Kokoda Campaign battle between Japanese and Australian forces.
- **Free Solo:** The journey of the free soloist mountain climber Alex Honnold, and his dream to climb the 3000ft El Capitan rockface in Yosemite National Park.

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

Old Souls & Protest Songs: Enjoy the stories and songs that brought the world together. Through wars and economic hard times, folk songs and protest songs have been the music sung by generations.

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.

They Did What?: Stories about people who have done and achieved astonishing things!

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

Don't Quote Me: A game for people who enjoy funny or inspiring quotes. Who said that? Not sure? Then ask for a clue or multiple-choice answers.

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.

HISTORIES & BIOGRAPHIES

Emancipation Day: August 1st, 1834, marks the day when the Slavery Abolition Act became law across the British Empire, including Canada, a day to recognize Canada's history of slavery and discrimination.

Farley Mowat: As an introduction to [Never Cry Wolf](#), our featured story of this series, learn about the classic Canadian author Farley Mowat.

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.

The Great Upheaval: Soldiers rounding up terrified civilians, expelling them from their land, burning their homes and crops – it sounds like a 20th century nightmare in one of the world's trouble spots, but it describes a scene from Canada's early history, the Deportation of the Acadians.

The Ketchup Wars: This is the story of French's versus Heinz and how the people of Leamington, Ont., (a.k.a. the Tomato Capital of Canada) got caught up in one of the country's greatest food fights.

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.*

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.

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

- Musician: [KD Lang](#)
- Scientist: [Albert Einstein](#)
- Celebrity Actor: [Donald Sutherland](#)
- Politician: [Jimmy Carter](#)
- Scientist: [Nikola Tesla](#)
- Humanitarian: [Terry Fox](#)

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

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

World Humanitarian Day: This day represents a global celebration of people helping people. With record-high humanitarian needs around the world, learn about some of the selfless people and communities who have come together this year to help those in need.

STORIES & LITERATURE

Choose Your Own Adventure: Be a part of the action as you contribute decisions to decide how each story plays out.

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

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

Never Cry Wolf: A government researcher, sent to research the "menace" of wolves in the north, learns about the true beneficial and positive nature of the species. Sit back and enjoy this classic tale by Farley Mowat.

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 favourites from any genre.

Acapella Music: Highlighting various talented artists and groups who create and cover music pieces with their unaccompanied voices, free of instruments.

Classic Country: The songs that defined country music.

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

Movie Themes: Listen in to theme song and other soundtracks from some of your favourite movies.

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

Summer Songs: Sit back, relax, and drift away to some lighthearted and happy tunes that remind us of the sweetness of summertime.



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.




JULY

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO PROGRAMS 	4 11am: Imagination Circle 1pm: Program Preview 3pm: Who Why When 4:30pm: Name That Tune	5 9:30am: True Crime 11am: The Ketchup Wars 1pm: Some Good News 3pm: Exercise	6 9:30am: Gratitude 11am: Animal Spotlight 1pm: Next Stop: Arctic Circle Trail 3pm: Cooking Conversations	7 9:30 am: All Request Music 11am: Exercise 1pm: Coffee Chat 3pm: Innocence Files
10 9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Farley Mowat	11 11am: Mindfulness 1pm: R U Online? 3pm: Reader's Corner 4:30pm: Trivia	12 9:30am: Mystery Chronicles 11am: Pet Tales 1pm: Let's Talk About... 3pm: Exercise	13 <div style="border: 1px solid black; padding: 5px; text-align: center;">NO MORNING PROGRAM</div> 1pm: From John to Justin: Prime Ministers of Canada 3pm: Brain Games	14 9:30am: Summer Songs 11am: Exercise 12:30pm: Canadian Connections 1pm: Picture This 3pm: They Did What?
17 9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 1	18 11am: Imagination Circle 1pm: Old Souls & Protest Songs 3pm: In the Headlines 4:30pm: Don't Quote Me	19 9:30am: True Crime 11am: Toys of Your Childhood 1pm: KD Lang 3pm: Exercise	20 9:30am: Gratitude 11am: LeVar Burton Reads 1pm: Mental Health Matters: Anxiety 3pm: Working Through Grief	21 9:30am: Vinyl Café 11am: Exercise 1pm: For Your Body: Self Care 3pm: Who Why When
24 9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 2	25 11am: Mindfulness 1pm: Animal Spotlight 3pm: Coffee Chat 4:30pm: Jeopardy	26 9:30am: Mystery Chronicles 11am: EPL Presents! 1pm: Nikola Tesla 3pm: Exercise	27 9:30am: Gratitude 11am: International Friendship Day 1pm: Some Good News 3pm: Guided Imagery	28 9:30am: Classic Country 11am: Exercise 1pm: Great Upheaval 3pm: Bingo
31 9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 3		To join by phone, call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#		

AUGUST

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 11am: Mindfulness 1pm: Emancipation Day 3pm: The Impact of Music 4:30pm: Trivia	2 9:30am: Banff Park Museum 11am: In The Headlines 1pm: Next Stop: Free Solo 3pm: Exercise	3 9:30am: Gratitude 11am: Let's Talk About... 1pm: Guided Imagery 3pm: They Did What?	4 9:30 am: All Request Music 11am: Exercise 1pm: Animal Spotlight 3pm: R U Online?
7	NO PROGRAMS 	8 11am: Imagination Circle 1pm: Coffee Chat 3pm: Some Good News 4:30pm: Name That Tune	9 9:30am: True Crime 11am: SCWW Advisory Group 1pm: Next Stop: Sailing the Seas 3pm: Exercise	10 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> NO MORNING PROGRAM </div> 1pm: Brain Games 3pm: Who Why When	11 9:30 am: Classical Music Hour 11am: Exercise 1pm: Choose Your Own Adventure 3pm: Innocence Files
14	9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 4	15 11am: Mindfulness 1pm: Albert Einstein 3pm: Eating on a Budget 4:30pm: Don't Quote Me	16 9:30am: Mystery Chronicles 11am: Old Souls & Protest Songs 1pm: From John to Justin: Prime Ministers of Canada 3pm: Exercise	17 9:30am: Gratitude 11am: LeVar Burton Reads 1pm: Mental Health Matters: Depression 3pm: Working Through Grief	18 9:30am: Vinyl Café 11am: Exercise 1pm: For Your Body: Skin Health 3pm: World Humanitarian Day
21	9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 5	22 11am: Imagination Circle 1pm: Let's Talk About... 3pm: Reader's Corner 4:30pm: Picture This	23 9:30am: True Crime 11am: EPL Presents! 1pm: Forestry in Alberta 3pm: Exercise	24 9:30am: Gratitude 11am: They Did What? 1pm: Some Good News 3pm: Donald Sutherland	25 9:30am: Music from Movies 11am: Exercise 1pm: Chronic Pain 3pm: BINGO
28	9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 6	29 11am: Mindfulness 1pm: Coffee Chat 3pm: Who Why When 4:30pm: Jeopardy	30 9:30am: Mystery Chronicles 11am: Animal Spotlight 1pm: From John to Justin: Prime Ministers of Canada 3pm: Exercise	31 9:30am: Gratitude 11am: Toys of Your Childhood 1pm: Brain Games 3pm: In The Headlines	To join by phone , call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#

S E P T E M B E R

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 am: All Request Music 11am: Exercise 1pm: Chronic Pain 3pm: Innocence Files
4 NO PROGRAMS 	5 11am: Imagination Circle 1pm: Old Souls & Protest Songs 3pm: Some Good News 4:30pm: Name That Tune	6 9:30am: True Crime 11am: Picture This 1pm: Jimmy Carter 3pm: Exercise	7 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> NO MORNING PROGRAM </div> 1pm: Coffee Chat 3pm: Next Stop: Kokoda Track	8 9:30 am: Acapella Music 11am: Exercise 1pm: Chronic Pain 3pm: International Literacy Day
11 9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 7	12 11am: Mindfulness 1pm: Toys of Your Childhood 3pm: Reader's Corner 4:30pm: Trivia	13 9:30am: Mystery Chronicles 11am: Coffee Chat 1pm: From John to Justin: Prime Ministers of Canada 3pm: Exercise	14 9:30am: Gratitude 11am: LeVar Burton Reads 1pm: Brain Games 3pm: Mount Revelstoke & Glacier National Parks	15 9:30am: Vinyl Café 11am: Exercise 1pm: For Your Body: Chronic Pain 3pm: In the Headlines
18 9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 8	19 11am: Imagination Circle 1pm: Terry Fox 3pm: Appetite and Supplements 4:30pm: Don't Quote Me	20 9:30am: True Crime 11am: EPL Presents! 1pm: Let's Talk About... 3pm: Exercise	21 9:30am: Gratitude 11am: Animal Spotlight 1pm: Mental Health Matters: Chronic Conditions 3pm: Working Through Grief	22 9:30am: Songs of Faith 11am: Exercise 1pm: Some Good News 3pm: BINGO
To join by phone , call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#			