



SENIORS' CENTRE  
WITHOUT WALLS

# SPRING/SUMMER 2018 PROGRAMMING



Art by Mary Whale

PrimaryCare  
**Network**  
EDMONTON SOUTHSIDE



## SENIORS' CENTRE WITHOUT WALLS

# May – August 2018 Program Schedule

### Are you someone who...

- Finds it hard to leave home for extended periods of time?
- Would like to stay socially connected and enjoys talking to people?
- Would like to participate in fun activities and/or educational, health and wellness programs?

Now you can do this from the comfort of your own home with the Seniors' Centre Without Walls (SCWW)!

### What is the Seniors' Centre Without Walls (SCWW)?

SCWW is a free telephone program that offers recreational activities, health and well-being topics as well as friendly conversation for older adults. **All programming is provided over the phone.**



### Who is SCWW for?

Older adults (55+) who find it difficult to go to regular community centres or programming in person.

### How does the SCWW Work?

1. You may register for programs anytime during the term.
2. You will be mailed a letter with the toll-free number **1.866.279.1594** to call into along with a six-digit program code **381232**.
3. You will be mailed any materials related to a program such as pictures and presentation handouts.
4. A few minutes before a program starts, you call into the toll-free line and enter the program code and press the pound (#) key. You will be asked to say your name and press the pound (#) key again. You will then be joined into the call.

Project funded in part by the Government of Canada's New Horizons for Seniors Program.

Canada 

**What if I can't call myself into a program?**  
 If you are unable to call into a program, we can call you into the line. A few minutes before your scheduled program, we will call you and join you into the call.

**What if I have vision loss?**

We can provide large print guides and materials and all book club selections and short stories are read aloud.

**How many programs can I register for?**

You may register for as many as you wish! We do ask that you be realistic in what you plan on attending and let us know as soon as possible if you cannot attend.

**When does registration begin?**

You may register as soon as you receive your guide. You may also register anytime during the term.

**How do I register?**

Please contact Edmonton Southside Primary Care Network to register:

**Phone: 780.395.2626 (press 0)**

E-mail: [gayle.harper@espcn.ca](mailto:gayle.harper@espcn.ca)

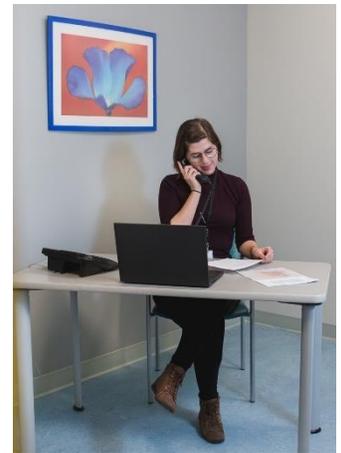


Gayle – Program Assistant

## RESPECTFUL CONDUCT POLICY

Senior Centre Without Walls promotes an environment that values:

- Positive communication between people
- Courteous conduct
- Diversity and the human rights of others related to their national or ethnic origin, religion, age, gender identity, marital status, family status, economic status, any physical or mental disability and sexual orientation
- Mutual respect, fairness and equality



Heather – Program Coordinator

## GROUP ETIQUETTE

- Please allow the facilitator to guide and direct the group
- Please respect all group members and their opinions even if you do not necessarily agree with them
- No disrespectful comments allowed
- Allow every participant to contribute and do not dominate the conversation
- If you have an issue with a group member, please contact SCWW

## Presentation Series

### HEALTH & WELLNESS

**Brain Games:** Call in for an hour of mind tingling fun! Try some word games and mental exercises with us to challenge your brain with our Recreation Therapists.

**Home Exercise Support Group (30 Minutes):** Do you find it difficult to exercise or may not know where to begin? Join a trained exercise specialist every other week to discuss any difficulties, practice a series of simple home exercises, and get tips and tricks on staying fit.

**Seated Exercise Support Group (30 Minutes):** Do you find it difficult to complete exercises due to balance and mobility issues? These sessions will focus on movements and stretches that can be done seated in a chair and will focus on upper body strength.

**Living Well with Diabetes:** Learn what diabetes is, risk factors for developing diabetes and types of diabetes. Topics will include; blood glucose monitoring, physical activity, healthy food portions, importance of meals timing and choosing healthy snacks.

**Meditation & Relaxation (30 Minutes):** Over time, stress can affect your physical and mental health. Join us for our sessions to learn more about practical stress-

reducing exercises and relaxation techniques with PCN team support.

**Music Therapy (30 Minutes):** We will explore the history of music therapy as well as having conducted 'guided imagery' sessions that take you to a beach and a forest. There will be soothing background music to relax to with this meditative music therapy application.

**Healthy Eating on a Budget:** Join other seniors and a healthy eating representative, for a friendly chat about food, some tips and tricks for easy & inexpensive meals.

**The Brain & Beyond:** Join the Alzheimer's society today to learn more about the human brain, and the programs and services they provide.

### SKILL BUILDING

**Creative Writing Group:** Are you working on a piece of literature, memoir or poetry? We have many talented writers and aspiring authors within our participant groups! Join others for advice, workshopping new pieces, and exploring new ideas with your own writing. All styles are welcome.

**English Practice Groups:** For older adult newcomers to practice their English speaking and listening skills. Connect with people at beginner & intermediate levels by engaging in fun activities and group discussions.

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**We're Not Buying It:** Are you interested in learning about...legislation on high pressure door to door sales? What you can do to protect yourself and who to call if you have a concern? Please join us for information on the "Knock it off ~ we're not buying it" campaign.

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**Seniors Centre Without Walls Advisory Group:** Are you enjoying our programming? Do you have an idea for what else you may like to see? Help us make our program better by giving your opinion on new ideas, programs and issues. We would love to have this discussion with you!

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**Financial Empowerment Network:** OAS, GIS, ATM, POA's and PD's. What do they all mean? The presenters will help guide you through the confusing world of finances and protecting your money, your family and yourself from frauds and scams.

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**Seniors Advocate of Alberta:** Meet with the representative who raises seniors' concerns with our government. Learn more about the trends in Alberta and have an opportunity to share your experiences and opinions on the challenges seniors face & their strengths.

## JUST FOR FUN

**Across the Miles:** Join participants from Without Walls programs in Ontario, Manitoba, Texas, New York and California for an interactive discussion.

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**Alberta's Endangered Caribou:** Woodland Caribou populations are in serious decline in Alberta. Learn what the Canadian Parks and Wilderness Society is doing to protect the remaining herds and their habitats

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**BINGO:** Skip the BINGO hall and have all the fun and excitement at home. Four BINGO sheets for each person, four chances for a lucky win.

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**Coyote in the City:** Learn more about the Edmonton Urban Coyote Project and how humans and coyotes can successfully share the same space.

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**Canadian Connections:** Join us as we celebrate with SCWW participants from Manitoba and Ottawa for another Cross-Country Canada Day Celebration! Tune in for this great opportunity to share experiences, memories and for lively conversations on all manner of things.

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**Did you Know?** Our talented local librarians have worked hard and scoured many books to bring you fun and informative presentations on topics you may not know about. Dazzle family and friends with your newfound knowledge!

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**Gratitude Group:** Research shows that people who practice an attitude of gratitude consistently experience a host of benefits. Let's share all that we are grateful for!

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**Leduc #1 Energy Discovery Centre:** No one was expecting history to be made when, on a chilly day November 1946, Leduc #1 was “spudded-in” on a farm belonging to Mike Turta. In the years since the discovery at Leduc #1, oil has impacted nearly every aspect of our lives – from the clothes we wear to the cars we drive. This talk from Leduc #1 will take you through the 365 million years of history and technology that created the world we live in today.

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**Small Group Coffee Chats:** Prepare a snack and a warm beverage and join other SCWW participants each month to talk about anything and everything! Participants will be grouped by topic so please let us know which group you would like to join: Sports, Getting to Know You, or Recipes/Cooking.

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**Book Club – James Herriot:** We will read aloud different short stories from the book *All Creatures Great & Small*, followed by discussion of impressions and opinions. Feel free to borrow a copy from the library (ask for an extended length of borrow) or just enjoy over the phone.

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**Super Sleuths:** Are you an armchair detective, the likes of Ms. Marple? Why not give it a try! For those who would like a greater mental challenge, join us to solve mysteries or crimes just like Sherlock Holmes.

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**Telephone Historical Centre:** Opened to the public in 1987 & founded by a group of retirees who were dedicated to preserving the history of the telephone and telecommunications in the Edmonton area.

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**The Theatre Hour:** Join us to relive the golden years of radio entertainment. Featuring classic and modern recordings of crime, comedy and drama.

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**What in the World is Going on?** With so much happening in the news it can be hard to keep up! Join us to look at some of the biggest recent news moments from around the world and at home. Please come with an open mind and respectful attitude.

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**Yukon Beringia Museum:** It was a time when vast glaciers covered most of northern North America, locking up much of the world’s water as ice. During these “glacial periods”, global sea levels dropped as much as 100-150 metres, revealing the floor of the Bering Sea and creating a connection of land between Alaska and Siberia. This land bridge was part of the area we now call *Beringia*— an area stretching from Yukon to Siberia.

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# May

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 - 3pm What in the World is Going on?	8 - 10am Music Therapy  2pm Seated Exercise Group	9 - 2pm Book Club - James Herriot	10 - 11am Gratitude Group	11 - Structured & Conversation ESL Group
14 - 3pm Super Sleuths	15 - 10am Home Exercise Support Group  3pm Creative Writing Group	16 - 2pm Healthy Eating on a Budget	17 - 1pm Coffee Chats 2pm Coffee Chats 3pm Coffee Chats	18 - 2pm BINGO
21 - HOLIDAY NO PROGRAM	22 - 10am Meditation & Relaxation  2pm Seated Exercise Group	23 - 2pm The Theatre Hour	24 - 11am Brain Games  2pm Brain Games	25 - Structured & Conversation ESL Group
28 - 3pm Did you know?	29 - 10am Home Exercise Support Group	30 - 2pm Living Well with Diabetes	31 - 11am Beringia Museum	

# June

Monday	Tuesday	Wednesday	Thursday	Friday
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4 - 3pm What in the World is Going on?	5 - 10am Music Therapy 2pm Seated Exercise Group	6 - 2pm Book Club - James Herriot	7 - 11am Brain Games 2pm Brain Games	8 – Structured & Conversation ESL Group
11 - 3pm Gratitude Group	12 - 10am Home Exercise Support Group 3pm Creative Writing Group	13 - 11am The Brain & Beyond	14 - 2 pm Leduc #1 Energy Discovery Centre	15 - 2pm BINGO
18 - 3pm Did you know?	19 - 10am Meditation & Relaxation 2pm Seated Exercise Group	20 – 2pm The Theatre Hour	21 - 11am Brain Games 2pm Brain Games	22 - Structured & Conversation ESL Group
25 - 3pm Super Sleuths	26 - 10am Home Exercise Support Group	27 - <b>2pm In Person Coffee Chat</b>	28 - 11am We're not Buying it	29 - 12:30pm Cross Country Canada Day

# July

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 – HOLIDAY NO PROGRAM	3 - 10am Music Therapy  2pm Seated Exercise Group	4 - 2pm Book Club - James Herriot	5 - 11am Brain Games  2pm Brain Games	6 – Structured & Conversation ESL Group
9 - 3pm Gratitude Group	10 - 10am Home Exercise Support Group  3pm Creative Writing Group	11 - 11am Seniors Advocate	12 - 2pm Telephone Historical Centre	13 - 2pm BINGO
16 - 3pm Did you Know?	17 - 10am Meditation & Relaxation  2pm Seated Exercise Group	18 – 2pm The Theatre Hour	19 - 11am Brain Games  2pm Brain Games	20 – Structured & Conversation ESL Group
23 - 3pm Super Sleuths	24 – 10am Home Exercise Support Group	25 - 1:30pm Across the Miles	26 – 11am Coyote in the City	27 - 1pm Coffee Chats 2pm Coffee Chats 3pm Coffee Chats
30 - 3pm What in the World is Going on?	31 - 10am Meditation & Relaxation  2pm Seated Exercise Group			

# August

Monday	Tuesday	Wednesday	Thursday	Friday
		1 - 2pm Book Club - James Herriot	2 - 11am Brain Games  2pm Brain Games	3 – Structured & Conversation ESL Group
6 – HOLIDAY NO PROGRAM	7 – 10am Home Exercise Support Group  3pm Creative Writing Group	8 - 2pm SCWW Advisory group	9 – 2pm Alberta’s Endangered Caribou	10 - 12:30pm Canadian Connections
13 - 3pm Did you Know?	14 – 10am Music Therapy  2pm Seated Exercise Support Group	15 – 2pm Theatre Hour	16 - 11am Brain Games  2pm Brain Games	17 – Structured & Conversation ESL Group
20 - 3pm Super Sleuths	21 – 10am Home Exercise Support Group	22 - 2pm Financial Empowerment	23 – 1pm Coffee Chats 2pm Coffee Chats 3pm Coffee Chats	24 – 2pm BINGO