

**Greetings Everyone,**

*In a year with much uncertainty, all of us at SCWW want to thank you for being part of our programs, for sharing your time with other seniors in Alberta, and for lending your support and encouragement to all of us. You are what makes our program special! We want to wish you all good health, happiness, and joy during this Holiday Season and throughout the coming year.*

**Best Wishes,**

**Heather, Elizabeth and Gayle**



**SENIORS' CENTRE  
WITHOUT WALLS**

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

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

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

*Press # if asked for any further numbers.*

2) Join electronically through the following link: **<https://zoom.us/j/2255736467>**.

*No video will be used.*

3) Contact Program Staff if you are unable to follow these options.

**Program Staff:**

**Heather: 780-395-2626**

**Gayle: 780-395-2643**

**Elizabeth: 780-395-2628**

**Please note that if a program name is in red, pre-registration is required and will have a different Meeting ID.  
Please contact program staff to register.**

**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 allowed.**

# DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 11am: Relaxation 1pm: Pet Tales <b>2:30pm: Parents of Estranged Children</b> 3pm: Rosa Parks Day	<b>2</b> 11am: Understanding Osteoporosis 1pm: World News 3pm: Small Town Alberta	<b>3</b> 9am: Gratitude Group <b>10am: Grandparents Who Parent</b> 11am: Indigenous Canada 3pm: Music Appreciation	<b>4</b> 1pm: Amazing Elders 3pm: The Price is Right
<b>7</b> 11am: Exercise 1pm: Coffee Chat 3pm: Fact or Fiction	<b>8</b> 11am: Relaxation 1pm: Jeopardy <b>2:30pm: Parents of Estranged Children</b> 3pm: Did You Know?	<b>9</b> 11am: Alberta News 1pm: Super Sleuths 3pm: Nutrition for Health	<b>10</b> 9am: Gratitude Group <b>10am: Grandparents Who Parent</b> 11am: COVID-19 News Update 3pm: Armchair Travels	<b>11</b> 11am: Exercise 1pm: Amazing Elders 3pm: Family Feud
<b>14</b> 11am: Exercise 1pm: Stories Behind the Songs 3pm: Readers Corner	<b>15</b> 11am: Beyond Meditation 1pm: Beginner French 3pm: Holiday Traditions	<b>16</b> 11am: My Favourite... 1pm: Coffee Chat 3pm: Canadian History	<b>17</b> 9am: Gratitude Group <b>10am: Grandparents Who Parent</b> 11am: Holiday Sing-a-Long 3pm: Did You Know?	<b>18</b> 11am: Exercise 1pm: Amazing Elders 3pm: BINGO
<b>21</b> 11am: Exercise 1pm: A Christmas Carol 3pm: Living With Memory Loss	<b>22</b> 11am: Relaxation 1pm: A Christmas Carol Part 2 3pm: Working Through Grief	<b>23</b> 11am: Name That Tune Holiday Edition	<b>24</b> 11am: The Shepherd	<b>25</b> <b>CHRISTMAS DAY</b> <b>NO PROGRAMS</b>
<b>28</b> <b>NO PROGRAMS</b>	<b>29</b> 11am: Coffee Chat	<b>30</b> 11am: Did You Know?	<b>31</b> 11am: Quiz of the Year	<b>NEW YEARS DAY</b> <b>NO PROGRAMS</b>