



January - March 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.

Instructions to Join

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

Join electronically through the following link:

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

Video will not be used for the duration of the programs

Program Assistants can be contacted for the following:

Difficulties/unable to join session calls
Registration for sessions
General inquiries of program

Main Office	780.395.2626
Gayle	780.238.9612
New Staff Coming Soon	780.239.8427
Karoline	780.395.2624

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 – please mute when possible

January 9 Monday Program Preview

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

Please call to **REGISTER** for the following program

Estranged Children – Registration required to attend closed group.

Save the Date - Exciting Speakers!

January	11	Wednesday	San Juan Island Pig War
January	18	Wednesday	Falls & Injury Prevention
February	02	Thursday	Canada Revenue Agency
March	02	Thursday	2-1-1 Alberta
March	20	Monday	Seniors' Benefit Plan
March	24	Friday	Coast to Coast: Craig Baird

HEALTH & WELLNESS

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.

Falls & Injury Prevention: Presented by [Melanie and Nan from the Injury Prevention Centre](#). A fall can change everything. What can you do? Learn about actions you can take to lower your risk of falling: daily activity, reviewing medication, checking vision and home safety.

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.

- Good Sleep Hygiene
- Medical Emergency Preparedness
- Better Bladder Health

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 Behaviour 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.

- Eating on a Budget
- Healthy Drinks & Liquid Nutrition
- Food Safety

Estranged Children: Presented by [Kristine, guest facilitator from SAGE](#). A group for those looking for personal healing in their family relationships. This program will support and guide practices that you can do to foster healthier and accepting relations with others and yourself. **Preregistration required**

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

CULTURE

Be My Valentine: Hallmark's favourite holiday! Learn about the true origins and significance of this lovely day around world and have the opportunity to share and listen to stories of meeting our dearly beloved people in our lives!

Black History Alberta: February is observed as Black History Month. We focus on the African diaspora, the history in Alberta, and important contributions made by amazing Black Canadians.

Canadian Revenue Agency: Presented by [Sam, Outreach Officer from Canada Revenue Agency](#). He will explain information relevant to adults 65+ regarding their income, benefits, credits, deductions, and scams. He will also discuss when and how to contact CRA and the importance of keeping personal information up to date.

Coast to Coast: The construction of the Trans-Canadian Railroad was a project of monumental proportions, covered over 20,000 km and, in the process, helping create a country. Listen to the Canadian History Ehx podcasts and hear from the creator, writer, and producer himself, [Craig Baird](#).

Ground Hog Day: How did a ground hog end up being an annual weather forecaster? We take a dig at this and uncover the truth of how it all came to be.

Heritage Moment: Find out about fascinating and maybe lesser-known events in Canada's history.

International Women's Day: A focal point in the women's right movement Let's celebrate the social, economic, cultural and political achievements of women.

2-1-1 Alberta: Presented by a member from the [211 Telephone Resource List Program](#). Learn about all the 1-1 help numbers available in Alberta. What they are, how they help and when to call.

Seniors' Financial Benefit Plan: Presented by [Brendan, Social Worker from Edmonton Southside PCN](#). As tax time nears, it is important to know what financial benefits are available to seniors in Alberta, if you qualify, and how to access them.

CONVERSATIONS

Alberta's Economy: Discussing relevant trends of Alberta's industry climates.

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

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

It's All Canada: This hour is dedicated to discussion of relevant Canadian news.

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

Some Good News: Lately good news is hard to come by; that's why we have a full hour to discuss all the positive and uplifting events around the world.

TED Talk: TED stands for Technology, Entertainment, and Design. Listen to recorded life experiences from experts in their craft, then take time to discuss any takeaways with the group. The driving slogan for these talks: Ideas Worth Spreading.

LEARN & DISCOVER

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

Climate Crisis: "Climate Change" has been in the news for years. Learn more about it as we tackle some of the heated topics that fall under this umbrella. This series we are talking about all things Alberta!

- Soil [Speaker TBA](#)
- Bees [Tim Kihn, local Strathcona County beekeeper](#)
- Bow Valley Watershed [Speaker TBA](#)

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

Everyday Moralities: How can we explain our sense of right and wrong? Join us as we explore the psychological foundations of our moral lives.

New Family Units: Families are complex and are unique to each household. Learn about the different types of family structures and the views about families around the world that have changed from the past to now and what impact it has created.

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.

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.

PODFeat - : Listen to episodes of the month's featured podcast available on Spotify, chosen by SCWW facilitators.

- *February:* Helluva Story
- *March:* Today, Explained

Pop Culture: Popular culture is a set of values or practices that are popular at any given time in society. Let's explore art, literature, fashion and more trends of each decade.

Space News: Powerful telescopes, satellite systems, human space travel...what's the latest in Outer Space?

Winter's Green Thumb: Gardening doesn't have to stop at the first sight of snowfall. Learn tips and tricks of maintaining your houseplants during the cold weather and many more.

HISTORIES & BIOGRAPHIES

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.

San Juan Pig Island War: Presented by Cyrus Forman, US National Park Service. On Washington's San Juan Island, a national historical park commemorates a notorious 1859 conflict when the British and Americans almost went to war...over a pig.

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

- *Hollywood Icon:* Dolly Parton
- *Athlete Idol:* Roger Freedman
- *American Roman Catholic Priest:* Father Gregory Boyle
- *World Leader:* Angela Merkel
- *American Author:* Dr. Seuss
- *Canadian Senator:* Roméo Dallaire

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

Who Why When: Join us for an assortment of unusual and interesting stories of people, places, and events.

STORIES & LITERATURE

A Storytelling: Enjoy a variety of folk tales and funny stories from Canada and around the world.

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

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

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

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

What's the Word?: Do you find words interesting? Where do they come from; what do they mean; and how have they changed over time? Increase your vocabulary and have fun.

Who Has Seen the Wind: A 3-hour series of W.O Mitchell's Canadian classic, read by the author himself.

MUSIC

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

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

Hymn Concert: A selection of well-known cherished hymns.

Music of the Maritimes: Canada's East Coast Maritime talent: Gordon Lightfoot, Anne Murray, Rita McNeal and many more.

Woodstock '69: It was a music festival that provided opportunity for people to escape the reality of the world and spread a message of unity and peace. We take you back to the garden to listen to their famous lineup.

JUST FOR FUN

SCWW collection of games

- Brain Games – may require use of pen/paper
- BINGO – cards provided in series mailout package
- Family Feud
- Jeopardy
- Name That Tune
- Trivia
- Where in the World



SENIORS' CENTRE
WITHOUT WALLS

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.