



April - June 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

To join electronically use the following link:

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

Video will not be used for programs

**Call us if you are new and would like to register,
or if you have questions about the program!**

Main Office 780.395.2626

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

April 3 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.

Happiness Basics – Preregistration to attend closed group open until THURSDAY, APRIL 13, 2023.

Save the Date - Exciting Speakers!

April 19	Wednesday	Fire Safety AB
April 25	Tuesday	Spring Migration
April 26	Wednesday	Personal Directives/Enduring Power of Attorney
May 04	Thursday	Bears in Jasper National Park
May 23	Tuesday	Skills Training for Dogs
June 13	Tuesday	Beringia Landbridge Interpretive Centre

HEALTH & WELLNESS

Body Scan Meditation: Take a moment to listen along a mindfulness practice involving focus on each part of your body, from top to bottom.

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.

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**

Fire Safety AB: Presented by [Brendan, A Fire Prevention Officer, City of Edmonton](#). Learn about, discuss and develop your personal fire safety plan.

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 how our body changes as we age.

- Muscle Tone
- Digestion Process
- Brain Changes

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

Happiness Basics: Presented by [Maria, Registered Primary Care Nurse from ESPCN](#). Learn ways to identify joy and how to incorporate pleasure into day-to-day activities. Learn how you can choose to have more and be engaged in positive experiences. **Preregistration required**

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.

- Balanced Meals
- Heart Healthy Eating
- Seasonal Foods

Relaxation: Presented by [Behavioural Health Consultants from ESPCN](#). Guided practices and techniques will provide you with moments of reduced stress & clarity. Learn practical exercises that can be done anytime, anywhere.

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.

CONVERSATIONS



AB Election: Spring will be provincial election time in Alberta! Learn & discuss political party's platforms and emerging issues.

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

Elder Abuse Awareness: The United Nations recognizes June 15th as World Elder Abuse Awareness Day every year. Join us as we talk more about elder abuse, raise awareness of the problem and discuss ways to decrease elder abuse in our local community. Wear purple on this day to support this cause.

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.

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!

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

A Call To Action - Earth: The world's largest environmental movement is Earth Day taking place annually on April 22. Get inspired and learn what has been done to invest in our planet.

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

Bears in Jasper: Presented by [Kevin, from Jasper National Park](#). Learn about the special opportunities and responsibilities that Jasper National Park staff and visitors face when it comes to respecting and coexisting with bears and other wildlife.

Beringia Land Bridge: Thousands of years ago, a land bridge joined the expanse between Siberia and Alaska. [Guest speakers from the Beringia Interpretive Centre in Whitehorse](#) will talk about the amazing prehistoric animals, and the people who migrated to North America.

Container Gardening: Learn innovative ideas and share your insights for growing plants in small spaces!

Conspiracy Theories: Presenting on shocking explanations of some of the world's events. *Listener discretion is advised.*

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.

May the 4th Be With You: Hop in, we're headed to outer space to learn about the latest and greatest discoveries in space exploration, interplanetary travel, and the many mysteries of our solar system.

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.

- **Conquering Mount Everest:** This world-famous mountain and mountaineering bucket list trek has evolved to be extremely popular despite its treacherous realities.
- **Paddling the Nahanni River:** The story of the evolution of Canada's Northwest Territories and the Nahanni River, known by many paddle enthusiasts as the ultimate canoe trip on the most iconic river of the.
- **Pacific Crest Trail:** The trail is 2,650 miles (4,265 kilometers) and it generally takes the entire snow-free season to walk. That's about 5 months! Tune in to learn about those who embark on this journey.

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.

Personal Directives/Enduring Power of Attorney: Presented by [Brendan, Healthy Aging Social Worker from Edmonton Southside PCN](#). Everyone, regardless of age or health, should take the time to write these two very important documents and make sure you understand what they mean.

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

Spring Bird Migration: Presented by [guest speaker Patti, Executive Director, Boreal Centre for Bird Conservation](#). It's spring and birds are on the move! Find out which ones are returning to your area.

Skills Training for Dogs: Focusing on scent training and competition. Presented by [Wendy and Mark, guest speakers and dog-lovers extraordinaire](#). All dogs have an incredible sense of smell - learn how they can be trained to follow a particular scent over varied terrain and difficult circumstances.

Thank You Nurses!: Learn about this national day of appreciation for these healthcare heroes and what the profession looks like today. Share your experience when this healthcare hero went above and beyond!

Ocean Adventures: Taking a deeper dive of what has been happening in our saltwater environment!

HISTORIES & BIOGRAPHIES

A Week in History: Today in History is everything that happened this past week in the areas of politics, war, science, music, sport, art, entertainment, and more.

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.*

From John to Justin: Prime Ministers of Canada: Reviews 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.

Japanese Internment AB: In 1942, the Canadian Government issued an order forcing Japanese Canadians out of their homes and into internment camps. Learn more about this dark chapter in our history.

Indigenous Peoples' Day: This national day is an annual reminder for people across Canada to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of Indigenous People's. Join us to learn about the Ojibwa legend of the Sleeping Giant, a geographical landmark situated in Thunder Bay Ontario.

Stonewall Riots: Ongoing harassment and a raid by police galvanized the LGBTQ community in New York City to riot for six days in June 1969. The Stonewall Riots became a turning point in LGBTQ civil rights.

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

- Playwright: William Shakespeare
- Musician: Elton John
- Senior Activists: The Raging Grannies
- Animal Activist: Jane Goodall
- Scientist: Stephen Hawking
- Celebrity Actress: Jane Fonda

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

- April 5-May 10: Listen to the 6-part CBC series "The No-Good, Terribly Kind, Wonderful Lives, and Tragic Deaths of Barry and Honey Sherman." The murder of this billionaire couple in Toronto still baffles investigators.

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

STORIES & LITERATURE

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

Anne of Green Gables: Sit back and enjoy this true Canadian classic by Lucy Maud Montgomery.

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 get recommendations from others.

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

What a 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.

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.

MUSIC

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

Big Band Music: Experience the incredible music from the 1930's and 40's that features jazz, swing and other genres.

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

East Coast Tunes: Learn about and enjoy the music of the talented musicians from Atlantic Canada.

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

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



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.