



SENIORS' CENTRE
WITHOUT WALLS

PROGRAM GUIDE

July- September 2024



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What is the Seniors' Centre Without Walls?

The Seniors' Centre Without Walls (SCWW) is a free, phone-based program that offers recreational activities, skill-building lessons, health and well-being topics, and friendly conversations for older adults (55+) who find it difficult to leave their home to participate in community activities.

How do I register?

Call **780-395-2626** and **press 1**

How do I join a program?

You can join by phone or by computer:



Join by phone:

1. Call toll-free: **1-855-703-8985**
2. When prompted, enter Meeting ID: **225-573-6467#**
3. Press # if you are asked for any more numbers

If you have difficulty connecting with 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)



Join by computer:

Go to:

zoom.us/j/2255736467

Video will not be used for any SCWW programs.

Meet the Team!



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Program Assistant
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Janine
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Karoline
Community Liaison
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Hello From Us!

We are thrilled to share with you our upcoming calendar and program guide. SCWW is designed to inspire, engage, and energize seniors. Whether you're a seasoned SCWW participant or just thinking of joining, our diverse range of activities offers something for everyone.

But our program is about more than just activities; it's about building a vibrant community. Through teamwork, respect, and mutual support, we aim to foster connections that extend far beyond the "walls" of our program.

So, get ready to unleash your inner adventurer, unleash your creativity, and unleash the fun! Together, let's make every moment count and embark on an unforgettable journey of recreation and discovery. Welcome aboard!

Take some time to browse through the guide.

Join us for the Program Preview!

Tuesday, July 2nd at 1:00pm!

Programs That Require Pre-Registration

- **Canadian Connections** in partnership with Seniors Groups across Canada at 12:00 pm on Friday August 9th .
- **Estranged Relationships Support Group** facilitated by Cory with Cornerstone Counselling. Wednesdays at 1:00 pm starting on July 10th.

Spots are limited! Pre-registration opens on July 2nd
Call **780-395-2626 (press 1)** to register.

Community Etiquette

- Be aware of background noises.
- Allow every participant to contribute.
- Treat each other with dignity and respect.
- Do not interrupt when others are speaking.
- Let the facilitator guide and direct the group.
- Use *6 to mute and unmute yourself during a call.



SCWW Community 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 do not agree with them. No disrespectful comments will be tolerated.

Land Acknowledgement

We acknowledge that what we call Alberta is the traditional and ancestral territory of many peoples, presently subject to Treaties 6, 7, and 8. We acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We make this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.

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 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 sessions. Recordings may be re-played throughout our series.



Special Events

To join, call: **1-855-703-8985**
Meeting ID: **225-573-6467#**

September 4

Agri-Labs

A representative from Alberta Agri-Labs will join us to share agricultural management practices that improve production and profitability, while benefiting the environment.

July 17

EPL Presents!

August 21

Presented by our friends from the Edmonton Public Library. Come listen to interesting stories or 'did you know' topics.

September 18

September 25

Eric's Churchill Adventures

Hear from Eric, a local resident of Churchill Manitoba, about his surely exciting summer up North, in the polar bear capital of the world.

July 5

Exercise: Chair Yoga

August 9

Chair yoga is low impact and helps to increase stability, flexibility, and strength, and includes relaxation and meditation. Join Janine, SCWW Program Assistant, as she walks you through poses and techniques.

September 13

August 15

Indigenous Teachings

Ojibwe Elder Randi will present the positive and negative human values from traditional Indigenous teachings.

July 16, 23

Mental Health Allyship

This workshop by the Canadian Mental Health Association looks at stigma from different perspectives, and how we can support the de-stigmatization of mental illness.

****Workshop handouts will be mailed out **AFTER** the end of the second session.****

July 23

Mindfulness with Bonnie

Join Bonnie, a Certified Mindfulness Coach, as she takes you through a mindfulness exercise incorporating music.

July 10

Music Therapy 101

Certified Music Therapist Sarah will share how Music Therapy can improve your mental health and well-being.



Conversations

To join, call: **1-855-703-8985**
Meeting ID: **225-573-6467#**

August 9

Canadian Connections

Senior groups from across Canada share a little about their lives and experiences and you can do the same.

- **Pre-registration required! Call 780-395-2626 (press 1) to register.**

July 3, 11, 17, 25, 30

August 7, 22, 29

September 6, 10, 18, 23

Coffee Chat

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

July 4, 19, 24

August 9, 28

September 5

In the Headlines

An opportunity to explore and discuss relevant international news stories.

July 9, 31

August 16, 27

September 19

Let's Talk About...

A structured conversation about larger social or political topics; the subjects vary, based on what is happening around the world.

July 15

August 19

September 16

Nostalgia Moment

Get nostalgic and join in on discussions about entertainment, events, items, and memorable moments from the past. This series we will discuss:

- The 1960s
 - The 1970s
 - The 1980s
-

July 8 August 12, 26 September 9	Ponder This Discuss, reminisce, and share your thoughts and experiences on fun, lighthearted topics and prompts provided by the program assistants.
July 2 August 6 September 3	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.
August 1	SCWW Advisory Group This is your opportunity to give us your opinions about our program and share suggestions for planning future programs. Your help will be greatly appreciated!
July 15 August 13 September 12	Some Good News A focused news program to highlight all the good things happening around the world.
July 22, 29	The Art of Noticing Hear useful ideas, practical prompts, and unexpected inspiration to help you pay attention to the world around you.
July 8 August 12 September 9	The Big Picture Presented by Karoline, Community Liaison with Edmonton Southside PCN. Join in on open discussion about the big things in life, such as the meaning of it all.

July 5

August 14

September 17

World Views

A worldview is a collection of attitudes, values, stories, and expectations about the world around us, which inform our every thought and action. Join in to talk about their influences and impacts.

- Defining worldviews
 - Elements of worldviews
 - Influence of worldviews
-

July 16

August 21

September 13

Would you Rather?

A conversation that poses a dilemma in the form of a question beginning with "would you rather". The dilemma can be between two supposedly good or bad options.



Health & Wellness

To join, call: **1-855-703-8985**
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August 8

Aging in Place

Aging in place means having the health and social support and services needed to live safely and independently in your home for as long as you wish and are able. Join us to learn more.

July 10, 17, 31

Estranged Relationships

August 7, 14, 21, 28

September 4, 11, 18

****Please note there is
NO program on July
24th****

Facilitated by Cory with Cornerstone Counselling. A support group for those looking for personal healing in their important relationships. This program will support and guide practices that you can do to foster healthier and accepting relationships with others and yourself.

- **Pre-registration required! Call 780-395-2626 (press 1) to register.**

**Mondays,
Wednesdays & Fridays**

Exercises

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.

July 11

For Your Body

August 1

Presented by Maria, Registered Nurse from Edmonton Southside PCN. Up-to-date information about health topics and good practices for your well-being. In this series we will focus on:

- Summer Health Safety
 - Arthritis
-

July 4, 18, 25 August 1, 15, 22, 29 September 5, 19, 26	Gratitude Developing an 'attitude of gratitude' takes practice. Join us as we share personal gratitude in our lives.
July 2, 16 August 6, 20 September 3, 17	Imagination Circle Presented by Luc, Behavioural Health Consultant from Edmonton Southside PCN. "Dreams are the royal road to the unconscious." We travel and unravel meanings that we hold in our imaginative mind that assist in our well-being.
July 9 August 13, 27 September 10	Mindfulness Join in on a guided meditation and discussion about differing ideas surrounding mindfulness and self-compassion.
July 30	Music Meditation Music is healing! Take some time for yourself to listen to some soft and soothing sounds and guided meditation.
August 20	Nutrition For Health Presented by Janna, Registered Dietitian from St. Albert and Sturgeon PCN. Current information about healthy eating; the tips, the practices, and possible recipes. In this series we will focus on: • Eating for Energy
July 18 August 15 September 19	Working Through Grief Presented by Karen, Social Worker from Lakeland PCN. Understanding the emotions involved in grief may help us see the light at the end of the tunnel.



Learn & Discover

To join, call: **1-855-703-8985**
Meeting ID: **225-573-6467#**

July 12, 29

August 20, 26

September 11, 24

Animal Spotlight

Enjoy and learn as we talk about some of the amazing animals that share our world. Special topics include:

- Vulnerable Animals (*July 12*)
- Endangered Animals (*August 20*)
- Extinct Animals (*September 11*)

July 18

Calgary Stampede

Learn about the history of this world-famous, 10-day exhibition and stampede rodeo held annually since 1923 in Calgary, Alberta.

August 28

Canada's Milestones

A history of our fantastic country, and the significant years and contributions of Newfoundland.

July 3

August 27

September 16

Crime and Justice

Experience some mind-bending true crime cases from all sides- the crime and the courtroom.

August 15

Edmonton Blues Festival

It's not every day that a festival turns 25! Let's celebrate by discussing the blues and listening to some cool tunes.

August 8

Edmonton Folk Festival

The Edmonton Folk Music Festival in beautiful downtown Gallagher Park happens yearly on the second weekend in August. Join us to discuss folk music and listen to some great songs together.

August 29

Government 101

By popular request, this program gives a brief introduction to the purpose and responsibilities of all the different Canadian Government Structures.

July 22

Klondike Gold Rush

August 23

September 17

Hear about one of the most frantic gold rushes in history and the tragic journey of approximately 100,000 prospectors who set out to the Yukon-Klondike region in search of gold.

July 31

Next Stop

August 16

September 12

All aboard as we travel to destinations around the world. We take time to learn the culture, landmarks, and personal experiences of our travels. Topics this series include:

- Great Barrier Reef
 - Great Wall of China
 - Rose City of Petra
-

July 30

Olympics

August 6, 13

The modern Olympic games have come a long way since their ancient origins. As the 2024 Summer Olympics play out, learn about this evolution.

- History of Olympics
 - Ancient Olympics
 - 2024 Summer Olympics
-

July 2

Program Preview

Join a SCWW Program Assistant as they go over the programs being offered for the next 3 months.

August 7

Purple Heart

Join us as we discuss this prodigious military award.

July 9

Science Savvy

August 1

September 13

This program is for all the scientifically minded folks out there, who are curious about the wonders of the world and the ways the world works.

July 25

Shark Week

Dive into the deep with Shark Week, unlocking the mysteries of the ocean's most fascinating predators! Adventure awaits, are you ready?

July 4, 8, 23

Such Fascinating People

August 2, 19

September 5, 18

People, old and young have accomplished amazing things in their lives. Some are quite famous while others are virtually unknown. In this series we will highlight:

- Actor: Lily Tomlin (*July 4*)
 - Writer: Robert Louis Stevenson (*July 8*)
 - Politician: Pierre Trudeau (*July 23*)
 - Advocate: Smokey the Bear (*August 2*)
 - Activist: Marina Nemat (*August 19*)
 - Singer: Ronnie Hawkins (*September 5*)
 - Author: Alice Munro (*September 18*)
-

July 19

August 22

September 10

Weird and Wonderful

Join us as we explore the weird and wonderful history of traveling entertainment in North America, and all the fascinating legends, oddities, and absurdities.

- Circuses
- Vaudeville Theatre
- Freak Shows

July 4, 24

August 14, 30

September 11

Who Why When

An assortment of unusual and interesting stories of events.



Just for Fun!

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July 11, 18

Dinner Theatre

August 8, 29

You bring the dinner, and we will bring the show!

September 5, 12

- A variety of Old BBC Radio shows (*July 11, 18 & August 8*)
- Broadway musicals (*August 29, September 5 & 12*)

July 25

Funny Bone

September 11

They say laughter is the best medicine, join us to enjoy some comedy and have a good laugh together.

Throughout Series

Games

- Name that Sound
- Wheel of Fortune
- Jeopardy
- Trivia
- Scattergories
- Brain Games
- Don't Quote Me
- Name that Tune
- BINGO

July 24

Get to Know Us: Karoline

Karoline is the Edmonton Southside Community Liaison. Learn more about her during this program.

Throughout Series

Music

- Classical Music Hour
- Kickin' Country
- All Request Music
- Latin Dance
- Folk Song Favorites
- Blues Music
- Songs of Faith
- One Hit Wonders
- Beatles Music Hour

July 10

Mystery Chronicles

August 7

Listen in and follow the twists and turns in these short mysteries.

September 4

July 10

Person, Place or Thing

August 2

Can you guess what person, place, or thing is being described by the clues?

September 3

August 22

Short Stories

This program offers short stories, read or listened to, along with discussion.

July 15, 22, 29

Treasure Island

August 12, 19, 26

Listen to this classic novel written by Robert Louis Stevenson about a young boy who goes on a dangerous adventure to recover buried treasure. We will discuss the novel after listening to it.

September 9, 16, 23

July 31

Vinyl Café

August 28

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

July 12, 26

Writing For Fun

August 9, 23

All are welcome regardless of your writing style, experience, or skill. We will provide prompts, or you can choose your topic.

September 6, 20