



SENIORS' CENTRE  
WITHOUT WALLS



## Welcome to the Alberta Seniors Centre Without Walls Community July – September 2022

The Alberta SCWW 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.

### How to Join Instructions

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>.

No video will be used.

Contact Program Staff if you are unable to follow these options.  
Please leave a message with your name & phone number.

**Main Office: 780.395.2626**

**Elizabeth: 780 -239-8427**

**Gayle: 780 -238-9612**

**Hanna: 587 -754-6892**

# 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 tolerated.

## Reminders

**Programs listed in red font require pre -registration due to limited space or materials needed. Please contact SCWW staff to pre register.**

Unless otherwise stated, all programs are one hour in length.

## Connection

**Program Preview** : Enjoy a rundown of the new programs for the next 3 months. New to SCWW? It's your chance to ask questions and circle the programs of interest on your calendar! *Monday, July 4 @11:00 a.m.*

**Let's Talk About...:** A structured conversation group focused around a larger social or political topic. Chosen by the program facilitator. *Wed. July 13, @1:00 p.m. & Wed. August 17, @11:00 a.m.*

**Participant of the Month:** A chance to meet and know more about one of your fellow participants in this fun, informal interview session. Will start in again on *Friday, September 2, @11:00 a.m.*

**Parents of Estranged Children:** This group is based on personal healing, in order to foster healthier familial relationships. We base the work on cognitive practices that support people to shed old fears and negative belief systems so that together they can become healthier in their approach to self and other. ~~We ask that folks attend as much as possible the full this summer 5 week program.~~ **CANCELLED**

**Seniors Centre Without Walls Advisory Session:** Are you enjoying our programming? Do you have ideas for topics or changes you would like to see? *Tuesday, August 16 @ 3 p.m.*

**Staff of the Month:** Who are the people running this program? Take this opportunity to get to know a new member of the team each month. *Thursday, August 18 @3:00 p.m.*

## Conversations

**Around the Campfire:** The thought of camping brings back fond memories. Do you have favourite campfire ghost stories, funny camping experiences or favourite campfire foods. This is for you! *Thursdays, July 14, August 4, & Sept. 1 @ 3:00 p.m.*

**Coffee Chat:** Opportunity for informal conversation with other participants, with no set topic. *Wed. July 6 @ 11:00 a.m.; Friday, July 22 at 11:00 a.m., Wed. July 27 at 1:00 p.m., Friday, Aug. 19 @ 11:00 a.m. & Thurs., Sept. 8 at 1:00 p.m.*

**Garden Talk:** Do you have an interest in gardening? Learn more about current methods and ideas for backyard gardens, balcony gardens or even windowsill gardens. *Thurs., July 21 @ 1:00 pm.; and Tuesdays, Aug. 30 & Sept. 20 @ 1:00 p.m.*

**Summer Desserts:** What is your favourite sweet treat to help you beat the heat? Whether it is homemade or store bought, we want to know! *Mon., August 29 @ 1:00 p.m.*

**TV Favourites:** Join us in a fun discussion about what are some of the best scripted TV series that we have had the pleasure of watching. *Wednesday, July 20 @ 1:00 p.m.*

## Culture and Language

**Canadian Connections:** Continue Canada Day celebrations by looking at those ties that are uniquely Canadian! *Friday, July 8 @ 12:30 p.m.*

**Canadian Icons - Anne Murray:** Learn about and discuss the impact Anne Murray had on Canadian music and culture! *Wed., Aug. 10, 11:00 a.m.*

**Cultural Exchange:** With the Calgary Chinese Elderly Citizens Association, help newcomers practice their English & learn useful phrases in Cantonese & Mandarin. Monthly. *Tuesdays, July 12, Aug. 2 & Sept. 6 @ 1:00 p.m.*

## Discovery

**Another Point of View:** A variety of interviews, short stories, and articles expressing a different point of view from what we usually hear—a chance to learn and discuss these different points of view. *Mondays, July 18 & Aug. 22 @ 1:00 p.m. & Tues. Sept. 13 @ 1:00 p.m.*

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.

**Armchair Travels:** Come listen to a guest speaker share about some of their travels. *Mondays, 3:00 p.m., August 22*

**Cats & Dogs:** Enjoy interesting comparisons between our favourite furry friends. *Mondays, July 25, Aug. 29 & Sept. 19 @3 p.m.*

**Check This Out!** : Specially selected by SCWW staff, find out fascinating & unique podcasts during these one-hour sessions on just about anything. *Mondays at 9:30 a.m., July 11, 18, 25, August 8, 15, 22, 29 & Sept. 12 & 19.*

**Christmas in July:** You better watch out, you better not cry, you better join for Christmas in July! We take the time to unwrap the true meaning of this festive summer event. *Monday, July 25 @1:00 p.m.*

**Comedy Hour:** Laughter is good for overall health. Join us as we explore using comedy to brighten our days. *Friday, July 15 & Tues., Aug. 23rd at 1:00 p.m.*

**Deep Dive TV:** Explore & uncover reasons why we may resonate with some TV characters whether we like them or not, and how they were necessary for the whole show. *Friday, Sept. 16 @11:00 p.m.*

**Did You Know?** : Discover fascinating & unique stories during these one-hour sessions on anything & everything with presenters from the Edmonton Public Library. *Wednesdays, July 27, Aug. 24 & Sept. 21 @11 a.m.*

**Home Safety with EPS:** Learn and discuss with an EPS constable tips on staying safe in your own home. *Wed. Sept. 14 @11:00 a.m.*

**Personal Safety with EPS** : Discover and discuss with an EPS constable tips on how to boost your personal safety. *Wed. Sept. 7 @11:00 a.m.*

**Pet Tales:** Share stories about the incredible animals we call our pets. *Monday, July 11 @ 1:00 p.m.*

**Such Fascinating People:** People, old and young, have accomplished amazing things in their lives. Some are quite famous while others are virtually unknown. *11a.m. Wed., July 20 & Thursdays Aug. 25 & Sept. 1*

**Super Sleuths:** If you enjoy a good mystery, dust off your magnifying glass and join us! *Monday, September 12, 1:00 p.m.*

**Ted Talks:** Ted Talks shines a spotlight on speakers who present new and interesting ideas in a short, easy-to-listen-to format. Listen, learn, and enjoy! *Wednesdays at 9:30 a.m., July 20, Aug. 3, 17, & 31, & Sept. 14th.*

**True Crime** : Learn about & discuss true crime scenarios. *Wednesdays @9:30 a.m., July 13, 27, August 10, 24, & Sept. 7, 21.*

**Who? Why? When?:** Join us and be surprised by unusual & interesting stories of people, places, & events that you may not have heard of before. *Thursday, July 13 @11:00 a.m.; Tues., July 26 @1:00 p.m., Mon. August 8, @ 1:00 p.m., & Thursdays, Aug. 25 & Sept. 15 @1:00 p.m.*

## Games

Brain Games, Family Feud, Canadian Jeopardy, Regular Jeopardy, Trivia, Word Challenge, Just a Minute, and Where in the World – *most Tuesdays @4:30 p.m. & Fridays @3 p.m.*

**BINGO: Register in advance** to receive your cards for the series (or feel free to use your own). Bingo is on *Fridays @ 3:00 pm., July 29, Aug. 26 & Sept. 23.*

## History

**Alberta Parks:** Discover the history and other interesting facts about Alberta's great parks. *Fri., July 22 @ 1:00 p.m. & Thurs., Aug. 11 @3:00 p.m.*

**Heritage Moments:** Fascinating and lesser known events in Canadian history. *3:00 p.m. on Mon. July 18 & Tues. Aug. 30.*

**India's Independence:** Discover the pivotal moments that led to India gaining its independence as a country from British rule. *Mon. Aug. 15 @1:00 p.m.*

**Queen Elizabeth II:** Find out more about this amazing woman who has been the Queen of England and the Commonwealth for over 70 years. *Friday, July 29, 1:00 p.m.*

**Russian History:** Join Professor Peter Kenez to learn about the complex history of Revolution, Stalinism, Russian's involvement in the Second World War, the stagnation and fall of the Soviet Union, and the Age of Putin. *8 weeks, Fridays at 1:00 p.m. Aug. 5, 12, 19, 26, & Sept. 2, 9, 16, & 23.*

**The Schindler of Nanking:** John Rabe, a German businessman was credited with saving around 250,000 lives during the war between Japan and China in 1937-1938. Learn more about this man and the time era! *Wed., Aug. 3 @11:00 a.m.*

**20th Century Humourists:** Learn about the people who have made us laugh; listen to their stories. *Mon. July 11 @3:00 p.m.; Tues. Aug. 2 @3:00 p.m., and Thurs. Sept. 22 @11:00 a.m.*

**UN History:** The United Nations has been in existence since 1945. How much do you know about its history, its influence on world events, and the International Declarations protecting human rights? 3 Part Series, *Tuesdays, July 19, Aug. 23 and Sept. 13 @3:00 p.m.*

## Music and Entertainment

**All Request Music:** Call in with a request and share a favourite song of any genre. *Fridays @ 9:30 a.m., July 29, Aug. 12 & Sept. 9*

**Classical Music Hour:** Sit back, relax and surround yourself with delightful classical music. *Fridays @9:30 a.m., July 15, Aug. 5 & Sept. 2.*

**Hymn Concert:** Listen, or sing along, to a selection of well-known and cherished Hymns. *9:30 a.m., Friday, Aug. 26.*

**Jazz Music:** A selection of jazz musicians and their created music that demonstrates innovative adaptations, and changes to tempo, texture & lyrics. Learn more about this American music art form and its history. *1:00 p.m., Tuesday, July 19*

**King of Rock & Roll:** Learn more about, and celebrate the work of the late Elvis Presley, who passed away on August 16, 1977. *1:00 p.m., Tues. Aug. 16.*

**Musical Theatre:** Singing, dancing and acting! Musical theatre has it all! Learn and discuss how musical theatre tells one story through using these three different art forms at the same time. *11:00 a.m., Thurs., August 11.*

**Musician Bio:** Great performers are known for their music. Discover insights into their personal backgrounds and reflect on how their music has influenced your life. *9:30 a.m., Friday, Sept. 16.*

**Name that Tune:** Calling all music experts! See if you can name the tune and reflect on the time era it is from. *Tuesdays, 4:30 p.m., Aug. 2 & Sept. 6*

**Name that Elvis Tune:** Elvis recorded more than 600 songs in his career until his death at age 42. Under his big belt buckle he is most known for his musical styles of country, blues, ballads, gospel and rockabilly. Knowing the names of his songs should seem simple, right? *Friday, Aug. 19 @ 9:30 a.m.*

**One Hit Wonders:** Some musical artists become forgotten, but their one piece of work lives on. Enjoy listening to these catchy tunes that caught our interests just for a moment. *Friday, July 22, 9:30 a.m.*

**Phantom of the Opera:** Andrew Lloyd Webber is known for his modern musicals, like the Phantom of the Opera, released in 1986. Listen to this work and learn more about this musical's history and impact. *Wed., Aug. 31 @11:00 a.m.*

**Rock & Roll Hall of Fame:** Welcome to the Rock & Roll Hall of Fame! This program will look at its history, categories, influential inductees and the criteria for nominations. We will also examine interesting facts less well known. *Thurs., July 28 @11:00 a.m.*

**50's and 60's Rock:** This is the classic era of rock 'n' roll. Enjoy the morning listening to songs and artists that paved the way for this music genre. *Friday, Sept. 23, 9:30 a.m.*

## Stories & Literature

**Read Aloud Short Stories:** Listen to audio versions of our facilitators' favourite short stories, selected from a variety of genres from modern to classics. *Thursday, July 28 @ 1:00 p.m. & Friday Aug. 5 @11:00 a.m.*

**Readers Corner:** A time for book lovers who want to talk about the books they have been reading and to get recommendations from others. *3:00 p.m., Tuesdays, July 12, August 9 & Sept. 6th.*

**The Storyteller:** For three years Mary Ann, a professional storyteller, has been delighting us with a wonderful variety of old tales, & made-for-AB stories. *11:00 a.m., 3rd Thursdays every month, July 21, Aug. 18 & Sept. 15*

**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. Fall start! *Monday, Sept. 19 @ 1:00 p.m.*

## Timely Topics

**In the Headlines:** An opportunity to explore a relevant news story and discuss as a group. *Thursdays, 3:00 p.m., July 28, Aug. 25 & Sept. 22*

**Truth & Reconciliation:** September 30th will mark the second Canadian Truth & Reconciliation Day. It is important we continue to learn about Canada's Indigenous peoples, their histories and their cultures. *Thursday, Sept. 22 @ 1:00 p.m.*

**Chronic Pain Management:** An AHS Better Choices Better Health program for those who have or support someone with chronic pain, to help explore ways to manage symptoms, pace yourself and learn about treatments. *2 weeks, Mondays @ 3:00 p.m., August 8 & 15.*

**What Truly Matters (Ethical Wills):** Carol returns to explain the tradition of Ethical Wills, a process through writing or talking in which one leaves a record of those things that truly matter in life and one wishes to share with others. *Pre-register by July 25, 2022. Wednesdays @ 1:00 p.m., Aug. 3, 10, 17, 24, 31 & Sept. 7, 14, & 21.*

**Exercise:** All exercise sessions have varying levels of difficulty & exercises can be modified to suit your needs! Always inform your family physician before beginning & be aware of your limits. *Mondays @ 11am, Wednesdays @ 3 p.m., every other Friday @ 11a.m.*

**Foot Care:** We use and abuse our feet and often take them for granted. Learn how to take better care of your feet (and they will be glad you did)! *Monday, September 12, @ 3:00 p.m.*

**Gratitude:** Developing an "attitude of gratitude" takes practice! Start your day off on a positive note. *Thursdays, 9:30 a.m., July 21, 28, Aug. 4, 11, 18, 25, & Sept. 1, 15, & 22.*

**Imagination Circle:** Luc, who previously presented Beyond Meditation, will explore ways to use imagination & dreams to assist individuals in relaxing & increasing their well-being. *Tuesdays, 11:00 a.m., July 18, Aug. 2, 30, & Sept. 13.*

**Lung Health:** Whether you have lung problems or breathe easily, summer days with pollen, smoke, pollution, and heat can be difficult. Hear what advice a Respiratory Therapist can offer. *Thursday, July 21 @ 3:00 p.m.*

**Managing Mental Health & Covid:** For over two years, COVID has impacted our social lives and our mental health. Join this session for tips on maintaining and improving your mental health. *Pre-register by July 29th, 2022. Thursdays @ 1:00 p.m., August 4, 11, & 18.*

**Nutrition for Health:** Get up-to-date healthy eating information from registered dietitians. *Tuesdays @ 3:00 p.m., July 26 & Sept. 30.*

**Relaxation:** Learn practical stress-reducing exercises, breathing regulation, progressive relaxation techniques. (For those interested in more imaginative & introspective programming please also join our *Imagination Circle* sessions). *Tuesdays @ 11am, July 5, 12, 26, Aug. 9, 16, 23, & Sept. 6 & 20.*

**Working Through Grief:** Understanding the emotions involved in grief may help with seeing there's light at the end of the tunnel. These sessions provide suggestions on processing grief. *Thurs., Sept. 15, 3:00 p.m.*