



SENIORS' CENTRE
WITHOUT WALLS



Welcome to the Alberta Seniors Centre Without Walls Community October to December, 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 calling toll-free to **1.833.955.1088** 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: 587-758-6892

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

PLEASE CALL TO REGISTER FOR THE FOLLOWING PROGRAMS

- **Estranged Children:** Preregistration open until THURSDAY SEPTEMBER 29, 2022
- **Happiness Basics:** Preregistration open until FRIDAY OCTOBER 14, 2022

Connection

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

SCWW Advisory Group: This is your opportunity to tell us how our programs went this series and give us any suggestions for planning future programs. Your help will be greatly appreciated!

Health and Wellness

Exercise: Shared presentation with Exercise Specialists from ESPCN. Get moving and grooving as we guide you through the Home Support Exercise Program from the Centre for Active Living.

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 a Behavioural Health Consultant from ESPCN. In this creative group, you will learn mindfulness techniques, ways to identify joy and how to incorporate pleasure into day-to-day activities. Learn how you can choose to have more positive experiences in your life and be more engaged with those you care about. **Preregistration required**

Imagination Circle: Presented by Luc, Behavioural Health Consultant from ESPCN. '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.

Health and Wellness continued...

New Fall Immunizations: Presented by Maria, Registered Nurse from ESPCN. Get relevant information about immunizations for seniors' health.

New Inspecting Handwashing: Global Handwashing Day is October 15, learn about how this healthy habit was discovered and how important it is to practice hand hygiene.

Nutrition for Health: Presented by Janna, Registered Dietitian from St. Albert/Sturgeon PCN. Get up-to-date healthy eating information.

Estranged Children: 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

New Protection from the Elements: Presented by Maria, Registered Nurse from ESPCN. Learn how to stay safe in cold weather.

Relaxation: Presented by Behavioural Health Consultants from ESPCN. These guided practices and techniques will provide you with a moment of reduced stress and clarity. Learn practical exercises that can be done anytime, anywhere.

New Seasonal Affective Disorder: Presented by Maria, Registered Nurse from ESPCN. Learn about Seasonal Affective Disorder and ways to deal with this common health issue.

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

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

History of Treaty Six: Our communities are built on Indigenous land. Learn about the history of the treaties that were signed and are still in effect today. Listen into a recorded talk by Kathryn Ivany, Edmonton Archivist.

New Indigenous Veterans' Day: Did you know that November 8 is designated as the day to honour our Indigenous Veterans? Find out more about these veterans who served in our armed forces.

Lest We Forget: Honour all those who sacrificed their lives for the freedom we enjoy. Join us for a traditional Remembrance Day Ceremony.

New Métis Peoples of Canada: Presented by Holly from Rupertsland Institute. An overview of Métis peoples' culture, history and issues still faced today.

New Symbols of Canada: Somethings are just so Canadian, find out how they were chosen and the importance of their representation for Canada.

New Thanksgiving: Canadian Thanksgiving did not start with Pilgrims and turkey. Find out what makes ours truly Canadian.

Culture continued...

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Discovery

New Alberta Dinosaurs: Learn about the giant reptiles that roamed Alberta and fossil discoveries found.

New Alberta Economics: Discussing the relevant trends of Alberta's market climate.

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

Check This Out!: Specially chosen by our SCWW facilitators for your enjoyment, this is an assortment of podcasts about anything and everything.

New 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.

New Country Hall of Fame: Join us for a deep dive of the Country Music Hall of Fame – its history, categories, and influential inductees.

Did You Know?: Join our presenters from Edmonton Public Library as they share the fascinating and unique stories selected for us.

New Her Story: A young Canadian journalist named Rhea Clyman was the first to tell the world of Stalin's genocide of the Ukrainian people. This is her story.

New Heroes Among Us: Heroes don't always wear capes. They are often ordinary people who find the courage to react in extraordinary ways.

New Hollywood Icons: Learn about the glamorous lives, loves and careers of famous movie stars from the 20th century.

New Inventive Minds: Join us as we discover the creative, inquisitive minds that designed some of the inventions that have changed our world.

Interpreting the News: We take this hour to discuss how to analyze what we read and sort out fact from fiction.

New Migratory Birds: It's Fall and the birds are heading south. Learn more about this instinct and the birds that we see overhead.

Discovery continued...

New Movember: We moustache the question of how this monthly fundraiser is raising awareness of men's health issues.

New Ocean Adventures: Taking a deeper dive of our ocean waters and underwater world.

New PODFeat.: Listen to episodes of the month's featured podcast, chosen by SCWW facilitators.

New Quotes to Inspire: Great writers have given us words that inspire us, resonating throughout our lives. Listen to some uplifting and motivating quotes and find out where they came from.

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

New Tech Talk: Explore some of the new and upcoming innovations in technology and the how practical they may be for our use.

New Ukraine and Russia: Discussing up to date information about the Russian invasion of Ukraine.

New UN Declaration of Human Rights: This Universal Declaration of Human Rights remains as relevant today as when it was proclaimed in 1948. Learn about this powerful statement of human rights.

Weird Science: You will be amazed at this assortment of strange and intriguing science stories.

Who Why When: Join us and hear about some unusual and interesting stories of people, places and events.

New Why I Volunteer: Hear from the people who volunteer their time in the community. Find out what they do and why it's important to them.

New World Teachers Day: Education is the foundation of all society- join us to celebrate our teachers and mentors.

Just for Fun

Brain Games, BINGO, Family Feud, Just A Minute, Jeopardy, Name That Tune, Super Sleuths, Trivia, and Where in the World?: Our collection of word spoken enjoyable games

Quiz of the Year: 2022 came and went, hopefully you were paying attention to answer some of these questions!

New 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.

Stories and Literature

New Canada Book Review: Each year many new and exciting Canadian books receive worldwide attention and are nominated for prestigious awards. Find out about them here.

Holiday Stories: Hannukah: Join Carol as she reads and discusses a story commemorating this Jewish celebration.

New Mystery Chronicles: Do you like a good mystery? Follow the twists and turns of Agatha Christie and Edgar Allen Poe in Mask of the Red Death.

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

The Shepherd: Listen to SCWW's annual presentation of Frederick Forsyth's classic holiday story, The Shepherd.

The Storyteller: Join Mary Ann, a professional storyteller, as she delights us with wonderful variety of old tales and made-for-Alberta stories.

New Vinyl Café: Enjoy a delightful selection of funny 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.

Conversations

New As I Get Older...: A guided discussion on a variety of topics that relate to our own experiences as we go through life. Its about reminiscing, reflecting, what has changed and what we do now.

Canadian Connections: This is an opportunity to chat and connect with other seniors living across Canada.

Coffee Chat: A friendly opportunity for informal conversation with other participants, with no set topic.

New Festive Meals: What would the holidays be without food? Take this opportunity to talk about the foods that make your holidays festive.

Holiday Traditions: Join Carol to share favourite celebrations and traditions that make your holidays special.

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

New It's All Canada: A dedicated hour for discussion on relevant Canadian news.

Let's Talk About: A structured conversation group focused around a larger social or political topic.

New Soups & Stews: Summer is over, the harvest is in. Let us enjoy the warmth of hearty soups and stews.

TED Talk: TED stands for Technology Entertainment and Design. Listen to recorded talks from speakers sharing information and personal reflections and discuss any take aways that arise.

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

New Canadian Artists: The sound of music made by Canada's very own!

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

New Country Music: Playing the classic styles to some of the newest sounds in country.

Dinner Theatre: You bring the dinner, we bring the show! Enjoy and listen into stories presented as radio theatre.

New Halloween Music: Songs that even the scariest of ghouls and monsters can't resist dancing to.

Holiday Favourite Music: Request your favourites songs from any holiday or celebration in your life.

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