



SENIORS' CENTRE
WITHOUT WALLS

PROGRAM GUIDE

April to June 2024

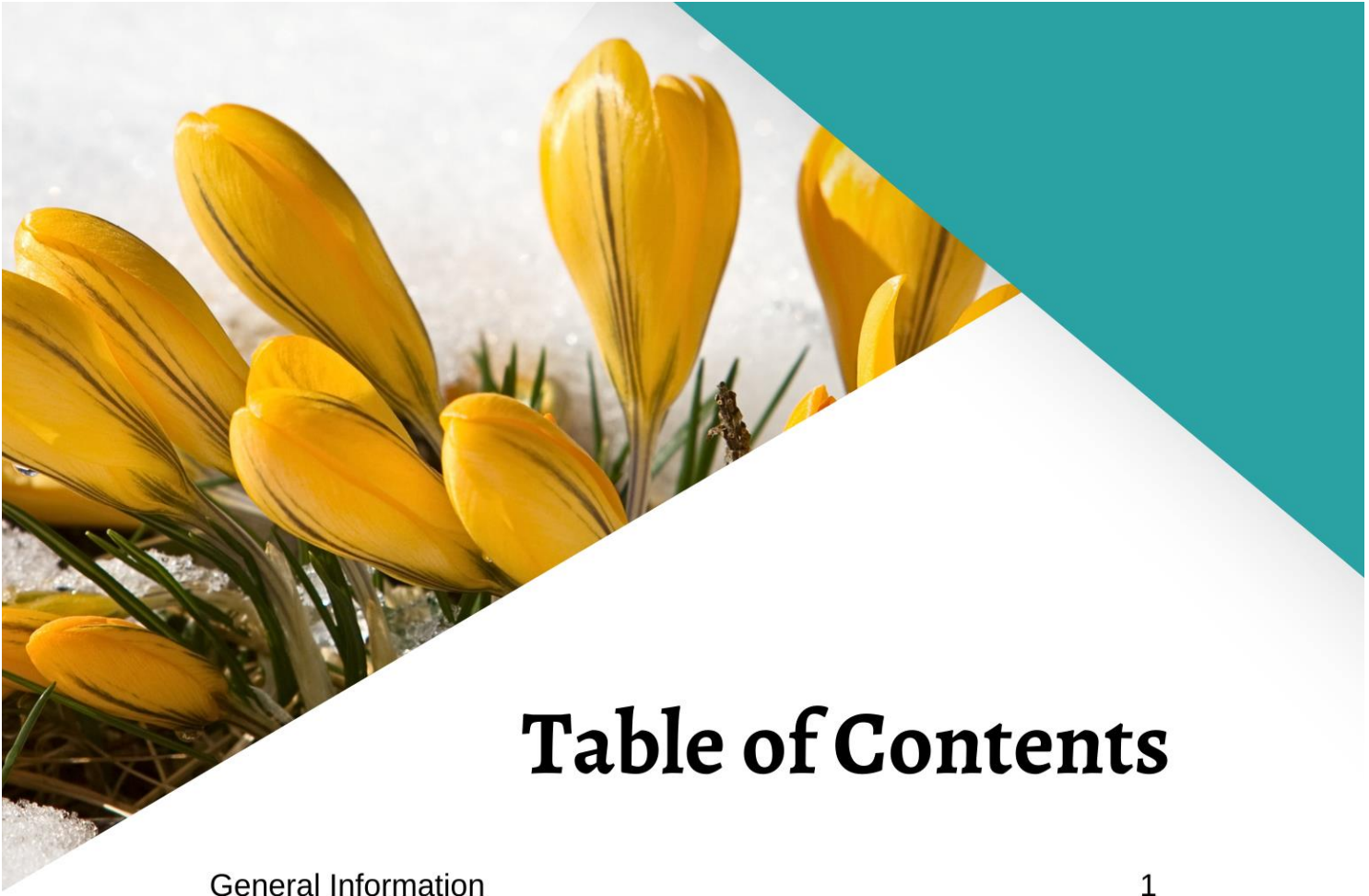







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What is the Seniors' Centre Without Walls?

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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Hello From Us!

Happy Spring, everyone!

We are thrilled to share the new spring program guide and calendar. We have so many fun programs coming up for you! We have taken your great feedback and made some new changes. When you are looking at the program guide you will now see dates of sessions listed, so you can find these in the calendar. Programs are also now colour-coded for easy navigation. When you look in the calendar you will see coloured icons to help you find programs in the program guide. For instance, programs under the Health and Wellness category (green) in the program guide will be marked with a green apple icon on the calendar. We hope this helps you better find the programs that interest you.

Join us for the Program Preview!

Monday, April 1st at 9:30 am!

Programs That Require Pre-Registration

- **Canadian Connections** in partnership with Seniors Groups across Canada at 11:00 am on Friday April 12.
- **Estranged Relationships Support Group** facilitated by Cory with Cornerstone Counselling. Wednesdays at 1:00 pm starting on April 17.
- **Grief and Loss** presented by the Canadian Mental Health Association. Tuesdays at 1:00pm on April 16 and April 23.

Spots are limited! Pre-registration opens on April 1st.
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#

May 23

Hoarding Disaster

Presented by Colleen from SAGE, this program will discuss what hoarding is, and the role mental health plays. Learn about how to get help if this is a challenge for yourself or someone you know.

April 3

Prince of Wales Fort

Hear from Eric with Parks Canada about this historic site built 250 years ago on the harsh coast of Hudson Bay in Churchill Manitoba. Listen to the history of this bastion fort, and some stories about those who lived, traded, and fought here.

April 10

Seniors Housing

Join Brendan from the Edmonton Southside PCN to hear about housing options, levels of care, and access. Brendan will guide you through what questions are important to ask when considering housing options for the future.

April 24

Tunnels of Moosejaw

Nestled in the heart of Saskatchewan are underground passages, dating back to the early 20th century, once the setting for a range of illegal activities. Let Kelly guide you through all the hidden secrets that the tunnels harbor.

May 22

Waste Management

Join Neil with the Edmonton Waste Management Centre for a fun and informational radio-style show all about Edmonton's waste systems and processes.



☐ Conversations

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

April 22, 29

The Art of Noticing

Hear useful ideas, practical prompts, and unexpected inspiration to help you pay attention to the world around you. Share your findings and perspectives after trying out the prompts.

April 1

The Big Picture

May 6

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.

June 3

April 12

Canadian Connections

Senior's 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.

April 11

Censorship

May 28

Legislation in Canada has changed in recent years when it comes to censorship. Some things that have faced limitations include books, news, and speech. Join in and share your thoughts on what should and should not be censored.

April 3, 9, 18, 24, 30

Coffee Chat

May 9, 15, 24, 29

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

June 7, 12, 20, 28

April 8, 25

In The Headlines

May 7, 23

An opportunity to explore and discuss relevant international news stories.

June 4, 19

<p>April 10, 22</p> <p>May 8, 30</p> <p>June 5, 17</p>	<p>Let's Talk About..</p> <p>A structured conversation about larger social or political topics; the subjects vary, based on what is happening around the world.</p>
<p>April 8</p> <p>May 6</p> <p>June 3</p>	<p>Nostalgia Moment</p> <p>Get nostalgic and join in on discussions about entertainment, events, items, and memorable moments from the past.</p> <ul style="list-style-type: none"> • Dances • Family Heirlooms • Jobs of the Past
<p>April 15</p> <p>May 13, 27</p> <p>June 17</p>	<p>Ponder This</p> <p>Discuss, reminisce, and share your thoughts and experiences on fun, lighthearted topics and prompts provided by the program assistants.</p>
<p>April 23</p> <p>May 14</p> <p>June 11</p>	<p>Reader's Corner</p> <p>A time for book lovers to talk about the books they have been reading or listening to, and to get recommendations from others.</p>
<p>May 2</p>	<p>SCWW Advisory Group</p> <p>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!</p>
<p>April 4</p> <p>May 17</p> <p>June 14</p>	<p>Some Good News</p> <p>A focused news program to highlight all the good things happening around the world.</p>
<p>April 5</p> <p>May 1</p> <p>June 6</p>	<p>Would You Rather</p> <p>A conversation or party game 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.</p>



Health & Wellness

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

April 17, 24

May 1, 8, 15, 22, 29

June 5, 12, 19

Estranged Relationships Support Group

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 opens on April 1st. Limited spots. Call 780-395-2626 (press 1) to register.

**Mondays,
Wednesdays,
Fridays**

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.

April 18

May 16

June 20

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:

- Bone Health
- Blood Pressure
- Foot Health

Thursdays

Gratitude

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

April 16, 23

Grief and Loss

Presented by facilitators from the Canadian Mental Health Association, this course is for anyone who is interested in learning about loss and the grieving process, and about how to acknowledge and support others in their grief journey.

- Pre-registration opens on April 1st. Limited spots. Call 780-395-2626 (press 1) to register.

April 16

Imagination Circle

May 7, 21

June 4, 18

Presented by Luc, Behavioural 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.

April 2, 9, 23

Mindfulness

May 14, 28

June 11, 25

Join in on a guided meditation and discussion about differing ideas surrounding mindfulness and self-compassion. Dive into these concepts and how they translate into daily life.

April 30

Music Meditation

Music is healing! Take some time for yourself to listen to some soft and soothing sounds and guided meditation.

May 21

Nutrition For Health

June 18

Presented by Janna, Registered Dietitian from St. Albert/Sturgeon PCN. Current information about healthy eating; the tips, the practices, and possible recipes. For this series we will be focusing on:

- Essential Micronutrients
- Gentle Nutrition



Learn & Discover



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

May 16

Acadian Music History

Hear about the history of the old French songs that the Acadians brought to each of the Maritime provinces in which they settled. Join in the following day to hear the music.

April 5

Animal Spotlight

May 3

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

June 14, 26

April 17

Canada's Milestones

May 29

A history of our fantastic country, and the significant years and contributions of each province and territory as they joined confederation.

June 19

- 1867: Ontario, Quebec, Nova Scotia, New Brunswick
 - 1870-1873: Manitoba, N.W.T., B.C., P.E.I.
 - 1905: Alberta, Saskatchewan
-

April 25

Celtic Music History

Around for centuries, learn about the history behind the bright and vibrant sounds of Ireland, Scotland, and Wales. Join in the following day to hear the music.

April 15

Climate Change

May 30

The world climate is changing, and global warming is a topic of discussion amongst world leaders as changes in temperatures and weather patterns affect us all. Join the discussion about global actions to reverse climate change.

April 3

Crime and Justice

May 1

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

June 5

April 17

EPL Presents!

May 15

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

June 19

May 22

From John to Justin

Review politics of Canada from Sir John A. Macdonald to Justin Trudeau. We will look at Prime Ministers, oppositions leader, Governor Generals and Premiers. Join us to see why some made their marks, and others did not.

April 4

Global Agriculture

May 27

We will discuss the growth, production and distribution of foods and natural resources across the world, and their functions in serving the global population.

June 10

- Seed Banks
 - Farming Techniques
 - Genetically Modified Organisms
-

May 13

Government 101

This program gives a brief introduction to the designated purpose and responsibilities of all the different Canadian Government Structures.

May 30

Guinness World Records

The story of how the Guinness World Records began, and examples of amazing human achievements and extremes of the natural world.

April 2

May 7, 17

June 17

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. Topics this series include:

- Galápagos Islands: This region has been called a unique 'living museum and showcase of evolution'.
 - Patagonia: Governed by Chile and Argentina, this region has an interesting history, geography, and climate.
 - Baffin Island: The largest island in Canada, and the fifth-largest island in the world.
 - Iceland: It's Iceland's Independence Day, join to hear more about this unique country.
-

April 10

May 15

June 12

Lost Cities

Lost Cities invites you to rediscover the past and contemplate the charm of the unknown. Get ready to embark on a thrilling expedition into archaeology with us.

- Angkor
 - Pompeii
 - Atlantis
-

April 18

May 14

June 12

Marvelous Minds

Learn about the psychology and brain structure of the minds of those who have done inspirational, powerful, and wicked things in the world.

- The creative
 - The evil
 - The deep thinkers
-

April 9

Middle East History

May 9

The Middle East is a large and diverse region composed of several countries and cultures in north Africa and western Asia.

June 5

- Syrian Crisis: After more than a decade of conflict, the crisis in Syria has created one of the most complex humanitarian emergencies in the world.
 - Yemeni Civil War: This multilateral civil war has been ongoing for eight years, which combined with environmental climate extremes, has tremendously impacted citizens of Yemen.
 - The Gulf War: An armed conflict between Iraq and a 42-country coalition, led by the U.S., carried out in the two phases of Operation Desert Shield, and Operation Desert Storm.
-

April 29

Science Savvy

May 8

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. The topics will vary.

June 11

May 31

Seniors' Benefits

Learn about federal and provincial seniors' financial benefits including Old Age Security, Guaranteed Income Supplement, Alberta Seniors Benefit and Special Needs Assistance programs.

May 28

Stories of the Sky

Many of the constellations we see today are explained by ancient names and mythical stories, which we will share in this program.

April 4, 19

May 2, 21

June 4, 18

Such Fascinating People

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

- Athletes: Edmonton Oilers (*April 4*)
 - Politician: Tommy Douglas (*April 19*)
 - Scientist: Sigmund Freud (*May 2*)
 - Actor: Julie Andrews (*May 21*)
 - Musician: Paul McCartney (*June 4*)
 - Indigenous Activists (*June 18*)
-

April 30

The New Royal Family

The Royal Family has certainly evolved, join in to chat about the latest updates regarding King Charles III and the future of this family and their legacy.

April 16

May 22

June 20

Unexplained

Join us to explore places that have mystified mankind for centuries. *Listener discretion is advised.*

- Lake Lanier: Spooky tales have haunted Lake Lanier, in the foothills of the northern Georgia mountains.
 - Skinwalker Ranch: Debated by many to be the site of paranormal and UFO-related activities.
 - Oak Island: This island has been a subject for treasure hunters ever since the late 1700s, with rumours that Captain Kidd's treasure was buried there.
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Just for Fun!

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

April 4, 18

Dinner Theatre

You bring the dinner, and we will bring the show! A variety of stories, music, and BBC Old Time Radio.

May 2

May 2

Funny Bone

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

June 10

Throughout series

Games

- BINGO: Cards provided in series mail out package.
 - Brain Games
 - Don't Quote Me
 - Finish the Phrase
 - Jeopardy
 - Name that Tune
 - Picture This
 - Person Place or Thing
 - Trivia
 - Wheel of Fortune
-

Fridays

Music

- Classical Music Hour
 - All Request Music
 - Indigenous Artists
 - Celtic Music
 - Acadian Music
 - Middle Eastern Music
 - Songs of Faith
-

April 11	Mystery Chronicles Listen in and follow the twists and turns in these short mysteries.
May 1	
May 23, 30	Phantom of the Opera Listen to a three-part series of the musical and story of a beautiful soprano who becomes the obsession of a mysterious masked genius who lives beneath the Paris Opera House.
June 6	
Mondays	The Secret Garden Listen to this novel written by Frances Hodgson Burnett, following the life of a recently orphaned girl, who is sent to England after growing up in India. Once there, she begins to explore her new, isolated surroundings, and its secrets.
May 3	Story Slam During this open-mic-style program you can share a favourite quote, poem, short story, or diary entry.
May 8	Vinyl Café Enjoy a delightful selection of stories from Canada's favourite funny man, Stuart McLean.
April 12, 26	Writing For Fun Want to use your imagination and creativity? All are welcome regardless of your writing style, experience, or your skill. We will provide prompts, or you can choose your topic. If you enjoy writing or want to try it, this group welcomes you.
May 10, 24	
June 7, 21	