



SENIORS' CENTRE
WITHOUT WALLS



Welcome to the Alberta Seniors Centre Without Walls Community April - June 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

Gayle: 780-238-9612

Elizabeth: 780-239-8427

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

Father's Day: *June 17 @3pm*

Mother's Day: *May 6 @3pm*

Participant of the Month: A chance to meet and know more about one of your fellow participants in this fun, informal interview session. *May 11 & June 8 @1pm.*

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 8-week program. **Pre-registration is required by May 2.** *New series starts Mondays @2:30pm, May 9*

Seniors Centre Without Walls Advisory Session: Are you enjoying our programming? Do you have ideas for topics or changes you would like to see? *May 30 @1pm*

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 April 28 @3pm, May 26 @3pm.*

Conversations

Canadian Connections: Chat with other SCWW seniors across Canada. *April 1 @12:30pm*

Across the Miles: Join other SCWW participants from all over North America for discussions. *April 27 @1:30pm*

Amazing Elders: This is a weekly education series on a variety of topics are explored via virtual presentations and various panel experts. *April 1 & 8 @1pm*. This program will be moving to Sage Seniors Association's Zoom line starting May 6th. Call Kristine to get registered for future series at **780-446-3569**.

Coffee Chat: Opportunity for informal conversation with other participants, with no set topic. *Occurs weekly*

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. *April 6, May 4, June 1 @1pm*.

Culture and Language

Cultural Exchange: With the Calgary Chinese Elderly Citizens Association, help newcomers practice their English and learn useful phrases in Cantonese and Mandarin. *Every other Tuesday @1pm starting April 5*.

French Conversation Practice: An opportunity for beginner and moderate French speakers to practice their skills and learn useful phrases and vocab. *2nd Tuesday of the month @1pm*.

Ramadan: Join some of our ESPCN staff to learn more about the religious and cultural observances during the Islamic month of Ramadan. *April 6 @11am*.

Passover: A discussion of the history, significance and cultural practices of the Jewish Celebration of Passover. *April 13 @11am*.

Sikh Heritage Month: April is the month to learn more about and celebrate the vibrant community of Sikh people who call Alberta home. *April 19 @3pm*.

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.

Discovery

AB True Crime: Fascinating, historical true-crime podcasts examining historical records and case-files of crimes that happened here at home. *Wednesdays @9:30am.*

Animal Spotlight: Enjoy and learn as we spotlight some of the fascinating animals that share our world. *April 21 @1pm, May 10 @3pm, June 23 @3pm.*

Armchair Travels: Sit back and enjoy tales of travel to places far and near. Different guests will present their personal experiences of travels around the world. *April 25, May 30, June 20, @3pm.*

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 POVs. *April 20, May 18, June 13 & 15 @1pm.*

Cats & Dogs: Enjoy interesting comparisons between our favourite furry friends. *May 9 @3pm.*

Check This Out! : Specially picked out by SCWW staff, find out fascinating and unique podcasts during these one-hour sessions on just about anything. *Mondays at 9:30am.*

Did You Know?: Find out fascinating and unique stories during these one-hour sessions on anything and everything with presenters from the Edmonton Public Library. *April 27, May 25 & June 22 @11am.*

Fact or Fiction: Weird, wonderful, and informative stories from science, history, and society. *April 4 @3pm.*

Program Preview: Enjoy a run-down of the programs for the next 3 months--your chance to ask questions and circle your calendar. *April 4 @9:30am.*

Senator Don Oliver: This highly influential man, appointed to the Canadian Senate in 1990, is still going strong at 83. *May 31 @3pm.*

Space News: Powerful telescopes, satellite systems, human space travel...what's the latest in Outer Space? *May 13, June 8 @11am.*

Such Fascinating People: People, old and young, have accomplished amazing things in their lives. Some are quite famous while others are virtually unknown. *April 14, May 24 @1pm, June 23 @11am.*

Social Media Basics: What it is, what's it's used for, how to stay safe from scammers (or anyone else). *June 16 @3pm.*

Where in the World?: Can you guess the location as you hear the clues? Learn more about geography and some interesting places in the world. *April 8, May 20, June 10 @3pm.*

Who? Why? When?: Join us and be surprised by unusual and interesting stories of people, places and events that you might not have heard before. *April 7, 18, May 12, June 2, 13 @3pm.*

20th Century Humourists: Learn about the people who have made us laugh; listen to their stories. *April 26 @1pm, May 26 @11am, June 22 @1pm.*

Games

Trivia, Wordplay, Name that Tune, Jeopardy, Family Feud, Super Sleuths – *most Tuesdays @4:30 and Fridays @3pm.*

BINGO: Register in advance to receive your cards for the series (or feel free to use your own).

History

Heritage Moments: Fascinating and lesser known events in Canadian history. *April 21, May 2 @3pm, June 10 @11am.*

Truth & Reconciliation Actions: To address the legacy of residential schools, reconciliation calls on all Canadians to take action on the 94 Calls to Action. What are they and how can we help? *April 11, April 25, May 9 @1pm.*

Cinco de Mayo: Spanish for the “Fifth of May”, Cinco de Mayo is the yearly celebration commemorating the small Mexican Army’s victory over the French Army in the Battle of Puebla in 1862. *May 5 @3pm.*

A Century of 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. *9 weeks, starting April 29, Fridays @1pm.*

Music and Entertainment

Acapella: All voice, no instruments. *June 3 @9:30am.*

All Request Music: Call in with a request and share a favourite song of any genre. *April 29, May 20, June 24 @9:30am.*

Art of Listening to Music: Appreciating new music styles is not as difficult as you think! Learn how with Professor Eduardo Solá from Burman University on May 4, 11, & 18 @11am.

Hymn Concert: Listen, or sing along, to a selection of well-known and cherished Hymns. *May 13 @9:30am.*

Music and Memories: Music is associated with memories, so listen to the tunes and share memories from our past. *May 6 @9:30am.*

Stories Behind the Songs: History of classic hits. *April 8 @9:30am.*

Classical Music Hour: Sit back, relax, and surround yourself with delightful classical music. *April 22, May 27, June 17 @9:30am.*

Dinner Music: Enjoy a selection of different styles of music while you eat your dinner with other music lovers. *April 19, June 14 @4:30pm.*

Peer Gynt: Learn about the Norwegian story behind Edvard Grieg's famous music. Join the journey of our titular character as he travels from the Norwegian mountains to the North African desert, breaking hearts and changing his life on the way. *May 17 & 18 @4:30pm.*

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. *April 22 @1pm, June 2 @11am.*

Readers Corner: A time for book lovers who want to talk about the books they have been reading and to get recommendations from others. *April 5, May 3, June 14 @3pm.*

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. *3rd Thursday of the month, 11am.*

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. *Every other Monday @1pm, starting April 4.*

Timely Topics

In the Headlines: An opportunity to explore a relevant news story and discuss as a group. *April 11 @3pm, May 5 @1pm, June 6 @3pm.*

Let's Talk About ...: A structured conversation group focused around a large social or political topic chosen by the program's facilitator. *April 13 @1pm, May 25 @1pm, June 15 @11am.*

Wellness

Being Safe at Home: Learn how to be safe at home, including smoke alarms, carbon monoxide detectors and what to do in case of a gas leak, as well as emergency preparedness. *April 12 @3pm.*

Brain Health: Understanding our complex minds as we age. *April 28 @11am.*

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. *6 weeks, Thursday 1-2:15pm. Pre-registration is required by April 21, 2022. 6 weeks, Thursday 1-2:15pm, starting May 12.*

Gratitude Group: Developing an "attitude of gratitude" takes practice and start your day off on a positive note! *Most Thursdays @9:30am.*

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

Nutrition for Health: Get up-to-date healthy eating information from registered dietitians. *April 26, May 24m, June 21 @3pm.*

Relaxation: Learn practical stress-reducing exercises, breathing regulation, progressive relaxation techniques. For those interested in more spiritualistic/ imaginative programming join our **Beyond Meditation** sessions. *Tuesdays @11am, alternating topic each week.*

Seniors Housing: Learn about housing options as we age in Alberta. *April 7 @1pm.*

Trauma and Health: A 1.5 hour session with Canadian Mental Health association about the impacts of trauma on our health. *April 28 @1pm.*