



# Program Guide 2021

## What is the Alberta Seniors' Centre Without Walls (SCWW)?

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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.

## Who is SCWW for?

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Older adults (55+) who find it difficult to leave their home.



**Please retain this copy of your program guide,** as it includes program descriptions and instructions. For our current calendar of offerings please visit **[edmontonsouthsidepcn.ca/scww](http://edmontonsouthsidepcn.ca/scww)**

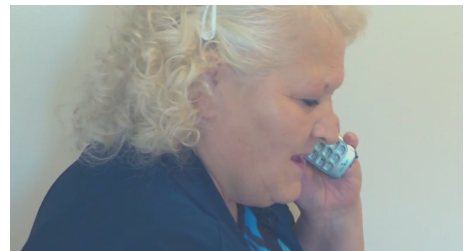
## How to join the program?

- 1) Seniors, family members and professionals, please contact the SCWW program staff to enroll:  
**780.395.2626**
- 2) Program calendars are sent out at the beginning of each series to those enrolled.
- 3) A few minutes before each session begins, follow the call-in instructions to join.

## Code of Conduct

The Alberta Seniors' Centre Without Walls is an inclusive environment. This means that we value and support diversity and individuals from all walks of life. We ask each participant to help us by adhering to the following guidelines:

- Allow every participant to contribute.
- Let the facilitator guide and direct the group.
- Contact SCWW staff directly if you have an issue with a group member.
- Please keep all personal information shared confidential.
- Try not to give advice.
- Please do not interrupt when others are speaking.
- Treat each other with dignity and respect.



**We create a new series' calendar every three months, but you can join at any time!**

## Call-in Instructions

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- 1) Dial the toll-free number: **1.855.703.8985**
- 2) When prompted, enter Meeting ID: **225.573.6467#**
- 3) Press # if asked for any further numbers
- 4) You will be placed in the Waiting Room before being entered into the call. Please remain on the line. If you are having any trouble getting in - please call staff at **780.395.2626 ext 0**.

## Join-by-computer Instructions

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Use the following link to join by computer:

**<https://zoom.us/j/2255736467>**

Please ensure your microphone is turned on and your camera is turned off. No video will be used during our sessions.

## What if I can't call myself in, or are worried about missing a session?

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- 1) Call SCWW staff to register for each session.
- 2) Before the program starts, you will receive a call from a number that may show as Unknown or Zoom.
- 3) An automated voice will instruct you to **Press "1" to join the meeting**.

**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. There is an increased security risk that your health or personal information may be intercepted or disclosed to third parties when using audio communications. Some sessions may be recorded; we will request permission at the beginning of the session. Recordings may be re-played throughout our series.

## Partner Programming

**Aging with Pride:** This group is for LGBTQ2S+ seniors who wish to meet others in their community. Join the conversation from the comfort and privacy of your own home. All topics and concerns welcome. Please contact the Pride Centre at 587-635-2169.

**ConnectAînés:** La Fédération des aînés francoalbertains espère par cette offre permettre à chacun d'entretenir des liens avec des personnes parlant français. Pour plus d'information: 780.465.8965.

**Mandarin/Cantonese Programming:** 聊天室是一個透過電話，將長者連接在一起的互動式平台。進入聊天室的長者可以聆聽主持人的分享，也可以與平台上的朋友互動。內容: 健康訊息, 社區資訊, 交友閒談, 興趣分享. 報名及查詢: (403)269-6122

## Regular Programming

**Across the Miles:** Join other SCWW participants from all over North America for timely discussions.

**Amazing Elders:** This is a weekly education series on a variety of topics, facilitated by Sage Seniors Association. These topics are explored via virtual presentations and various panel experts. Please be aware that these sessions will have participants joining by phone and video.

**Armchair Travels:** Travel along with guest speakers as they share memories and adventures from places they have visited.

**Beginner French:** For those new to French and who want to learn some useful phrases and vocabulary. More advanced speakers should try our **French Conversation Practice**.

## Regular Programming

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**Break the Ice:** Have fun and get to know other people by answering fun, frivolous, or informative icebreaker questions.

**Canadian Connections:** Travel across the country with Saskatchewan, British Columbia, Ontario & Manitoba seniors.

**Coffee Chats:** Opportunity for informal conversation with other participants.

**Did you Know?** Find out fascinating and unique stories during these one-hour sessions on anything and everything.

**Dinner Theatre:** SCWW will be “hosting” events from time to time at 5:00 – 6:00 PM. Watch the calendar for these specials!

**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 any exercises and be aware of your limits.

**Games:** BINGO, Fact or Fiction, Family Feud, Jeopardy, Name that Tune, Super Sleuths and more!

**Gratitude Group:** Developing an “attitude of gratitude” takes practice. Join us for 30 minutes to start your day off on a positive note! This session will be call-in only.

**Indigenous Canada:** Developed by the Faculty of Native Studies at the University of Alberta, these sessions explore key issues facing Indigenous peoples today from a historical and critical perspective highlighting Indigenous-settler relations.

**Living with Memory Loss:** Listen to & discuss interviews with individuals living with dementia and memory loss as well as those who share their lives and those who provide their care.

**News and Views:** With so much happening in the news, would you like a chance to talk about it with other people?

## Regular Programming

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**Nutrition for Health:** Get up-to-date healthy eating information from registered dietitians.

**Readers Corner:** A time for book lovers who want to talk about the books they've been reading and to get recommendations from other readers.

**Relaxation:** Learn practical stress-reducing exercises, breathing regulation, progressive relaxation techniques. For those interested in more spiritualistic/imaginative programming join our **Beyond Meditation** sessions.

**Seniors Centre Without Walls Advisory Session:** Are you enjoying our programming? Do you have an ideas for additional topics or changes you would like to see?

**Small Town Alberta:** Call in to learn the history of our many small towns throughout the province. We will choose a different town each time to dive into how the town was formed and what it contributes to Alberta today.

**The Storyteller:** For two years Mary Ann, a professional storyteller, has been delighting us with a wonderful variety of old tales, humorous legends, and made-for-Alberta stories.

**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.

**Working Through Grief:** Understanding the emotions may help you see that there's light at the end of the tunnel, and that there are things you can do to work through your feelings.

**We hope you will join our community! Call our team:**

**Heather (Coordinator): 780.395.2626**

**Gayle (Facilitator): 780.395.2643**

**Elizabeth (Facilitator): 780.395.2628**