



SENIORS' CENTRE
WITHOUT WALLS

PROGRAM GUIDE

July to September 2026



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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

Most programs don't use video. Sometimes video may be an option, and those times will be clearly marked.

Meet the Team!



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Hello From Us!

After another spring season, it's great to finally be enjoying some warmer weather here in Alberta. With summer underway, we're excited to kick off a new season of programs, conversations, and opportunities to learn something new.

Over the next few months, we'll be offering a variety of sessions on a wide range of topics. We also have some fantastic guest speakers joining us, sharing their knowledge, experiences, and insights on everything from practical skills and local interests to broader ideas and emerging trends.

As the days get longer, we also hope you find time this summer for the things you enjoy, whether that's outdoors or indoors, with others or on your own. A little time spent doing something meaningful, interesting, or simply enjoyable can go a long way.

Thank you for being part of our community. We look forward to learning together this summer.

Join us for the Program Preview!

July 2nd at 11am

IMPORTANT NOTICE



On days when air quality alerts and/or extreme heat warnings are issued in Edmonton, exercise programs will be suspended. Instead, we invite you to join us during those time slots for music, coffee chats, and other engaging discussions!

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#

July 24

Behind the Scenes

A look behind the curtain at celebrity life before social media, sharing stories, tidbits, and lesser-known moments from public figures and entertainment history, led by Gayle.

August 14



Canadian Connections

Senior groups from across Canada share a little about their lives and experiences and you can do the same.

Pre-registration required! Registration opens July 2nd. Call 780-395-2626 (press 1) to register.

August 25

Foundations of Health

Join presenter Ken Mark as he shares his passion for the social determinants of health through engaging real-world examples, practical insights, and meaningful discussion. Discover how the factors shaping our daily lives influence overall health and well-being.

July 30

Hoarding and Decluttering

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.

August 4

Pow Wow Teachings

Join Randi, Indigenous Elder, as she shares with us important teachings of Pow Wows such as protocols, events and stories behind the dances.

August 11

Seniors Housing

Join Constance, social worker with ESPCN, for a conversation about seniors housing, including options, challenges, and ways to support safe and comfortable living as we age.

September 8

The Role of Zoos

Hear from Catherine on the conservation history of the Edmonton Valley Zoo and the evolving role of zoos in wildlife conservation and education.



Conversations

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

July 10, 15, 28

Coffee Chat

August 4, 11, 26

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

September 3, 11, 21, 28

July 31

Crafting Circle

Work on your favourite craft or hobby while enjoying relaxed conversation with others. Share ideas, get inspired, and connect creatively from wherever you are!

July 30

Crystal Ball

September 9

Step into a space for intentional, thought-provoking conversations about the future. Together, we'll explore what the world could look like, imagine possibilities, and reflect on how life might evolve in the years ahead.

July 21

Drop In Time

August 18

September 8

A casual drop-in conversation line with no set topic or guided discussion. Folks are welcome to join at any time for open, relaxed conversation with others. Facilitators are present to support the space, but conversation is not guided or structured and may flow in any direction depending on who attends.

July 7

Garden Club

August 5

Come together to share the joys and challenges of gardening in Alberta. We invite you to exchange tips, celebrate successes, troubleshoot common issues, and explore local growing conditions across Alberta's unique gardening zones.

September 1

Every Voice Matters

An opportunity to come together, chat about current political issues, share your thoughts, and hear different viewpoints in a friendly and open environment.

July 29

Healthy Aging Conversations

September 17

Explore the journey of aging with Karoline. Bring your stories, reflections, and curiosity to a space where changes—big or small—are met with understanding and care.

July 8, 27

In the Headlines

August 7, 25

An opportunity to explore and discuss relevant international news stories.

September 10, 22

July 6, 23

Let's Talk About

August 6, 21

An in-depth, guided discussion that dives into significant social and political issues shaping our world today.

September 2, 23

July 13

Life Perspectives

August 17

Dive into ever-changing conversations about life's biggest questions. With stories, scenarios, and prompts, each discussion sparks curiosity, challenges assumptions, and opens fresh ways of seeing the world.

September 14

August 14

Musical Memories

Choose a song that holds a special memory for you and after we play it, share the story or feeling it brings back.

July 2

Nice to Meet You

Join us for a relaxed gathering to get familiar with others before our new series begins. You'll have the option to introduce yourself and share a bit about who you are if you choose.

August 28

Open Mic

This program offers a welcoming space where individuals have dedicated time to speak openly, share their stories and ideas, connect with others, and celebrate diverse perspectives.

July 2

Program Preview

Join a SCWW Program Assistant as they share with you all the exciting programs happening over the next three months.

July 14

Readers' Corner

August 11

September 8

A fun time for book fans to chat about their latest reads or audiobooks and discover new favourites through friends' recommendations.

July 28

SCWW Advisory Group

We'd love to hear your thoughts and opinions about our program, as well as any suggestions you have for topics you'd like to see in the future. Your feedback is incredibly valuable to us and helps make the program better for everyone.

July 22

Small Talk

September 15

A different kind of coffee chat, join us to learn more!

July 17

Some Good News

August 12

September 24

A focused news program to highlight all the good things happening around the world.

August 20

Would You Rather?

A conversation 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.

August 19

Video Coffee Chat

This SCWW coffee chat will include video and is meant to be a friendly, informal discussion. If you'd like to share your image, please feel free to do so. If you prefer not to, that's perfectly fine as well.



Health & Wellness

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

July 17

Exercise- Chair Yoga

August 21

September 18

Chair yoga is low impact and helps to increase stability, flexibility, and strength, and includes relaxation and meditation. Join Janine as she walks you through poses and techniques.

**Mondays,
Wednesdays &
Fridays**

Exercise

Get moving and grooving as we guide you through the Home Support Exercise Program from the Centre for Active Living.

July 15

Exercise Q&A

Join an Edmonton Southside PCN Exercise Specialist who will answer your exercise questions and take you through a short exercise program.

July 16

For Your Body

August 20

September 17

Presented by Christy, a Registered Nurse from Edmonton Southside PCN. Up-to-date information about health topics and good practices for your well-being. We will focus on:

- Summer Health Safety and Skincare
- Sensory Changes As We Age
- Influenza and the Common Cold

Thursdays

Gratitude

Join us as we share personal stories and reflections on the things we're thankful for—big and small. Together, we'll explore how gratitude can bring more joy, peace, and connection into our daily lives.

July 7, 21

August 4, 18

September 1, 15

Imagination Circle

Presented by Luc, a Behavioural Health Consultant from Edmonton Southside PCN. “Dreams are the royal road to the unconscious.” We travel and unravel meanings that we hold in our imaginative mind that assist in our well-being.

July 28

September 22

Laughter Yoga

Join Janine, SCWW Program Assistant, for a relaxed, engaging session blending deep breathing with laughter exercises—no jokes needed. With an open mind, you’ll move from fake laughs to real ones, easing tension and leaving refreshed and recharged.

July 21

August 18

September 15

Nutrition For Health

Presented by Registered Dietitians from St. Albert and Sturgeon PCN. Current information about healthy eating; the tips, the practices, and possible recipes. Topics for this series are:

- Fibre Facts and Gut Health
 - Eating for Energy and Immunity
 - Appetite and Nutrition
-



Learn & Discover

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

July 28

Alberta Road Trip

August 31

September 18

Hit the road and discover Alberta! Explore its unique destinations, history, and landmarks, and share your own memorable Alberta road trip stories.

- Nordegg
- Cypress Hills
- Dinosaur Provincial Park

July 22

Animal Spotlight

August 14

September 11

Join us for fun and fascinating talks about some of the incredible animals that share our planet.

July 23

Artemis II

A look at the historic Artemis II mission, the first crewed journey around the Moon in over 50 years, and what it means for the future of space exploration.

August 27

Camp X

Did you know Canada had a spy training camp during WWII? Join us to learn more about Camp X, and the contribution it made towards the war.

July 9

Cost of Living

August 5

September 8

From everyday finances to economic trends, share your thoughts and dig into topics that affect us all.

September 16

EPL Presents!

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

July 2

Global Events

August 19

September 9

With so much happening in the world, it can be hard to keep up. Join us as we take a step back and explore one important issue at a time.

July 7

Listening Lab

August 4

September 1

Join us as we tune in to an engaging podcast filled with fresh ideas and thought-provoking insights. It's a great opportunity to learn something new, reflect on different perspectives, and spark meaningful conversations. Come listen, learn, and be inspired together!

July 8

Lost and Found History

August 10

September 22

The search for lost historical history and historical artifacts often reveals new stories and insights into the past. Join as we explore that was once lost and is now found, adding new pieces to the story of history.

- Staffordshire Hoard
 - The Cave of Altamira
 - The Rosetta Stone
-

July 7

Midsommar

Discover the beauty and traditions of Midsommar, a vibrant summer solstice celebration rooted in light, nature, and community. Explore its origins and festive customs—from flower crowns and maypole dancing to seasonal foods—and learn how this joyful holiday is celebrated today.

July 15

August 24

September 24

Mosaic Canada

This program invites people to come together and reflect on the richness of Canadian society.

- Head Smashed In Buffalo Jump
 - The Hutterites
 - The Mennonites
-

July 14

August 13

September 2

Next Stop

Join us to explore captivating islands, each with a rich history and distinct character—from sun-drenched shores to lush, rugged landscapes across the globe. Discover their unique traditions, coastlines, and cultures, and gain a deeper understanding of life in these remarkable island communities.

- Greek Islands
 - Japanese Archipelago
 - The Broken Group Islands
-

July 24

August 11

September 4

Science Savvy

This program is for curious, science-loving minds—whether you're fascinated by the universe, nature, or the everyday science behind how things work. If you've ever wondered why the sky is blue, how black holes form, or what makes plants grow, this is for you.

July 10

August 18

September 25

Survival Stories

Come and explore real-life survival stories that reveal the strength, resilience, and determination of individuals facing extreme challenges.

- The Endurance
 - The Amazon
 - The Ocean
-

July 3, 21

August 6, 26

September 3, 23

Such Fascinating People

People of all ages—young and old—have done some truly incredible things. While some have made headlines and become household names, others have quietly made a big impact without much recognition. Get ready to meet people who've chased dreams, overcome challenges, and made a difference in ways both big and small.

- Rita Moreno
- Charlie Pride
- The Muppets
- Gordon Ramsay
- Alfred Nobel
- Mother Teresa

July 16

The Mayflower

Step aboard the Mayflower and explore one of the most significant voyages in North American history. This program will examine the journey of the Pilgrims in 1620, their reasons for leaving England, the challenges they faced crossing the Atlantic, and the lasting impact of their settlement at Plymouth.

July 20

The Northwest Passage

The Northwest passage connects the Atlantic and Pacific Oceans. Join us as we explore the discovery of the passage, who uses it, who "owns" it and Canada connection to the passage.

September 29

Truth and Reconciliation

Join us for a discussion on Truth and Reconciliation to learn about the history and impact of residential schools on Indigenous communities

July 30

August 25

September 10

Unsolved Mysteries

Experience mind-bending unsolved mysteries from every angle—the case itself, the clues, the investigators, and the people still searching for answers.

- D.B Cooper
 - The Wall Street Bombing of 1920
 - Skylight Caper 1972
-

July 29

August 20

September 17

Who Why When

A fun mix of weird, wild, and fascinating stories about things you wouldn't believe actually happened.



Just for Fun!

To join, call: 1-855-703-8985
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July 6

Broadway Musicals

August 10

Spend a musically inspired hour with us listening to Broadway's favourite songs.

July 20

Dinner Date

August 24

You bring the dinner; we will bring the show.

Throughout Series

Games

- BINGO
- Brain Games
- Guess That Groove
- Hummzinger
- Jeopardy
- Name That Tune
- Person Place or Thing
- Wheel of Fortune
- Word Games

September 23

Literary Reflections

Join to explore and discuss short selections of classic literature and poetry. Together, we will unpack themes, language, and deeper meanings through thoughtful conversation and literary analysis.

Throughout Series

Music

- All Request Music
- Big Valley Jamboree
- Classic Country
- Classical Music Hour
- Edmonton Folk Fest
- Indigenous Artists
- Movie Soundtracks
- Music of the Emmy's
- Music of the Maritimes
- NASA's Moon Tunes
- Songs of Faith
- Songs of Summer

July 22

August 19

September 16

Mystery Chronicles

Listen in and follow the twists and turns in these short mysteries.

August 26

NPR Tiny Desk Concerts

Hosted by NPR Music, the Tiny Desk Concert series was created to combat noisy crowds overpowering live music. Enjoy a variety of performances recorded live at the cozy desk once used by All Songs Considered host Bob Boilen.

July 15

August 6

September 1

Story Lines

Do you love stories? Ever wanted to create one with others? Join us for a collaborative story-writing experience where creativity, fun, and imagination take center stage!

Mondays

The Memory of an Elephant

The Memory of an Elephant tells the epic story of an aging African elephant, Anaishi (“Ishi”), as he embarks on a perilous journey to reunite with the humans who rescued him as a calf, spanning five decades and three continents.

July 14

Vinyl Cafe

September 2

Enjoy a delightful selection of stories from Canada’s favourite funny man, Stuart McLean.

July 3, 17

Writing For Fun

August 7, 21

September 4, 18

All are welcome regardless of your writing style, experience, or skill. Prompts provided, or you can choose your topic.



Skill Building

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

July 9

Artful Minds

A welcoming space to explore creativity and mindfulness. Using everyday items, we guide you to express yourself, unwind, and find joy in the creative process.

August 25

Journaling

A friendly space for anyone curious about journaling! Whether new or experienced, we share simple prompts, easy themes, and tips to inspire your writing and connect with others.

July 8

Mindfulness with Carol

August 12

September 9

Through gentle exercises and conversation, find ways to bring calm and balance into your day.

July 14

Music Meditation

August 27

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

September 16

Recipe Club

Call in and share your love of food! Connect with fellow home cooks and baking enthusiasts to swap recipes, tips, and kitchen tricks. From weeknight dinners to decadent desserts, it's all about sharing great food and great ideas.

August 5

Speakers' Corner

Come as you are and try public speaking! Each session blends quick exercises, practical tips, and friendly conversation to help you explore your voice.

