



SENIORS' CENTRE
WITHOUT WALLS

PROGRAM GUIDE

October to December 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.

Hello From Us!

As the colours of autumn give way to the quieter days of winter, we're pleased to welcome you to another season of programs and conversations. Here in Alberta, winter is full of contrasts as we all know, from fresh snowfall and crisp mornings to the occasional chinook that can change the weather almost overnight. And while the days may be shorter, Calgary and Edmonton are among Canada's sunniest cities, enjoying an impressive number of bright winter days each year.

This season, you'll find plenty of opportunities to stay engaged from the cozy comfort of home, including exercise programs, book and current events discussions, music and trivia programs, brain games, and conversations focused on mental wellness and healthy aging. Whether you're joining with a warm cup of hot chocolate nearby or trying a new program for the very first time, we hope you'll find something to enjoy in the months ahead. We look forward to connecting with you this season and hearing your voice on the line. Here's to a warm, healthy, and fulfilling winter ahead.

Meet the Team!



Alyssa
Program Assistant
780-239-8427



Elizabeth
Program Assistant
780-238-9612



Janine
Program Assistant
780-231-4393



Karoline
Community Liaison
780-499-7618

Join us for the Program Preview!

October 5th at 1:00pm

Programs Requiring Pre-Registration:

- **Canadian Connections**, November 13th at 12:00pm
- **Chronic Pain- Better Choices, Better Health**, Tuesdays at 1:00pm starting on October 13th
- **Seniors Mental Wellness**, Wednesdays at 1:00pm starting on October 14th

Registration opens October 1st until full. 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.



From music to memories, special guests, and planning for the future, we have two days of programs inspired by the last ten years of Seniors' Centre Without Walls and the people in our community.

To be part of the celebration, all you need is a phone. Everyone who joins a program on November 24 or 25 will be entered into a draw to win a prize!

Tuesday, November 24

- **9:30 am: Songs of Celebration**
- **11:00 am: 10 Years of SCWW**, with special guest Heather, the first coordinator who started it all
- **1:00 pm: Coffee Chat - Memory Lane**
- **3:00 pm: Planning Our Next 10 Years**, a special advisory group open to all

Wednesday, November 25

- **9:30 am: Last Decade Trivia Challenge**
- **11:00 am: Then to Now**, with special guest Gayle, our first program facilitator
- **1:00 pm: Stories Worth Celebrating**
- **3:00 pm: Exercise - Let's Dance**





Special Events

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

November 13



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 October 1st.
Call 780-395-2626 (press 1) to register.

October 7

Cancer Care Today

Hear from Dr. Li with the Alberta Senior Health Association, who will provide an overview of cancer care, highlighting the importance of prevention, screening, treatment options, and supportive care to help individuals better understand and navigate their cancer journey.

November 26

Impacts of Alberta Legislation

Join Star from the Fyrefly Institute for Gender and Sexual Diversity for an information session on current Alberta legislation and its impacts. Learn about Bills 25, 26, 27, 29, and 9, ask questions, and explore ways to support and strengthen your community.

November 10, 17

Isolation & Depression

Depression and social isolation touch many lives and can impact both mental and physical health. Join the Canadian Mental Health Association to explore practical strategies and resources that promote connection and well-being.

November 10

Lest We Forget

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

November 6

Life in Churchill

Catch up with Eric as he shares stories and experiences from another year living in Churchill, Manitoba. Hear about his adventures, daily life, and the unique moments that come with calling this incredible northern community home.

October 22

Money Mentors

Take charge of your finances with Money Mentors! Sheena, from Money Mentors, will share simple, practical budgeting tips to help you stretch your dollars, manage expenses, and work toward your financial goals.

November 20

Seniors Coordinating Council

The Edmonton Seniors Coordinating Council (ESCC) supports older adults through collaboration and community engagement. In this presentation, ESCC will share information about Hello Seniors and the Age Friendly Alliance, two initiatives that promote social connection and supportive communities.

November 30

Seniors & Technology

Technology is everywhere! Some find it a blessing while others dread having to interact with it. Join Pradeep with the Alberta Senior Health Association as she shares her passion for improving the lives of seniors through technology.

October 9

Sexuality Across the Lifespan

Diana from the Centre for Sexuality explores sexuality and sexual health, encourages reflection on personal attitudes and values, and addresses common questions and concerns.

October 23

Welcoming Visitors to Jasper

Kevin has worked with Parks Canada since 2002, welcoming visitors from across Canada and around the world. He will share frontline stories and insights into balancing visitor experiences with conservation in Jasper National Park.



Conversations

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

Throughout Series

Coffee Chat

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

November 2

Crystal Ball

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.

October 26

Death Café

Join us for an open, heartfelt conversation about life, death, and everything in between at a Death Café. It's a welcoming, non-judgemental space for real discussions on mortality.

October 21

Drop-In Time

November 18

December 23

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.

October 15

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.

December 17

Healthy Aging Conversation

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.

October 14, 27

In the Headlines

November 4, 12

An opportunity to explore and discuss relevant international news stories.

December 9

October 9, 22

Let's Talk About

November 23

An in-depth, guided discussion that dives into interesting and complex topics shaping our world today.

December 3, 16

October 19

Life Perspectives

November 9

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.

December 14

December 11

Melodies & Memories

Share the songs that hold a special place in your life and the memories, moments, and feelings connected to them. Take a trip down memory lane through music that has brought joy, comfort, or meaning over the years.

October 6

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.

October 27

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.

October 5

Program Preview

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

October 13

Readers' Corner

November 10

December 8

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

October 28

Screen Lovers

Share and discuss the movies and TV shows you've been enjoying or have loved over the years. Exchange recommendations, talk about memorable characters and storylines, and connect with others who share a passion for film and television.

December 1

Small Talk

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

October 29

Some Good News

November 18

December 23

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

December 22

Spirituality Space

A space for people of all faiths, beliefs, and spiritual backgrounds to share their experiences, reflect on what spirituality means in their lives, and engage in respectful, thoughtful conversation. Whether you follow a faith tradition, are exploring your beliefs, or simply wish to learn from others, all are welcome.

December 15

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.

December 2

What If

A lighthearted discussion that explores creative "what if?" questions and hypothetical scenarios. Enjoy thinking outside the box, sharing perspectives, and discovering how others might respond to the unexpected.



Health & Wellness

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

October 13, 20, 27

November 3, 10, 17



Chronic Pain- Better Choices, Better Health

Living with a long-term (chronic) health condition can be hard. Better Choices, Better Health is a workshop for adults who live with a chronic health condition. This workshop will provide you with self-management skills you can use to manage your chronic pain to enjoy a better quality of life.

Pre-registration required! Registration opens October 1st.
Call 780-395-2626 (press 1) to register.

October 9

November 20

December 11

Exercise- Chair Yoga

Chair yoga is low impact and helps to increase stability, flexibility, and strength, and includes relaxation and meditation. Join Janine, a SCWW Program Assistant, 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.

October 14

Exercise Q&A

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

October 15

November 19

December 17

For Your Body

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

- Blood Sugar
 - Seasonal Affective Disorder & Mental Health
 - Falls Prevention
-

October 6, 20

November 3, 17

December 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.

December 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.

October 20

November 17

December 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:

- Bone Health
 - Meal Planning for One
 - Get the Scoop on Protein
-

October 14, 21, 28

November 4, 18, 25

December 2, 9, 16



Seniors Mental Wellness

An eight-week program supporting older adults' emotional health through group conversation and learning, facilitated by Erica with Cornerstone Counselling. This group will cover topics like managing emotions, life changes, stress, relationships, and staying connected, while offering a supportive space to share and learn from others.

**Pre-registration required! Registration opens October 1st.
Call 780-395-2626 (press 1) to register.**

November 26

The Science of Isolation

A look at the science of isolation and how it can affect the mind, body, and overall well-being. Learn about the research behind human connection, loneliness, solitude, and the ways isolation can influence our health and behaviour.

October 15

November 19

December 17

Working Through Grief

Presented by Karen, a Social Worker from Lakeland PCN. Understanding the emotions involved in grief may help us see the light at the end of the tunnel.



October 22

Animal Spotlight

November 6

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

December 8

October 28

Canada's Landmarks

November 12

A look at Canada's most remarkable landmarks, from historic sites and architectural treasures to breathtaking natural wonders.

December 3

- Green Gables Heritage Place
 - Gordie Howe International Bridge
 - Wanuskewin Heritage Park
-

October 20

Cost of Living

November 4

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

December 23

December 16

EPL Presents!

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

October 14

November 4

December 15

Forensic Files

Take a fascinating look at how science helps uncover the truth behind real-life mysteries. From hidden clues to groundbreaking discoveries, each topic explores the methods and evidence that have revolutionized investigations and helped solve some of history's most puzzling cases.

- Fingerprinting
- Forensic Toxicology
- DNA Detectives

October 7

November 5

December 2

Global Events

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 event at a time.

October 29

November 20

December 22

History Of

The past is full of surprising stories. This program uncovers the history behind everyday life, timeless traditions, curious customs, and enduring legends, revealing how the past continues to influence the present.

- Witches
- Blue Jeans
- Winter Solstice

October 6

November 3

December 1

Listening Lab

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!

October 13

Lost History of Thanksgiving

Take a fresh look at Thanksgiving as we explore the history of the holiday and how it has evolved over time. Together, we'll discuss its origins, traditions, and the many ways it has been celebrated through the years.

December 29

Neuralink

Learn about *Neuralink*, a company developing brain-computer interface technology that connects the human brain with computers. See how this emerging technology works and its potential impact on healthcare, communication, and the future of innovation.

October 27

Next Stop

November 18

December 7

Ever heard of a UNESCO Global Geopark? These extraordinary places are recognized for their unique geology, landscapes, and connections to local history and culture. Discover three very different geoparks and the remarkable stories, natural wonders, and features that make each one unforgettable.

- Cliffs of Fundy
 - Waitaki Whitestone
 - Katla
-

October 6

Science Savvy

November 3

December 4

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.

October 16, 28

November 16, 30

December 9, 21

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.

- Marie Tharp
- The Tragically Hip
- Saroo Brierley
- Phyllis Latour
- Tommy Hunter
- Ed Broadbent

October 27

Three Cups of Tea

Three Cups of Tea is a book by Greg Mortenson that recounts his efforts to build schools, especially for girls, in remote areas of Pakistan and Afghanistan. While the book inspired global support for education, later controversies over inaccuracies in Mortenson's story and concerns about his charity's finances raised questions about accountability in humanitarian work.

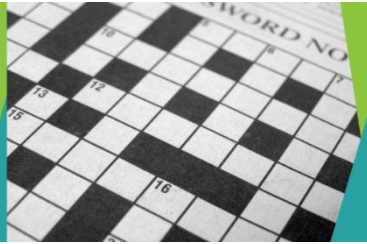
October 21

Who Why When

November 26

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

December 11



Just for Fun!

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

October 26

Broadway Musicals

November 23

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

December 21

October 5

Dinner Date

November 9

You bring the dinner; we bring the show.

December 14

Throughout Series

Games

- BINGO
 - Brain Games
 - Holiday Trivia
 - Jeopardy
 - Last Decade Trivia
 - Name That Tune
 - Wheel of Fortune
 - Year in Review
-

October 5, 19, 26

Hogfather

November 2, 9, 16, 23, 30

December 7, 14, 21

When the Hogfather, the Discworld's version of Santa Claus, mysteriously disappears just before a major holiday, it's up to an unlikely cast of characters to save the season. Filled with humour, fantasy, and memorable adventures, this audiobook recording of Terry Pratchett's *Hogfather* explores the power of belief, tradition, and the stories that help make us human. The final session will be dedicated to an in-depth discussion of the book.

December 8

Literary Reflections

Join us to explore and discuss short selections of classic literature, poetry, and song lyrics. Together, we will uncover themes, language, and deeper meanings through thoughtful conversation and shared reflection.

Throughout Series

Music

- All Request Music
 - Classical Music Hour
 - Famous Duets
 - Fusion
 - Halloween Howls
 - Holiday Favourites
 - Patriotic Songs
 - Showdown Tunes
 - Songs of Celebration
 - Songs of Faith
-

October 20

Mystery Chronicles

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

December 3

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.

October 8

Story Lines

November 3

December 2

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!

December 24

The Shepherd

Listen to SCWW's annual presentation of Frederick Forsyth's classic holiday story. On Christmas Eve, a lost RAF pilot is guided home through the dark skies by a ghostly World War II fighter, the shepherd who appears only to save him.

December 9

Vinyl Café

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

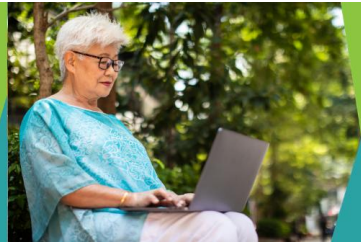
October 16, 30

Writing For Fun

November 13, 27

December 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#

October 13

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.

Thursdays

Gratitude

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

October 21

Mindfulness

November 17

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

December 16

Music Meditation

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

December 1

Recipe Club

Call in and share your love of food! Connect with fellow cooks and bakers to swap recipes, tips, and ideas.
