



**Please choose one of the following options to join a program:**

1) To join by **phone**, call: **1-855-703-8985** when prompted, enter Meeting ID: **225-573-6467#**

*Press # if asked for any further numbers.*

2) Join electronically through the following link: <https://zoom.us/j/2255736467>

***No video will be used.***

3) Contact Program Staff if you are unable to follow these options.

**Program Staff:** Please leave a message with your name and phone number.

**Gayle: 780-395-2643**

**Janine: 780-395-2628**

**Jamie or 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 allowed.

## **Programming Descriptions**

**Note: Program names in red require pre-registration. Please contact program staff to register.**

**Confront the Discomfort:** The Canadian Mental Health Association will present this 6 week course that will look into how to identify and manage anxiety. **Pre-registration is required.**

**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. In order to facilitate trust with the other participants we do ask that folks attend as much as possible the full 8 week program. **Pre-registration is required.**

**Birding in Winter:** Join Denis Lavelle Jr. as he takes you through photographs he has taken during his winter birding. **Pre-registration is required by Nov. 30.**

## **For Fun**

**Across the Miles:** Join other SCWW participants from all over North America for discussions. Try our national version, **Canadian Connections**

**All Request Music:** Call in with a request and share a favourite song of any genre (30 minutes).

**Coffee Chats:** Opportunity for informal conversation with other participants, with no set topic.

**Concerts at Home:** 30 minutes of exploration of music of all kinds, special offering in December of the Nutcracker Ballet in 3 parts.

**Elder Wisdom Stories:** Join us for the #ElderWisdomStories from the Green Bench where seniors from across Eastern Ontario share their life stories.

**Let's Talk About ...:** A structured conversation group focused around a topic chosen by the program's facilitator.

**Live Christmas Music:** Join local violinist Adam Pappas for some holiday tunes.

**Morning Motivation:** For those of us who need a "little extra" in the morning to get our day started on the right note.

**Old Time Radio Drama:** Here you will find some of the most popular radio programs of the 1930s, 1940s and 1950s.

**Quiz of the Year:** How well do you remember the major pop culture, news and innovations of 2021? A fun way to say goodbye to the year.

**Read Aloud Short Stories:** This series includes: Legends of Sleepy Hollow, Sadako and the 1,000 cranes, The Christmas Box, and The Shepard.

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

**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.

**Super Sleuths:** Come enjoy short mystery stories designed and try your hand at finding the clues and solving the mystery.

## **For Wellness**

**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.** Monday & Friday will focus on the Home Exercise Support Program and Wednesday will be exercises chosen by an Exercise Specialist.

**Dementia & Alzheimer's:** Presenters from the Alzheimer Society will discuss different types of dementia, coping strategies, and what signs to watch for.

**Gratitude Group:** Developing an "attitude of gratitude" takes practice. Join us for 30 minutes to start your day off on a positive note! Call-in only.

**Healthy Eating Over the Holidays:** Listen to some timely ideas when our Dietician is here to talk about managing all that food over the holidays.

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

**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

**Vision & Falls Prevention with an Optometrist:** Optometrist Dr. Jennifer Ash will speak about your vision health & preventing falls by caring for your eyes.

## **For Discovery & Learning**

**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.

**Appreciating Crows:** Do you think of crows as bothersome pests? Find out more about these highly intelligent birds.

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

**Biographies:** Queen Elizabeth I and Wallis Simpson, two “royal women” who share another commonality. Each created a scandal in her day!

**Composting in 2021:** Introduction to backyard composting with various tips and tricks, plus a breakdown of Edmonton’s new waste management program, including composting.

**Did You Know with EPL:** Ben from the Edmonton Public Library will be sharing information and conversation around Musical Memories, Phone Scams and Christmas Food Traditions.

**French Conversation Practice:** An opportunity for beginner and moderate French speakers to practice their skills and learn useful phrases and vocab.

**History of Sport:** Join us for entertaining discussions of the histories of Major League Baseball, College Football, and Women’s Hockey.

**Holodomor Remembrance:** Holodomor is the genocide in Soviet Ukraine in 1932-1933. Millions of Ukrainians died due to government-created famine.

**In the Headlines:** 30 minutes every week to explore a relevant news story and discuss as a group.

**Intro to Psychology:** This 3 part program will give you a brief introduction to the emergence of Psychology, Psychology before, during & after Freud as well as some basic Psychological theories.

**JFK Fact vs. Fiction:** John Kennedy was the first “celebrity” president, but how much of what we remember about him is just a finely crafted image?

**Plastics & the Reality of Recycling:** Join us for a discussion about plastics and the impact they are having on our world and how we can help.

**Podcast of the Week:** Specially picked out by SCWW staff, find out fascinating and unique stories during these one-hour sessions on just about anything.

**Richard’s Maritime History:** Richard shares fascinating stories about various events and people from across Nova Scotia and the Maritimes.

**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.

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

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

**The Beatles:** Enjoy this 4-part series on the Fab Four—their history, their lives, the behind-the-scenes drama and, of course, their MUSIC!

**Understanding Whales:** We understand very little about whales, but scientists are learning more about their senses, their lives, and their relationships.

# OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> 11am: Home Exercise <b>2:30pm Parents of Estranged Children</b>	<b>5</b> 11am: Beyond Meditation	<b>6</b> 11am: Jeopardy 3pm: Home Exercise	<b>7</b> 11am: Small Town Canada <b>2:30- 4pm: Confront the Discomfort</b>	<b>8</b> 11am: Home Exercise 1pm: Amazing Elders Theatre Performance with Darrin Hagen
<b>11</b> <b>THANKS-GIVING</b>	<b>12</b> 11am: Relaxation 1pm: French Conversation Practice 3pm: Musical Memories with EPL 4:30pm: Old Time Radio Drama	<b>13</b> 10am: In the Headlines 11am: Let's talk about ... 1pm: Podcast of the Week 3pm: Home Exercise	<b>14 NO MORNING PROGRAMS</b> 1pm: History of Major League Baseball & World Series <b>2:30- 4pm: Confront the Discomfort</b>	<b>15</b> 10am: Concerts at Home 11am: Home Exercise 1pm: Amazing Elders UofA Heart & Stroke Team 3pm: Name that Tune
<b>18</b> 10am: Morning Motivation 11am: Home Exercise 1pm: Writing for Fun <b>2:30pm Parents of Estranged Children</b> 3pm: Podcast of the Week	<b>19</b> 11am: Beyond Meditation 1pm: Reader's Corner 3pm: Let's talk about ...	<b>20</b> 10am: In the Headlines 11am: Richard's Maritime History 1pm: Trivia 3pm: Home Exercise	<b>21</b> 9am: Gratitude 11am: 2021 Nobel Prizes 1pm: Appreciating Crows <b>2:30- 4pm: Confront the Discomfort</b> 3pm: Working through Grief	<b>22</b> 10am: All Request Music 11am: Home Exercise 1pm: Amazing Elders—Media Literacy & Fake News 3pm: Wordplay
<b>25</b> 10am: Morning Motivation 11am: Home Exercise 1pm: Legends of Sleepy Hollow—Read Aloud <b>2:30pm Parents of Estranged Children</b> 3pm: Coffee Chats	<b>26</b> 11am: Relaxation 1pm: Legends of Sleepy Hollow—Read Aloud 3pm: The Beatles: The Early Days 4:30pm: History of Haiti	<b>27</b> 10am: In the Headlines 11am: Composting in 2021 1:30pm: Across the Miles 3pm: Home Exercise	<b>28</b> 9am: Gratitude 11am: Storyteller 1pm: Armchair Travels <b>2:30- 4pm: Confront the Discomfort</b>	<b>29</b> 10am: Concerts at Home 11am: Home Exercise 1pm: Amazing Elders 3pm: BINGO

# NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10am: Motivation 11am: Home Exercise 1pm: Writing for Fun <b>2:30pm Parents of Estranged Children</b> 3pm: Jeopardy	<b>2</b> 11am: Beyond Meditation 1pm: Podcast of the Week 3pm: The Beatles: The Touring Years	<b>3</b> 10am: In the Headlines 11am: Plastics & The Reality of Recycling 1pm: History of College Football 3pm: Home Exercise	<b>4</b> 9am: Gratitude 11am: Small Town Canada 1pm: Let's talk about ... <b>2:30- 4pm: Confront the Discomfort</b>	<b>5</b> 10am: Elder Wisdom Stories 11am: Home Exercise 1pm: Amazing Elders 3pm: Trivia
<b>8</b> 10am: Motivation 11am: Home Exercise 1pm: Truth & Reconciliation - Where are we now? <b>2:30pm Parents of Estranged Children</b> 3pm: Podcast of the Week	<b>9</b> 11am: Relaxation 1pm: French Conversation Practice 3pm: The Beatles: The Studio Years 4:30pm: Let's talk about ...	<b>10</b> 10am: In the Headlines 11am: Sadako & the 1,000 Cranes - Read Aloud 1pm: Sadako & 1,000 Cranes - Read Aloud 3pm: Home Exercise	<b>11</b> <b>REMEMBRANCE DAY</b>	<b>12</b> 10am: Concerts at Home 11am: Home Exercise 1pm: Amazing Elders 3pm: Vision & Falls Prevention with Optometrist
<b>15</b> 10am: Morning Motivation 11am: Home Exercise 1pm: Writing for Fun <b>2:30pm Parents of Estranged Children</b> 3pm: Holodomor Remembrance	<b>16</b> 11am: Beyond Meditation 1pm: Reader's Corner 3pm: The Beatles: After the Breakup	<b>17</b> 10am: In the Headlines 11am: Richard's Maritime History 1pm: Let's talk about ... 3pm: Home Exercise	<b>18</b> NO MORNING PROGRAMS 1pm: Understanding Whales <b>2:30- 4pm: Confront the Discomfort</b> 3pm: Working Through Grief	<b>19</b> 10am: Elder Wisdom Stories 11am: Home Exercise 1pm: Amazing Elders 3pm: Phone Scams with EPL
<b>22</b> 10am: Monday Motivation 11am: Home Exercise 1pm: Family Feud 3pm: JFK Fact vs Fiction	<b>23</b> 11am: Relaxation 1pm: Podcast of Week 3pm: The Emergence of Psychology 4:30pm: Name that Tune	<b>24</b> 10am: In the Headlines 11am: Advisory Group 1pm: Super Sleuths 3pm: Home Exercise	<b>25</b> 9am: Gratitude 11am: The Storyteller 1pm: Armchair Travels 3pm: Coffee Chats	<b>26</b> 10am: Concerts at Home 11am: Home Exercise 1pm: Amazing Elders 3pm: BINGO



# DECEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>NOV 29</b>	<b>10am:</b> Morning Motivation <b>11am:</b> Home Exercise <b>1pm:</b> Writing for Fun <b>3pm:</b> History of Women's Hockey	<b>NOV 30</b> <b>11am:</b> Beyond Meditation <b>1pm:</b> Jeopardy <b>3pm:</b> Psych & Freud	<b>1 10am:</b> Headlines <b>11am:</b> Podcast of the Week <b>1pm:</b> Award Winning Movie Themes <b>3pm:</b> Home Exercise	<b>2 9am:</b> Gratitude <b>11am:</b> Small Town Canada <b>1pm:</b> Let's talk about ... <b>3pm:</b> Dementia & Alzheimer's	<b>3</b> <b>10am:</b> Exploring Spoken Word <b>11am:</b> Home Exercise <b>1pm:</b> Amazing Elders <b>3pm:</b> Trivia
<b>6</b>	<b>10am:</b> Morning Motivation <b>11am:</b> Home Exercise <b>1pm:</b> Podcast of Week <b>3pm:</b> The Letters of Wallis Simpson	<b>7</b> <b>11am:</b> Relaxation <b>1pm:</b> <b>Winter Birding</b> <b>3pm:</b> Psychological Theory	<b>8</b> <b>10am:</b> In the Headlines <b>11am:</b> Let's talk about ... <b>1pm:</b> Healthy Eating over the Holidays <b>3pm:</b> Home Exercise	<p style="text-align: center;"><b>NO PROGRAMS</b></p>	<b>10 10am:</b> Concerts at Home <b>11am:</b> Home Exercise <b>12:30pm</b> Canadian Connections <b>3pm:</b> Name that Tune
<b>13</b>	<b>10am:</b> Morning Motivation <b>11am:</b> Home Exercise <b>1pm:</b> Writing for Fun <b>3pm:</b> Vinyl Café Christmas Stories	<b>14 11am:</b> Beyond Meditation <b>1pm:</b> French Conversation Practice <b>3pm:</b> Winter Solstice <b>4:30pm:</b> Nutcracker	<b>15 10am:</b> Headlines <b>11am:</b> Richard's Maritime History <b>1pm:</b> Christmas Food Traditions with EPL <b>3pm:</b> Home Exercise <b>4:30pm:</b> Nutcracker	<b>16 9am:</b> Gratitude <b>11am:</b> Wordplay <b>1pm:</b> Let's talk about ... <b>3pm:</b> Biography of Elizabeth I <b>4:30pm:</b> Nutcracker	<b>17</b> <b>10am:</b> Dave on the Roof <b>11am:</b> Exercise <b>1pm:</b> Amazing Elders <b>3pm:</b> BINGO
<b>20</b>	<b>10am:</b> Morning Motivation <b>11am:</b> Home Exercise <b>1pm:</b> Live Christmas Violin with Adam Pappas <b>3pm:</b> The Christmas Box - Read Aloud	<b>21</b> <b>11am:</b> Relaxation <b>1pm:</b> Reader's Corner <b>3pm:</b> The Christmas Box - Read Aloud	<b>22</b> <b>10am:</b> In the Headlines <b>11am:</b> Podcast of Week <b>1pm:</b> Coffee Chats <b>3pm:</b> Home Exercise	<b>23</b> <b>9am:</b> Gratitude <b>11am:</b> The Storyteller <b>1pm:</b> Armchair Travel <b>3pm:</b> Working Through Grief	<b>24</b> <b>10am:</b> Concerts at Home <b>11am:</b> The Shepard
<b>27/28</b>	<b>NO PROGRAMS</b>		<b>29 10am:</b> In the Headlines <b>3pm:</b> Home Exercise	<b>30 9am:</b> Gratitude <b>3pm:</b> Podcast of Week	<b>31</b> <b>11am:</b> Quiz of the Year