

Program Highlights

Making Sense of the News: This University of Alberta course will help learners develop their critical thinking skills to better identify reliable information in news reports and to become better informed about the world in which we live. The course will discuss the key elements of journalism from the viewpoint of the news audience.

Conversations That Matter: Sometimes it can be hard to get a conversation started, and even harder to keep the conversation going! Learn communication tools to create meaningful relationships and friendships. The Canadian Mental Health Association will present this 6 week course. **Pre-registration is required.**

Sleep for Listeners: This presentation will provide a basic overview of environmental aspects that affect sleep. Our main focus will be on understanding how sound can interfere with sleep and how it can be controlled to promote sleep. There will be lots of time for discussion and sharing ideas after the talk.



SENIORS' CENTRE
WITHOUT WALLS

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.](https://zoom.us/j/2255736467)**

No video will be used.

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

Program Staff:

Heather: 780-395-2626

Gayle: 780-395-2643

Elizabeth: 780-395-2628






Please leave a message with your name and phone number.

Please note that if a program name is in red, pre-registration is required and will have a different Meeting ID. Please contact program staff to register.

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.


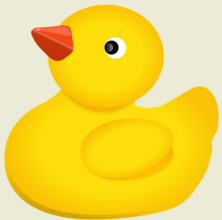
A P R I L

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Support Group for Parents of Estranged Children to assist folks with difficult familial relationships and facilitate a sense of belonging as participants share their experiences. The focus of the group is a curriculum that is based on personal healing in order to foster healthier relationships.</p>			<p>1 </p>	<p>2 GOOD FRIDAY</p>
<p>5 </p>	<p>6 </p>	<p>7 </p>	<p>8 </p>	<p>9 1pm: Amazing Elders</p>
<p>12 11am: Exercise 1pm: Conversations with Carol 3pm: Did You Know</p>	<p>13 11am: Beyond Meditation 1pm: News & Views 3pm: Jeopardy</p>	<p>14 11am: Library Update 1pm: French Conversation Practice 2:30pm: Parents of Estranged Children 3pm: Exercise</p>	<p>15 9am: Gratitude 11am: The Storyteller 3pm: Old Hollywood</p>	<p>16 11am: Coffee Chat 1pm: Amazing Elders 3pm: Word Play</p>
<p>19 11am: Exercise 1pm: Writing for Fun 3pm: Fact or Fiction</p>	<p>20 11am: Relaxation 1pm: Readers' Corner 3pm: Working Through Grief</p>	<p>21 11am: Frank Slide Museum 1pm: Beginner French 2:30pm: Parents of Estranged Children 3pm: Exercise</p>	<p>22 9am: Gratitude 11am: Earth Day Celebration 3pm: Family Feud</p>	<p>23 11am: Small Towns Canada 1pm: Amazing Elders 3pm: Hymn Sing</p>
<p>26 11am: Exercise 1pm: Conversations with Carol 3pm: Armchair Travels</p>	<p>27 11am: Relaxation 1pm: Read Aloud Short Story 3pm: Break the Ice</p>	<p>28 11am: Nutrition for Health 1:30pm: Across the Miles 2:30pm: Parents of Estranged Children 3pm: Exercise</p>	<p>29 9am: Gratitude 11am: Did You Know 3pm: The Art of Conversation</p>	<p>30 11am: Coffee Chat 1pm: Amazing Elders 3pm: BINGO</p>

MAY

	Monday	Tuesday	Wednesday	Thursday	Friday
3	11am: Exercise 1pm: Writing for Fun 3pm: Violin Music with Adam Pappas	4 11am: Relaxation 1pm: News and Views 3pm: Living with Sight Loss	5 11am: Coffee Chat 1pm: French Conversation Practice 2:30pm: Parents of Estranged Children 3pm: Exercise	6 9am: Gratitude 11am: Sleep for Listeners 3pm: Small Towns Canada	7 11am: Mountains 101 1pm: Amazing Elders 3pm: Name That Tune
10	11am: Exercise 1pm: Conversations with Carol 3pm: Pelvic Health	11 11am: Beyond Meditation 1pm: Alberta Seniors Benefits 3pm: Making Sense of the News	12 11am: Did You Know? 1pm: SCWW Advisory 2:30pm: Parents of Estranged Children 3pm: Exercise	13 9am: Gratitude 11am: Coffee Chat 3pm: Old Hollywood	14 11am: Mountains 101 1pm: Amazing Elders 3pm: Riddle Me This
17	11am: Exercise 1pm: Writing for Fun 3pm: Coffee Chat	18 11am: Relaxation 1pm: Readers' Corner 3pm: Working Through Grief	19 11am: Super Sleuths 1pm: Beginner French 2:30pm: Parents of Estranged Children 3pm: Exercise	20 9am: Gratitude 11am: The Storyteller 2:30pm: Conversations That Matter 3pm: Hymn Sing	21 1pm: Amazing Elders 3pm: Family Feud
24	VICTORIA DAY	25 11am: Relaxation 1pm: Making Sense of the News 3pm: Geriactors Theatre	26 11am: Richard's Maritime History 1pm: Nutrition for Health 2:30pm: Parents of Estranged Children 3pm: Exercise	27 9am: Gratitude 11am: Coffee Chat 2:30pm: Conversations That Matter 3pm: Did You Know?	28 11am: Mountains 101 1pm: Amazing Elders 3pm: BINGO
31	11am: Exercise 1pm: Conversations with Carol 3pm: Armchair Travels	Mountains 101: Explore the mountain world, focusing on the physical, biological, and human dimensions of mountain places in Alberta, Canada, and around the world. Through this multi-session University of Alberta course, we'll learn how mountains are used, how they're protected, and how today they're experiencing rapid change in a warming climate.			

JUNE

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 11am: Beyond Meditation 1pm: News and Views 3pm: Suicide Prevention	2 11am: Coffee Chat 1pm: French Conversation Practice 2:30pm: Parents of Estranged Children 3pm: Exercise	3 9am: Gratitude 11am: Jeopardy 2:30pm: Conversations That Matter 3pm: Just for Laughs	4 11am: Mountains 101 1pm: Amazing Elders 3pm: Name That Tune
7	11am: Exercise 1pm: Writing for Fun 3pm: Did You Know	8 11am: Beyond Meditation 1pm: Read Aloud Short Story 3pm: Making Sense of the News	9 11am: Coffee Chat 1pm: Music Appreciation 2:30pm: Parents of Estranged Children 3pm: Exercise	10 9am: Gratitude 11am: Old Hollywood 2:30pm: Conversations That Matter 3pm: Hobby Talk	11 11am: Shared Mic Podcast 1pm: Edmonton Trash Talk 3pm: Word Play
14	11am: Exercise 1pm: Conversations with Carol 3pm: Medications for Heart Health	15 11am: Relaxation 1pm: Readers' Corner 3pm: Working Through Grief	16 11am: Would I Lie to You? 1pm: Beginner French 2:30pm: Parents of Estranged Children 3pm: Exercise	17 9am: Gratitude 11am: The Storyteller 2:30pm: Conversations That Matter 3pm: Hymn Sing	18 1pm: Small Town Canada 3pm: Family Feud
21	11am: Exercise 1pm: Writing for Fun 3pm: Armchair Travels	22 11am: Relaxation 12:30pm: Canadian Connections 3pm: Making Sense of the News	23 11am: Coffee Chat 1pm: Nutrition for Health 3pm: Exercise 5pm: Live Jazz Music - Seven Deadly Syncopaters	24 9am: Gratitude 11am: Richard's Maritime History 2:30pm: Conversations That Matter 3pm: Read Aloud Story	25 11am: Chicken Soup for the Soul 1pm: Did You Know? 3pm: BINGO
28		29		30	
Would I Lie to You?: Based on the British panel show, teams compete as each player reveals an unusual fact or personal tale, some are true; some are not, and it is the other team's task to decide which is which.					