








SENIORS' CENTRE
WITHOUT WALLS

PROGRAM GUIDE

April-June 2025



Table of Contents

General Information	1
Meet The Team!	2
Programs Requiring Pre-Registration	2
Community Etiquette	3
 Special Events	4-5
 Conversations	6-8
 Health & Wellness	9-11
 Learn & Discover	12-14
 Just for Fun!	15-18



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

Video will not be used for any SCWW programs.

Meet the Team!



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Hello From Us!

Welcome! As winter slowly fades, we reflect on its stillness and the rest it offered. The cold encouraged patience and cozy moments, but now, spring brings the promise of renewal. It reminds us that after even the longest winters, growth begins again. Change is natural, and each season has its purpose. We're grateful to have you with us through these transitions and look forward to many meaningful discussions ahead.

If you're looking for a fresh challenge this spring, why not try out our new program, Wellness BINGO! It's a simple, engaging way to build healthy habits and take care of yourself—one small step at a time. Mark off activities like drinking more water, de-cluttering, or practicing gratitude, and see how many you can complete! You deserve to feel your best, so why not make it a game? Let's go for that BINGO!

Join us for the Program Preview!

Tuesday, April 1st @ 1:00pm

Programs That Require Pre-Registration

- **Building Better Boundaries**, facilitated by the Canadian Mental Health Association. Tuesdays at 1:00pm on April 15th and 22nd.
- **Canadian Connections**, in collaboration with other seniors' groups across the country, April 11th at 12:00 noon.
- **Finding Your Joy**, facilitated by Cornerstone Counselling. Wednesdays at 1:00pm starting on April 9th.

Spots are limited! Pre-registration opens on April 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.



Special Events

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

April 9

Ask Us

May 26

Ever wonder about the amazing, and interesting lives of others? Join this program as we interview interesting people in our communities.

- **Tessa:** Pharmacist and manager at Edmonton Southside PCN
- **Emily:** Musician and Instrumental Conductor

April 16

Birds in Alberta

Patti is back to share all about the birds we have here in Alberta, on behalf of the Boreal Center for Bird Conservation, operated by Alberta Parks and the Lesser Slave Lake Bird Observatory.

April 11

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

June 18

EPL Presents!

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

April 28

Glaciers & The Icefields

Jasper is home to the largest glaciers in the Canadian Rockies, feeding three major watersheds that impact millions downstream. Join Kevin to learn how Parks Canada protects these areas, the research being done, and how you can support the International Year of Glacier Preservation in 2025!

June 5

Health Advocates

Join the Office of the Alberta Health Advocates for valuable insights on self-advocacy in healthcare, including the long-term benefits, common barriers for older adults, and practical strategies to enhance communication and support strong self-advocacy.

May 14

Provincial Archives of AB

Explore how the Provincial Archives of Alberta acquire, preserve, and share historic records. Learn about their collections, access for research, and the importance of record donations. Discover how you can contribute to Alberta's history.

April 1

May 6

June 3



Wellness BINGO

BINGO! Wellness bingo blends traditional bingo with exercise, encouraging movement, and social connections. It aims to enhance physical, mental, and emotional well-being.



Conversations

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

April 3

Ageism Roundtable

May 1

Ageism involves stereotypes (thoughts), prejudice (feelings), and discrimination (actions) based on age. Join our virtual conversation cafes, created by the Edmonton Seniors' Coordinating Council/Edmonton Age Friendly Alliance, to share your experiences with ageism and discuss ways to address it.

June 5

April 11, 15, 24, 28

Coffee Chat

May 8, 14, 20, 30

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

June 2, 13, 17, 25

May 27

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-judgmental space for real discussions on mortality.

June 18

Dig It! Gardening Club

Join our group to discuss gardening, ask questions, connect with fellow members about plants, and share both your successes and challenges along your gardening journey.

April 4, 23

In the Headlines

May 2, 21

An opportunity to explore and discuss relevant international news stories.

June 4, 19

April 2, 17, 30

May 9, 15, 28

June 6

Let's Talk About

A structured conversation about larger social or political topics; the subjects vary, based on what is happening around the world.

April 21

May 12

June 9

Now and Then

Discuss, reminiscence and share your thoughts, opinions, and experiences past and present on the following topics:

- Communication
 - Entertainment
 - Travel
-

April 7

May 5

June 2

Ponder This

Discuss, reminisce, and share your thoughts and experiences on fun, lighthearted topics and prompts provided by the program assistants.

April 1

Program Preview

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

April 8

May 13

June 10

Readers' Corner

A time for book lovers to talk about the books they have been reading or listening to, and to get recommendations from others.

May 22

SCWW Advisory Group

This is your opportunity to give us your opinions about our program and share suggestions for planning future programs. Your help will be greatly appreciated!

April 29

Some Good News

May 26

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

June 30

April 14

The Big Picture

May 12

Presented by SCWW Program Assistants. Join in on open discussions about the big things in life, like the meaning of it all.

June 9

April 10

Worldviews

May 29

A worldview is a collection of attitudes, values, stories, and expectations about the world around us, which inform our every thought and action. Join to discuss differing world views and their impacts.

June 16

April 2

Would You Rather?

May 1

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.



Health & Wellness

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

April 15, 22

Building Better Boundaries

Presented by the Canadian Mental Health Association, Building Better Boundaries focuses on learning to set and communicate boundaries. This series covers the types of boundaries, their importance, and provides practice to enhance your overall wellness.

Pre-registration required! Registration opens April 1st. Call 780-395-2626 (press 1) to register. Space is limited.

April 11

Exercise Chair Yoga

May 9

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.

June 13

**Mondays,
Wednesdays & Fridays**

Exercise

Shared presentation with Exercise Specialists from Edmonton Southside PCN. Get moving and grooving as we guide you through the Home Support Exercise Program from the Centre for Active Living.

May 23

Exercise Q&A

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

April 9, 16, 30
(No session on April 23)

May 7, 14, 21, 28

June 4, 11

Finding Your Joy

Facilitated by Kerry, from Cornerstone Counselling. This is a support group for those looking to find joy and meaning in their lives. The program will support and provide practices that you can use to foster joy and meaning in relationships with others and yourself.

Pre-registration required! Registration opens April 1st. Call 780-395-2626 (press 1) to register. Space is limited.

April 17

May 15

June 19

For Your Body

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

- Brain Health
 - Strokes
 - All About Allergies
-

Thursdays

Gratitude

Developing an 'attitude of gratitude' takes practice. Join us as we share personal gratitude in our lives.

April 1, 15

May 6, 20

June 3, 17

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.

April 22

Mindfulness

Join in on a guided meditation and discussion about differing ideas surrounding mindfulness and self-compassion.

April 8

Mindfulness with Carol

May 13

Join Carol, for a guided meditation and discussion about differing ideas surrounding mindfulness and self-compassion.

June 10

April 14

Music Meditation

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

April 15

Nutrition For Health

May 20

Presented by Joanne and Annika, 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:

June 17

- Heart Healthy Eating
 - Essential Micronutrients
 - Gentle Nutrition
-

April 17

Working Through Grief

May 15

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.

June 19



Learn & Discover

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

April 16

Animal Spotlight

May 21

Enjoy and learn as we talk about some of the amazing animals that share our world.

May 7

Armchair Travels

An opportunity to hear from Karoline all about her recent adventures in the Netherlands.

April 30

Canadian Resources

May 29

Our country’s natural resources, including petroleum, coal, iron ore, potash, timber, and fish, are vital to the economy. Explore their key role in creating jobs, growth, and prosperity for Canadians.

June 3

Celebrate Seniors

Happy Seniors’ Week! This celebration has been acknowledged since 1986 to celebrate and recognize the contributions seniors make to enhance the quality of life in Alberta.

April 2

Crime and Justice

May 5

Experience some mind-bending true crime cases from all sides — the crime, the courtroom, the professionals and people involved.

June 4

April 22

Earth Day

“Our Power, Our Planet” is the theme for Earth Day this year, a global movement for climate action. Learn about recent research and initiatives happening around the world.

May 23

From John to Justin

Our 20th prime minister of Canada, Jean Chrétien served from 1993 to 2003. Hear about his life and legacy as a politician, statesman, and lawyer.

April 23

Global Events

May 22

There is a lot going on in the world so join us for a chance to dive into one issue at a time.

June 26

April 10

History Of...

May 1

Join to learn the complex history of the following:

June 5

- Mental Health
 - Open Heart Surgery
 - Polio Vaccine
-

April 11

How It's Made

May 13, 27

Inspired by the TV show, we will dive into the processes and materials that go into the creation of everyday items.

June 18

April 29

Misinformation

May 27

We live in the age of information. With the rise of information comes the rise of misinformation. This 3-part program includes what misinformation is, how to recognize it and how to combat it.

April 7

May 8, 21

June 13

Next Stop

All aboard as we travel to destinations around the world. We take time to learn the culture and landmarks of various places and share personal experiences of our travels. Topics this series include:

- Las Vegas
 - Beijing
 - Halifax
 - Budapest
-

April 3

May 2

June 10

Science Savvy

This program is for all the scientifically minded folks out there, who are curious about the wonders of the world and the ways the world works.

April 9, 24, 29

May 16, 28

June 11

Such Fascinating People

People, old and young have accomplished amazing things in their lives. Some are quite famous while others are virtually unknown. In this series we will highlight:

- Artist: Alex Janvier
 - Scientist: Roberta Bondar
 - Musician: Randy Travis
 - Politician: Wab Kinew
 - Comedian: Brent Butt
 - Entrepreneur: Elizabeth Arden
-

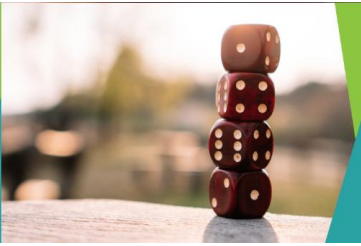
April 21

May 7

June 16

Who Why When

An assortment of unusual and interesting stories of events.



Just for Fun!

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

April 10

Broadway Musicals

May 1, 29

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

May 28

Chicken Soup for the Soul

Chicken Soup for the Soul has gathered some great stories of mishaps and misadventures of everyday life and celebrates humanity's ability to laugh at itself. So, prepare for lots of good, clean (and not so clean) fun.

April 24

Dinner Theatre

May 15

You bring the dinner; we bring the show.

May 6

Funny Bone

June 11

Laughter is the best medicine. Join us to get your dose of humour.

Throughout Series

Games

- BINGO
 - Brain Games
 - Finish the Phrase
 - Jeopardy
 - Name that Tune
 - Person, Place or Thing
 - Riddles
 - Trivia
 - Wheel of Fortune
 - Word Games
-

May 29

Hello From Alberta

Join us to respond as a group to letters from Saskatchewan SCWW participants as we both learn more about each other and the provinces where we live.

Mondays

Marley & Me

A book written by journalist John Grogan, about the yellow Labrador Retriever named Marley who made a huge impact on his family. This book tells the tale of a mischievous pup who grows into a loveable family member, and the grief that comes with losing a cherished pet.

Throughout Series

Music

- All Request Music
- Argentinian Music
- Classical Music
- Female Artists
- Folk Music
- Indigenous Artists
- Indie Music
- Jewish Melodies
- Songs of Faith
- 90's Pop Music

April 9

Mystery Chronicles

May 14

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

June 11

June 4

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.

April 16

Short Stories

This program offers short stories, read or listened to, along with discussion.

April 22

Story Lines (Group Writing)

May 7

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!

June 23

April 30

Vinyl Café

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

April 4, 25

Writing For Fun

May 9, 23

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

June 6, 20
