






SENIORS' CENTRE
WITHOUT WALLS

PROGRAM GUIDE

October - December 2024



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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

Video will not be used for any SCWW programs.

Meet the Team!



Alyssa
Program Assistant
780-239-8427



Elizabeth
Program Assistant
780-238-9612



Janine
Program Assistant
780-231-4393



Karoline
Community Liaison
780-395-2624

Hello From Us!

Welcome to our winter program! SCWW is dedicated to bringing joy, warmth, and inspiration to seniors during the cozy seasons ahead.

Our focus extends beyond just the events; it's about fostering a close-knit community. By working together, we want to create bonds that go beyond the "walls" of our program.

So, gear up to embrace the adventurous spirit of fall and winter, unleash your imagination, and have a blast! Let's work together as we set off on a journey of fun and discovery. Welcome to the festive season ahead!

Join us for the Program Preview!

Tuesday, October 1st at 1pm

Programs That Require Pre-Registration

- **Canadian Connections**, in partnership with Seniors Groups across Canada at 12:00 pm on Friday, November 8th.
- **Finding Your Joy**, facilitated by Cornerstone Counselling. Wednesdays at 1:00 pm starting on October 23rd.

Spots are limited! Pre-registration opens on October 1st, 2024
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#**

October 16

EPL Presents!

November 20

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

December 18

November 27

Exercise

Presentation with an Exercise Specialist from Edmonton Southside PCN. Get moving and grooving as we guide you through the Home Support Exercise Program from the Centre for Active Living. There will be time to ask any questions about exercise and hear from the presenter.

October 23, 30

Finding Your Joy

November 6, 13, 20, 27

December 4, 11, 18

Facilitated by Kerry with Cornerstone Counselling. A support group for those looking to find joy and meaning in their lives. This program will support and guide practices that you can do to foster joy and meaning with others and yourself.

[Pre-registration opens on October 1st. Limited spots. Call 780-395-2626 \(press 1\) to register.](#)

November 8

Lest We Forget

Join us for a Remembrance Day ceremony to honour our veterans. Retired Corporal Dave Smith from the Memory Project will join us to share his experiences and perspectives. He is an infantry veteran with many injuries, both physical and emotional. He has overcome many physical hardships and emotionally dramatic events, but he keeps persevering to make life positive.

October 8

Mindfulness with Carol

November 12

December 10

Presented by Carol, guest facilitator and retired Social Worker. After introducing the ideas of mindfulness and self-compassion she will lead discussions on how these concepts translate into daily life. Each program will begin with a relevant thought, poem, or quotation to focus on the discussion.

November 28

Safety with EPS

Hear from Anne, an EPS constable, with tips on how to boost your personal safety.

November 12

Sexuality 101

Diana Wark from the Centre for Sexuality in Calgary will join us to discuss sexuality and to answer your questions on the topic.



Conversations

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

November 8

Canadian Connections

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

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

October 2, 11, 16, 25, 31

Coffee Chat

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

November 7, 12, 21, 25

December 3, 9, 19, 23, 30

October 11, 24, 28

In the Headlines

An opportunity to explore and discuss relevant international news stories.

November 13, 27

December 12, 20

October 9, 22, 29

Let's Talk About

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

November 8, 20

December 6, 18

October 7

Nostalgia Moment

Get nostalgic and join in on discussions about entertainment, events, items, and memorable moments from the past.

November 4

December 2

- Canadian Air Farce
- Cartoons
- News Anchors

October 21	Ponder This Discuss, reminisce, and share your thoughts and experiences on fun, lighthearted topics and prompts provided by the program assistants.
November 18	
December 16	
October 8	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.
November 26	
December 10	
November 5	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!
October 23	Some Good News A focused news program to highlight all the good things happening around the world.
November 14	
December 11	
October 7	The Big Picture Presented by Karoline, Community Liaison with Edmonton Southside PCN. Join in on open discussion about the big things in life, such as the meaning of it all.
November 4	
December 2	
November 6	US Election Results Discuss the long-awaited results of a historic election for our Southern neighbours.
December 5	Winter Delights A time to focus on the joys, beauty, and special memories of the winters of our lives so far.

October 3

Worldviews

November 14

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

December 10

October 23

Would You Rather?

November 6

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**
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October 4

Chair Yoga

November 1

December 6

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

**Mondays,
Wednesdays, and
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.

October 17

November 21

December 12

For Your Body

Presented by a Registered Nurse from Edmonton Southside PCN. Up-to-date information about relevant health topics and promoting best practices for your well-being. This series we will focus on:

- Blood Sugar and Diabetes
- Arthritis
- Falls

October 3, 17, 24, 31

November 7, 21, 28

December 5, 19

Gratitude

Developing an 'attitude of gratitude' takes practice. Join us as we take this dedicated time to share our personal gratitude in our lives.

October 1, 15 **Imagination Circle**

November 5, 19
December 3, 17

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

October 22 **Mindfulness**

November 26

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

October 29 **Music Meditation**

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

October 15 **Nutrition for Health**

November 19
December 17

Presented by Janna, Registered Dietitian from St. Albert/Sturgeon PCN. Get current information about healthy eating; the tips, the practices, and possible recipes.

- Bone Health
- Planning for One
- Nutrition Myth Busting

October 17 **Working Through Grief**

November 21
December 19

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



Learn & Discover

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

October 10

Animal Spotlight

November 22

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

December 18

October 24

Art Appreciation

November 28

Art and history go hand-in-hand. Hear the stories behind some mesmerizing works that have captured human curiosity for centuries.

December 13

- The Scream
 - Mona Lisa
 - The Great Wave off Kanagawa
-

October 22

Ask a Farmer Podcast

Listen to dietitians, farmers, ranchers, and other experts as they answer questions about your food and farming. We will explore how your food is grown and raised in Canada; delve into questions you may have about the food system.

October 21

Canadian Institutions

November 18

Learn about the history of formidable institutions and their impact in Canadian society.

December 16

- Canadian Mint
 - Canadian Military
 - Canadian Security Intelligence Service
-

October 9

Crime & Justice

November 13

Experience some mind-bending true crime cases from all sides- the crime and the courtroom.

December 11

October 18

Doctors Without Borders

Doctors Without Borders Canada is a vital link between medical humanitarian activities around the world and a network of supporters, humanitarians and medical professionals in Canada who help make this work possible. Join us to learn more about who they are and what they do.

December 4

Food Culture

Food and culture are interwoven, with deep history behind global cooking processes, serving and sharing norms, and food beliefs in our society. As a vessel for sharing knowledge, love, and tradition, food is so much more than a necessary element to life.

October 16

From John to Justin

John Tuner was a champion sprinter, nearly a husband to Princess Margaret, and a savior to a drowning John Diefenbaker. Our 17th Prime Minister may have only served 79 days, but his life was far from defined by that.

October 24

Global Events

November 22

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

December 9

November 5

Guy Fawkes Day

Mandated in January 1606 by the British Parliament, Guy Fawkes Day is observed on November 5th every year in the UK and some Commonwealth countries, a holiday to commemorate the failure of the Gunpowder Plot.

October 8

History Of...

November 27

Learn the history of the following topics:

December 17

- Photography
 - Anesthesiology
 - The Amish
-

October 3

November 7

December 5

Next Stop

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

- **France:** A world-famous tourist destination, agriculture powerhouse, and leading industrial workforce, France is more than just the Eiffel Tower.
 - **Cambodia:** A beautiful country on the Indochinese mainland of Southeast Asia, Cambodia has a complex history. Learn about their journey to independence, archaeological discoveries here, and more.
 - **Japan:** This island country is in the Pacific Ocean, home to the largest metropolitan area in the world, despite three quarters of the country being covered in dense forests and mountainous terrain.
-

October 9

November 19

December 3

North American Battles

- **Battle of Little Bighorn:** An armed engagement between Lakota Sioux, Northern Cheyenne, and Arapaho peoples, and the 7th Cavalry Regiment of the United States Army, known as the most significant action of the Great Sioux War of 1876.
 - **Battle of Quebec:** Part of the American Revolutionary War, the Battle of Quebec was fought on December 31st, 1775, between American Continental Army forces and the British defenders of Quebec City.
 - **Lower Canada Rebellion:** This conflict between rebels and the colonial government of Lower Canada, was one component to the creation of the Province of Canada following the Rebellions of 1837-38.
-

October 15

November 15

December 19

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.

October 29

November 1, 25, 26

December 5, 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:

- **Alfred Hitchcock:** Arguably one of the most influential figures in the history of cinema, a film director with an impressive career spanning six decades.
- **Norman Kwong:** Both the first Canadian professional football player and the first to serve as lieutenant governor of Alberta of Chinese heritage.
- **Dr. Leroy Little Bear:** An inspiring advocate for First Nations education, rights, self-governance, and culture in Canada.
- **ABBA:** Iconic Swedish pop group, who's story began over 50 years ago.
- **Rankin Family:** This talented family band is from Nova Scotia, famous for their Celtic, folk, and country melodies.
- **Lance Armstrong:** A former professional road racing cyclist, with a controversial career as an athlete.

October 1, 30

Unusual Jobs

Ever wonder who cares for the coveted Stanley Cup in the off season, or other unique and out of the ordinary jobs? Join us as we explore some of the odd jobs that exist today.

October 4, 31

Weird and Wonderful

November 7

December 23

Join us to explore a weird and wonderful variety of laws, pastimes, and personal forms of expression in our society today.

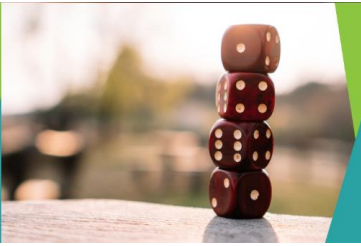
- Weird Laws
- Taxidermy
- Body Modification
- MerPeople

October 2

Who Why When

December 6

An assortment of unusual and interesting stories of events.



Just for Fun!

To join, call: 1-855-703-8985
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December 2, 9, 16, 23 **A Christmas Carol**

This classic holiday story written by Charles Dickens recounts the life Ebenezer Scrooge, a man who is visited by the ghost of his former business partner Jacob Marley and the spirits of Christmas Past, Present and Yet to Come.

November 28 **GeriActors Audio**

Join us as we listen to audio plays created and performed by Edmonton's own GeriActors group. They are an internationally known, not-for-profit company, creating and promoting seniors' and intergenerational theatre.

November 21 **Broadway Musicals**

December 5, 19
Spend a musically inspired hour with us listening to Broadway's famous songs.

October 24 **Dinner Theatre**

November 7
You bring the dinner, and we will bring the show!

October 17 **Funny Bone**

They say laughter is the best medicine, join us to enjoy some comedy and have a good laugh together.

Throughout Series **Games**

- Brain Games
- BINGO
- Don't Quote Me
- Finish the Phrase
- Name That Tune
- Trivia
- Wheel of Fortune

October 30, 31

The Legend of Sleepy Hollow

The beloved American legend follows the tale of Ichabod Crane, a superstitious schoolteacher who finds himself in the haunted town of Sleepy Hollow, where he suffers an ill-fated encounter with the village's infamous headless horseman before he mysteriously disappears from the community for good.

November 25

LeVar Burton Reads

The best short fiction, read by the best voice in podcasting.

Throughout Series

Music

- Albertan Musicians Hour
 - Acapella Music
 - All Request Music
 - Classical Music Hour
 - Halloween Music
 - Holiday Music Hour
 - Patriotic Music
 - One Hit Wonders
 - Songs of Faith
 - Thanksgiving Music
-

October 2

Mystery Chronicles

November 6

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

December 4

October 28

Person Place or Thing

Can you guess what person, place, or thing is being described by the clues?

October 23

Picture This

Can you draw an object based on verbal instructions? Join us and find out!

November 18

Short Stories

This program offers short stories, read, or listened to, followed by a discussion.

October 7, 21, 28

Sunshine Sketches of a Little Town

November 4

First published in 1912, *Sunshine Sketches of a Little Town* is a humorous sequence of stories by Stephen Leacock. This classic Canadian literature is set in the fictional setting of Mariposa, a small town on the shore of Lake Wissanotti.

December 24

The Shepherd

Listen to SCWW's annual presentation of Frederick Forsyth's classic holiday story, *The Shepherd*.

October 1

Where in the World?

November 13

Listen to given clues describing a random place in the world and try to narrow down the location you think we are hinting at.

October 4, 18

Writing For Fun

November 1, 15, 29

December 13

All are welcome regardless of your writing style, experience, or skill. We will provide prompts, or you can choose your topic.

December 31

Year in Review

2024 was one for the books, test your knowledge on some of the major events and moments from the last twelve months.
