








SENIORS' CENTRE
WITHOUT WALLS

PROGRAM GUIDE

January- March 2025



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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.

Hello From Us!

Meet the Team!



Alyssa
Program Assistant
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Elizabeth
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Janine
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As we step into this brand-new year, we want to take a moment to remind you of the incredible possibilities that lie ahead. Each new year offers a fresh chapter—an opportunity to reset, refocus, and reinvent ourselves. It's a blank page, waiting for you to write your story, one that we're sure will be filled with growth, joy, and resilience.

Remember, it's not about perfection—it's about progress. Celebrate the wins, no matter how small, and give yourself grace for the setbacks. Life is full of unexpected twists, but with an open heart and a clear vision, we'll find that every detour brings valuable lessons.

Take this new year as an invitation to be bold, to take chances, to stretch beyond what we thought possible. The world is waiting for your unique gifts, your creativity, your energy.

Join us for the Program Preview!

Thursday, January 2nd @ 11am

Programs That Require Pre-Registration

- **Better Choices, Better Health- Chronic Pain**, facilitated by AHS. Tuesdays @ 1:00pm starting January 21st.
- **Finding Your Joy**, facilitated by Cornerstone Counselling. Wednesdays at 1:00 pm starting on January 22nd.

Spots are limited! Pre-registration opens on January 2nd 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#

February 6

Alberta Craft Council

The Alberta Craft Council is a non-profit Provincial Arts Service Organization that develops, promotes, and advocates for Craft in Alberta. Jill, Exhibitions and Membership Coordinator, will share with us the importance of crafting and passing the skills down through the generations.

January 29

Alzheimer Society

The Alzheimer Society of Alberta brings awareness to Alzheimer's disease and other dementias, provides education and support programs, and supports research into the cause, prevention, and cure. Join Erica to learn more about resources for anyone dealing with a dementia diagnosis, and a Learning Series, created to support family and friends of individuals impacted by these conditions.

January 23

Ask Us

February 5

March 4

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

- **Alison-** Facilitator and Educator Coach for Indigenous Studies in Alberta.
 - **Andrea-** Executive Director of Edmonton Southside PCN.
 - **Alyssa-** SCWW Program assistant and published illustrator.
-

January 8

Avalanches In Canada

Jasper National Park's famous Icefields Parkway covers more than 200 km of rugged slopes, mountain passes, braided river valleys and is within a stone's throw of several epic glaciers. Keeping this road open is no small business! We'll spend the hour talking about some history of the parkway and what Jasper's avalanche control programs involve. It's a great chance to ask questions about snow safety and awareness.

Jan 21, 28

Chronic Pain-Better Choices, Better Health

Feb 4,11,18, & 25

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. These workshops can help improve your confidence by learning new self-management skills and to enjoy a better quality of life.

Pre-registration is required. Registration opens January 2nd. Space is limited.

March 19

EPL Presents!

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

February 24

Exercise Q & A

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

January 22, 29

Finding Your Joy

February 5, 12, 19, 26

March 5, 12, 19

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 is required. Registration opens January 2nd. Space is limited.

March 12

Healthy Aging Alberta

A rich network of community-based senior serving organizations and allies across our province that are united by a shared vision: to make Alberta one of the best places in the world to grow older! Come join Amanda from Healthy Aging Alberta to learn more about this work!

March 5

Living Documents

Brendan, a Social Worker from Edmonton Southside PCN, will share with you what you need to know about completing the Enduring Power of Attorney and Personal Directive documents.

February 27

Scams & Frauds

Scams and frauds are common problems in our digital world, affecting both individuals and businesses. They can cause serious financial and emotional harm. Join Anne, with the Edmonton Police Service, to learn about different types of scams, how they work, and how to protect yourself.



Conversations

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

January 3, 9, 15, 24,
28

February 5, 12, 21, 25

March 6, 12, 17, 25

Coffee Chat

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

March 13

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.

January 2, 27

February 27

March 18

In the Headlines

An opportunity to explore and discuss relevant international news stories.

January 7, 23

February 4, 19

March 7

Let's Talk About

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

January 20

Looking Forward To

What are you looking forward to in the New Year? Whether it's personal goals, new adventures, or moments of growth, we'd love to hear what you're most eager to experience!

January 6

February 3

March 3

Now and Then

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

- Newspapers
- Shopping
- Weddings

<p>January 13</p> <p>February 10</p> <p>March 10</p>	<p>Ponder This</p> <p>Discuss, reminisce, and share your thoughts and experiences on fun, lighthearted topics and prompts provided by the program assistants.</p>
<p>January 2</p>	<p>Program Preview</p> <p>Join a SCWW Program Assistant as they share with you all the exciting programs happening over the next 3 months.</p>
<p>January 14</p> <p>February 11</p> <p>March 11</p>	<p>Readers' Corner</p> <p>A time for book lovers to talk about the books they have been reading or listening to, and to get recommendations from others.</p>
<p>January 30</p>	<p>SCWW Advisory Group</p> <p>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!</p>
<p>January 16</p> <p>February 13</p> <p>March 27</p>	<p>Some Good News</p> <p>A focused news program to highlight all the good things happening around the world.</p>
<p>January 17</p>	<p>Food Culture</p> <p>Food and culture are interwoven, with a 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 of life.</p>
<p>January 31</p> <p>February 26</p> <p>March 14</p>	<p>Would You Rather?</p> <p>A conversation that poses a dilemma in the form of a question beginning with "would you rather". The dilemma could be between two supposedly good or bad actions.</p>
<p>January 21</p> <p>February 27</p> <p>March 19</p>	<p>Worldviews</p> <p>A worldview is a collection of attitudes, values, stories and expectations about the world around us, which inform our everyday thought and action. Join to discuss differing world views and their impacts.</p>

January 13

February 10

March 10

The Big Picture

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



Health & Wellness

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

January 10

Exercise Chair Yoga

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.

February 14

March 14

**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.

January 23

February 20

March 20

For Your Body

Presented by Puneet, 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:

- Sleep Hygiene
- Dental Health
- Heart Health and Blood Pressure

Thursdays

Gratitude

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

January 7, 21

February 4, 18

March 4, 18

Imagination Circle

Presented by Luc, 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.

February 25

Mindfulness

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

<p>January 14</p> <p>February 11</p> <p>March 11</p>	<p>Mindfulness with Carol</p> <p>Join in on a guided meditation and discussion about differing ideas surrounding mindfulness and self-compassion.</p>
<p>February 6</p>	<p>Mindful Colouring</p> <p>Mindful colouring is a relaxing and therapeutic activity that encourages full presence and focus on the moment. Practice mindfulness, connect with your inner self, and find peace in the process. Colouring pages included in your series mail out or you can use your own.</p>
<p>January 28</p> <p>March 12</p>	<p>Music Meditation</p> <p>Music is healing! Take some time for yourself to listen to some soft music, soothing sounds and guided meditation.</p>
<p>January 21</p> <p>February 18</p> <p>March 18</p>	<p>Nutrition for Health</p> <p>Presented by Helena, Registered Dietitian from Edmonton Southside PCN. Current information about healthy eating; the tips, the practices, and possible recipes. Topics for this series are Eating on a Budget, Lowering Inflammation, and Balanced Meals.</p>
<p>January 16</p> <p>February 20</p> <p>March 20</p>	<p>Working Through Grief</p> <p>Presented by Karen, a Social Worker from Lakeside PCN. Understanding grief may help us see there is light at the end of the tunnel.</p>



Learn & Discover

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

January 24

February 25

Art Appreciation

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

January 2, 27

February 14

March 3

Animal Spotlight

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

February 3, 6

Black History Month

Join us for Black History Month, we will honour those who have charted their own paths—those who, in the face of immense challenges, chose to rule their destinies.

January 29

Chinese New Year

Chinese New Year will mark the end of the year of the Wood Dragon and the beginning of the year of the Wood Snake. Join this program and learn more about the Chinese New Year and share some of the customs.

January 16

February 4

March 5

Crime and Justice

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

January 8

February 5

March 6

Global Events

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

January 15

History Of...

Join to learn the history of the following:

February 26

- Planes
 - Trains
 - Automobiles
-

January 20

Next Stop

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

February 7, 24

March 11

- The Happiest Countries on Earth
 - Iditarod
 - Jaisalmer
 - Quebec Winter Carnival
-

January 14

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.

February 20

March 6

January 7, 30

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:

February 11, 28

March 4, 14

- Susan Aglukark
 - Harry Houdini
 - Gladys West
 - The Van Doos
 - Joey Moss
 - Ron Ghitter
-

January 9

Unique Communities

Unique communities are vibrant groups united by shared values, interests, or cultures. They enrich the human experience and foster belonging and support among members. This series we will look at:

February 19

March 17

- Homesteading
 - Underground Dwellings
 - Mortgage Free Living
-

January 10, 22

Who Why When

An assortment of unusual and interesting stories of events.

February 18

March 26

January 6

Wonders of the Sky

Throughout history, the sky has fascinated people across the world. Discuss a range of folklore and legends that explain the amazing wonders of the sky.

February 13

March 13

- Northern Lights
 - Rainbows & Sundogs
 - Stars
-



Just for Fun!

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

January 30

Broadway Musicals

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

February 27

January 20

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.

January 16

Dinner Theatre

You bring the dinner; we bring the show.

February 13

March 13

February 12

From John to Justin

Guiding Canada through The Great Recession, Stephen Harper is one of only three Conservative Prime Ministers to be elected to three terms as leader. We will be looking at the only Conservative Party of Canada leader to date.

Throughout the series

Games

- Finish the Phrase
- Brain Games
- Trivia
- Name that Tune
- Don't Quote Me
- Wheel of Fortune
- BINGO
- Where in the World?
- Person, Place or Thing

January 6, 13, 27

Phantom of the Opera

The audio book *Phantom of the Opera* by Gaston Leroux (1910) follows a disfigured man living beneath the Paris Opera House who becomes obsessed with the young soprano Christine Daaé, leading to a tragic love triangle with her, a nobleman named Raoul, and the Phantom.

February 3, 10, 24

March 3, 10, 17, 24, 31

**Throughout
the series**

Music

- All Request Music
- Rock Music
- Disco Music
- Symphony Music
- Songs of Faith
- Bollywood
- Love Songs
- Opera Music
- Samba Music
- Ska Music
- St. Patrick's Day Music
- Classical Music

March 5

Funny Bone

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

January 15

Mystery Chronicles

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

February 26

March 19

January 22

NPR Tiny Desk Concerts

Hosted by NPR Music, the tiny desk concert was an idea born out of a frustration for noisy crowds overpowering live music. Join in to enjoy a variety of concerts, recorded live in the cozy space of a tiny desk that previously belonged to former *All Songs Considered* host Bob Boilen.

January 8

Short Stories

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

January 29

Vinyl Cafe

Join us as we listen to the great humorist and storyteller, Stuart McLean, as he regales us with his amazing stories and unique characters.

January 3, 17

Writing for Fun

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

February 7, 21

March 7, 21
