



SENIOR CENTRE WITHOUT WALLS

IN THIS ISSUE

VOLUME 3
SEPT - DEC
2017

Royal Aviation Museum of Western Canada
Managing Stress in Later Life
Music Therapy, Art Therapy & Meditation

**FREE TELEPHONE GROUP
ACTIVITIES FOR MANITOBANS 55+**

For more information or to register:

**204-956-6440 (WINNIPEG)
1-888-333-3121 (TOLL-FREE)**

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*Large print versions of this guide are available.

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A & O: SUPPORT SERVICES FOR OLDER ADULTS

VISION

To develop and deliver innovative programs and services that improve the quality of later life.

MISSION

To offer specialized programs and services accessible to older Manitobans that support and enhance their social, emotional, physical, intellectual and spiritual lives and promote active participation in all aspects of community life.

SENIOR CENTRE WITHOUT WALLS

204-956-6440 (Winnipeg) - 1-888-333-3121 (toll-free)

info@aosupportservices.ca

www.aosupportservices.ca



What is Senior Centre Without Walls (SCWW)?

SCWW provides educational and recreational programming in a fun and interactive atmosphere. **All programming is provided over the phone.**

Who can participate in SCWW?

- Individuals 55+
- Living anywhere in Manitoba
- Groups of older adults may also join

Is there a cost to join?

No - all programming is free of charge and participants call into a toll-free line.

How does SCWW Work?

1. You may register for programs anytime during the term.
2. You will be mailed a letter with the toll-free number to call into along with a six digit program code.
3. You will be mailed any materials related to a program such as pictures and presentation handouts.
4. A few minutes before a program starts, you call into the toll-free line and enter the program code and press the pound (#) key. You will be asked to say your name and press the pound (#) key again. You will then be joined into the call.

What if I can't call myself into a program?

If you are unable to call into a program, we can call you into the line. A few minutes before your scheduled program, we will call you and join you into the call.

What if I have vision loss?

- We can provide large print guides and materials
- All book club selections and short stories are read aloud
- We can provide bingo cards with raised numbers and Braille numbers

FAQ

Senior Centre Without Walls

How many programs can I register for?

You may register for as many as you wish!

When does registration begin?

You may register as soon as you receive your guide. You may also register anytime during the term.

How do I register?

Please contact A & O: Support Services for Older Adults to register:

Phone:

204-956-6440 in
Winnipeg

Toll-free:

1-888-333-3121

E-mail:

info@aosupportservices.ca

Fax your registration:

204-946-5667

Mail:

200-280 Smith St.
Winnipeg, MB R3C 1K2

This program is funded by the Winnipeg Regional Health Authority and the Seniors and Healthy Aging Secretariat as part of the Age-Friendly Manitoba Initiative.

PRESENTATION SERIES

RESPECTFUL CONDUCT POLICY

Senior Centre Without Walls promotes an environment that values:

- Positive communication between people
- Courteous conduct
- Diversity and the human rights of others related to their national or ethnic origin, religion, age, gender identity, marital status, family status, economic status, any physical or mental disability and sexual orientation
- Mutual respect, fairness and equality

WELCOME TO SENIOR CENTRE WITHOUT WALLS! MONDAY, SEPTEMBER 25 - 11:00 - 11:30 AM

New to the program? We will help you get familiar with SCWW. Are you a SCWW veteran? Help us welcome our new participants and share some of your ideas about how to easily manage the Program Guide.

ESTATE PLANNING TUESDAY, NOVEMBER 28 - 11:00 AM - 12:00 PM

*Presenter: D. Andrew Torbiak, Associate,
Myers Weinberg LLP*

Do you have questions about writing a will, a health care directive, or a power of attorney? Join Andrew as he discusses what these documents are, what they accomplish and when they take effect.

The presentations in this series will be recorded for anyone that is not able to join us. If you can't make it on the line with us, let us know and we will arrange for you to listen to the lecture at your convenience. Recordings can only be retrieved for one year after the recording date.

GROUP ETIQUETTE

- Please allow the facilitator to guide and direct the group
- Please respect all group members and their opinions even if you do not necessarily agree with them
- Disrespectful comments are not allowed
- Allow every participant to contribute and do not dominate the conversation
- If you have an issue with a group member, please contact SCWW

PRESENTATION SERIES

UNCOVERING THE STORY BEHIND THE HEADLINES

THURSDAY, OCTOBER 12 - 1:00 - 2:00 PM

*Presenter: Seid Oumer Ahmed,
Refugee Response Coordinator, MANSO*

Seid Oumer Ahmed is the Refugee Response Coordinator, Manitoba Association of Newcomer Serving Organizations (MANSO). He has extensive experience working with immigrants and refugees and is proud of his long-established experience working with newcomers and assisting them to successfully integrate into the cultural fabric of Canadian society for more than 12 years!

There are many myths about refugees and immigrants who come to Canada. Each myth will be examined in the light of facts. The presenter will also talk about how Canada's refugee system works and the challenges they face.

AVIATION IN MANITOBA

THURSDAY, NOVEMBER 23 - 11:00 AM - 12:00 PM

*Presenter: Davide Montebruno,
Interpretation Specialist & Curator Assistant,
Royal Aviation Museum of Western Canada*

Enjoy the fascinating history of Aviation in Manitoba from the early days of bush flying to our present-day position as the aerospace centre of Western Canada. Explore the history and content of the Royal Aviation Museum and learn about the exciting new plans for the future.



INDIAN CUISINE: HEALTH AND HAPPINESS ON A PLATE

MONDAY, OCTOBER 16 - 11:00 AM - 12:00 PM

Presenter: Dr. Nandita Selvanathan

Discover the wonderful flavor and immense health benefits of spice laden Indian cuisine. Dr. Nandita Selvanathan will offer a uniquely detailed look at the cuisine of her native land as she can speak both as an avid cook and a scientist with a specialty in biological sciences, which allows her to expound on health and food properties with great authority. Learn how to prepare two popular, authentic, Indian vegetarian dishes: chickpeas and flavoured rice.



PRESENTATION SERIES

COMMUNITY FOOD CENTRES: AN INNOVATIVE MODEL OF FOOD SECURITY WEDNESDAY, SEPTEMBER 27 - 2:15 - 3:15 PM

Presenter: Lila Knox, Director, Community Food Centre, NorWest Co-op Community Health

Community Food Centres: Bring people together to grow, cook, share and advocate for good food. CFCs work together to build a healthy and fair food system. The NorWest Co-op Community Food Centre works in Inkster (Winnipeg's North End) with Access NorWest Community Health Centre. We provide access to food (meals and markets), educational programs in the garden and kitchen, and run a Peer Advocate Office where community members can get help with problems that come with poverty and food insecurity.

SWEDEN POST-VIKINGS 1, 2 & 3 FRIDAYS, NOVEMBER 3, 10 & 17 - 11:00 AM - 12:00 PM

Presenter: Richard Castro, SCWW Volunteer

You may know something about the Swedish Vikings from my previous presentation, but here's a chance to find out what has been happening in Sweden between the Viking Age and the present time. Hear, among other things, how Sweden at one time was one of the greatest powers in Europe, if not the greatest power.

INTERESTING MANITOBANS: CLARENCE & ZIGGY

**WEDNESDAY, DECEMBER 13 -
2:00 - 3:00 PM**

Presenter: Ruth Bond

Clarence and Ziggy first met at the Manitoba Developmental Centre in the 1960s where Clarence was admitted as a resident and Ziggy worked as a psychiatric nurse. Ziggy discovered Clarence's unique savant talent and encouraged his musical skills over the next 20 years or so. Clarence performed at numerous venues in Manitoba. Join Ziggy's daughter as she shares this remarkable story.

AGE FRIENDLY TRANSPORTATION: GETTING AROUND IN YOUR COMMUNITY

**MONDAY, DECEMBER 18 -
11:00 AM - 12:00 PM**

*Presenter: Pam McConnell,
Transportation Options
Network for Seniors (TONS)*

This presentation looks at all the transportation options that older adults have available to them including: driving, rural handi-vans, walking, biking, mobility scooters, volunteer drivers, taxis (where they exist), family and friends offering rides, accompanied services, stretcher services and ambulances.

PRESENTATION SERIES

COME ONTO THE STAGE WITH THE OPERA 'THE QUEEN OF THE ARTS' - TOSCA BY PUCCINI THURSDAY, OCTOBER 26 - 2:00 - 3:00 PM

*Presenter: Joann Alexander-Smith, General Director,
Manitoba Opera (Retired)*

The story of Tosca, a glamorous and popular singer of her time, is one that could take place today. She had it all, but her life ended in suicide as has happened to so many of the pop stars of our time.

Giacomo Puccini tells us that story as we listen to his glorious music. Maria Callas will sing in a recording made in Paris in 1965. We learn a little of the life of Mdme. Callas. She had it all, too, with a tragic romance that ended in a broken heart.



HOUSING OPTIONS FOR OLDER ADULTS MONDAY, OCTOBER 2 - 11:00 - 11:45 AM

Presenter: Silvia Visintin, A & O Housing Consultant

Do you know what housing options are available to you? Do you have all the information to confidently make the transition from your current home to a new place?

Join Silvia in a discussion about the different options available to older adults in Winnipeg. Learn about such options as independent living, assisted living, supportive housing and life leasing. Understand how to use the Winnipeg Housing Directory for Older Adults to help you research your options.

CELTIC MUSIC VOYAGE: PARTS 6 & 7 THURSDAYS, OCTOBER 5 & NOVEMBER 2 - 11:00 AM - 12:00 PM

*Presenter: Lyle Skinner, Host,
'Prairie Ceilidh' (kay-lee) Radio
Show, CKJS Radio 810 AM*

Join me for another hour of traditional and contemporary Celtic-influenced music from both sides of the Atlantic Ocean. Once again you will hear a musical mix that ranges from heart pounding pipes and drums to toe-tappin' instrumentals such as jigs, reels and polkas, to ballads and songs in both the English and Gaelic languages.

WINNIPEG'S RED LIGHT DISTRICT FRIDAY, OCTOBER 27 - 11:00 AM - 12:00 PM

*Presenter: Greg Agnew,
Historian, Heritage
Winnipeg Board Member*

The Red Lights were burning bright in the early 1900s in our city. We had numerous hotels and brothels that gave us a dire notoriety across North America. Let's see what that was all about.

TRAVELOGUES

ALL YOU EVER WANTED TO KNOW ABOUT FOOD CUSTOMS AROUND THE WORLD (BUT WERE AFRAID TO ASK)

FRIDAYS, SEPTEMBER 15, OCTOBER 6,
NOVEMBER 10 & DECEMBER 8 - 10:00 - 10:30 AM

How can we find out about food customs from around the world? That's easy - join this program! And expect unexpected Guest Presenters!



ACROSS THE MILES

TUESDAYS, OCTOBER 3 & DECEMBER 5 - 2:15 - 3:15 PM

Join participants from Without Walls programs in **Texas, New York, California, Ottawa** and **Edmonton** for an interactive discussion about a variety of topics.

**Note:* You must join these sessions yourself.

IRAN

TUESDAY, OCTOBER 24 - 11:00 AM - 12:00 PM

Presenter: Shirin Moossavi

With seven thousand years of written history, Iran is considered one of the "cradles of civilization" by archaeologists and is located in West Asia, at the heart of the ancient Silk Road, connecting East and West. With an area of 2.5 times larger than Manitoba, it has a population of 83 million. You can find snow-capped mountain peaks, ancient Hyrcanian forests, deserts and beaches.

Iranians culturally have a distinct world-view based on "Good thoughts, Good words, Good deeds" originating from Zoroastrianism, the pre-Islamic religion of Iranians as well as the Persian Sufi poetry by giants such as Khayyam and Rumi.

FIRST NATIONS

MONDAY, SEPTEMBER 18 -
11:00 - 11:30 AM



Presenter: Buffy Handel

First Nations culture is deeply embedded in Manitoba's history and culture. Learn about the traditional foods, medicines, music, oral history and culture of Canada's Indigenous people.

ROMANIA

TUESDAY, DECEMBER 5 -
11:00 - 11:30 AM

Presenter:

Julian Giubega

Romania is a southeastern European country known for the forested region of Transylvania. Its preserved medieval towns include Sighișoara, and there are many fortified churches and castles, notably clifftop Bran Castle, long associated with the Dracula legend.

LANGUAGES & MORE

GERMAN LESSONS (7 WEEKS)

WEDNESDAYS, NOVEMBER 1, 8, 15, 22 & 29,
DECEMBER 6 & 13 - 11:00 AM - 12:00 PM

Presenter: Richard Castro, SCWW Volunteer

Carry on learning German as we talk about interesting subjects like dining out, travelling, seasons, hobbies and listening to songs in German. Don't worry if you didn't participate last term, we will be using new material but we will still review the basic topics we covered before.

SPANISH: INTRODUCTION FOR TRAVELLERS (4 WEEKS)

FRIDAYS, OCTOBER 6, 13, 20 & 27 - 1:00 - 2:00 PM

Presenter: Jesús Ángel Miguel García, Founder and Director of The Spanish Institute

In just four hours, you will learn basic vocabulary and sentences to get by in Spanish. Greetings, asking for and giving information/ directions, and how to be in control of a conversation.



A practical and enjoyable introduction to the fascinating Spanish language and culture. Words open worlds!

SPANISH FOR BEGINNERS: THE NEXT LEVEL (4 WEEKS)

FRIDAYS, NOVEMBER 10, 17 & 24, DECEMBER 1 - 1:00 - 2:00 PM

Presenter: Jesús Ángel Miguel, García, Founder and Director of The Spanish Institute

If you took part in the first Spanish introductory course or if you already have a very basic grasp of Spanish, join and enjoy the next level. You will learn some basic vocabulary and sentences to go shopping in Spanish, talk about likes and preferences, describe people and places, as well as ordering food.

SENIOR IMMIGRANT SETTLEMENT SERVICES

(FORMERLY ENTRY PROGRAM FOR OLDER ADULT NEWCOMERS)

ENGLISH CONVERSATION CIRCLE

WEDNESDAYS, SEPTEMBER 20 & 27 - 1:00 - 2:00 PM

WEDNESDAYS, OCTOBER 11, 18 & 25 - 1:00 - 2:00 PM

WEDNESDAYS, NOVEMBER 1, 8, 15 & 22 - 1:00 - 2:00 PM

Note: No class October 4

Presenter: Richard Castro, SCWW Volunteer

An opportunity for older adult newcomers to:

- Practice their English speaking and listening skills
- Learn more about important settlement topics
- Meet other older adults from around the world and, of course, to practice their telephone conversation skills

Connect with people from other communities in Manitoba all by engaging in fun activities such as role playing, questions and answers, group discussions, and telephone scenarios to name a few.

LANGUAGES & MORE

A FUN LOOK AT SWEDISH (4 WEEKS) CARRY ON HAVING FUN WITH SWEDISH

**FRIDAYS, NOVEMBER 24, DECEMBER 1, 8 & 15 -
11:00 AM - 12:00 PM**

Presenter: Richard Castro, SCWW Volunteer

We will carry on learning Swedish and experiencing what makes it special and a fun language to study. Don't worry if you have never joined us for Swedish before, we will be reviewing what some have already learned. For those returning - welcome back!

FINISH THE WEEK WITH FINNISH LESSONS (7 WEEKS)

**FRIDAYS, NOVEMBER 3,
10, 17 & 24, DECEMBER
1, 8 & 15 - 3:00 - 4:00 PM**

*Presenter: Richard Castro,
SCWW Volunteer*

We will look at the Finnish language, including conversation and songs. Don't worry if you didn't participate last term, we will be reviewing many of the topics we did before. The main emphasis will be to carry on having fun.

HEALTH & WELLNESS

OLD WIVES' TALES MONDAY, DECEMBER 4 - 11:00 AM - 12:00 PM

*Presenter: Lorna Shaw, MPH, RD,
Healthy Aging Resource Team Facilitator,
Winnipeg Regional Health Authority*

While growing up, kids got advice from their parents about almost everything. Mothers would give warnings and suggestions about all topics. But, were these gems of advice true? Old Wives' Tales have been passed on through the generations without much concern as to whether the guidance was actually scientific.

Please join Lorna Shaw, Healthy Aging Resource Team facilitator to discuss some of the more common Old Wives' Tales and hopefully give you some insight into whether or not they are truth or fiction.

BED BUGS

TUESDAY, NOVEMBER 28 - 2:00 - 3:00 PM

*Presenter: Marcie Schultz, Regional
Pesticide Officer, Health Canada*

You may have heard of bed bugs in the night time saying 'Good night! Sleep tight! Don't let the bed bugs bite!' However, bed bugs are more common than one would think. During this presentation you will learn about the bed bug life cycle, signs of bed bugs, tips to prevent bringing bed bugs home and what to do if you do find them in your residence.

BETTER BREATHERS ON AIR EDUCATION AND SUPPORT GROUP

**TUESDAYS, SEPTEMBER 19, OCTOBER 17,
NOVEMBER 21 & DECEMBER 19 -
11:00 AM - 12:00 PM**

Presenter: The Lung Association

This group is for people with chronic lung disease and their caregivers, offered in partnership with A & O and The Lung Association. Participating with this group will help you learn how to cope with lung disease, manage your lung health and improve your quality of life.

HEALTH & WELLNESS

TOWARD IMPROVED CARE FOR UNDERSERVED POPULATIONS

WEDNESDAY, OCTOBER 11 - 11:00 AM - 12:00 PM

Presenter: Allison Wiens, R.N.B.N., Education & Liaison Nurse - Health Equity, Underserved Populations Program, CancerCare Manitoba

Many Manitobans experience obstacles in accessing health care services. The challenges encountered by these underserved populations are due to a variety of barriers including cultural, socio-economic, age and geographic location. At CancerCare Manitoba, underserved populations may include First Nations, Metis and Inuit peoples, as well as newcomers, the elderly and residents in remote parts of the province. The goal of the Underserved Populations Program is to improve access and delivery of cancer services to all of these groups. This presentation will include general cancer information, as well as cancer services and supports available for underserved populations.



SAFETY & INJURY PREVENTION

MONDAY, OCTOBER 23 - 11:00 AM - 12:00 PM

Presenter: Melissa Legary, Product Safety Officer with Health Canada's Consumer Product Safety Program

Do you know what the most common sources of injuries are to seniors? What can you do to help keep your grandchildren safe when they visit? Join a Consumer Product Safety Officer from Health Canada to learn about common consumer product health and safety risks. Learn what you can do to avoid injuries to yourself and loved ones. If you are unable to attend the session and have concerns about a consumer product, you can report them to Health Canada by calling 1-866-662-0666, e-mail the Prairie Product Safety team at prairie.prodsafe@hc-sc.gc.ca, or search 'report incident' at canada.ca.

MUSIC THERAPY

GUIDED IMAGERY SESSION WITH ACCREDITED MUSIC THERAPIST CINDY BASS

FRIDAY, OCTOBER 20 - 10:00 - 10:30 AM

TUNES TO ENERGIZE, RELAX, REMINISCE AND TUNES TO MAKE YOU FEEL BETTER

FRIDAY, DECEMBER 1 - 10:00 - 10:30 AM

Presenter: Cindy Bass, BMT, MTA

In past sessions, Cindy Bass spoke with you about the history of music therapy as well as having conducted 'guided imagery' sessions with you that took you to a beach and a forest. Tune in once again on **October 20** to leave your worries behind. There will be soothing background music to relax to with this meditative type of music therapy application.

Accredited music therapist Cindy Bass will provide you with meaningful melodies when you tune in for this session on **December 1** to learn more about how to use recorded music therapeutically to match your mood and need of the day (due to the time of year we shall sing famous holiday tunes as well). Hopefully there will be a favourite tune for everyone!

HEALTH & WELLNESS

MEDITATION SERIES (4 WEEKS)

FRIDAYS, SEPTEMBER 1, 8, 15 & 22 - 1:00 - 1:45 PM

Presenter: Pamela Thrift

Phone: 204-898-4513 ; Email: pamela_thrift@hotmail.com

Learn more about meditation and sit back and relax as Pamela Thrift takes you through stress-reducing meditation exercises. Meditation has many benefits, some of these can include:

- Relaxation
- Personal insight
- Healing

These meditations are not intended to be or replace individual therapy sessions. Please contact A & O for more information.



KIDNEY HEALTH FOR MANITOBANS

THURSDAY, OCTOBER 5 - 1:00 - 2:00 PM

Presenter: Manitoba Renal Program, Winnipeg Regional Health Authority

Manitoba has the highest rates of kidney disease in the country. Are you at risk of kidney disease? Learn who is at risk, what the symptoms are and how to get your kidneys checked. Also learn about treatment options for people in Manitoba.

MANAGING STRESS AND PROMOTING WELL-BEING IN LATER LIFE

FRIDAY, OCTOBER 13 - 11:00 AM - 12:00 PM

Presenter: Dr. Kristin Reynolds, PhD, Assistant Professor, Department of Psychology, University of Manitoba

This interactive presentation will explore practical ways to manage stress in later life.

INTRODUCTION TO DREAMS

FRIDAY, NOVEMBER 3 - 1:00 - 1:45 PM

Presenter: Pamela Thrift

Phone: 204-898-4513; Email: pamela_thrift@hotmail.com

Pamela Rose Thrift will present some suggestions for beginning to work with and understand your dreams based on her book "Pamela's Way of the Dream." Our dreams can provide insight and inspiration as well as assistance in resolving day to day situations. There will be time for a few questions, as well.

ART THERAPY: HEALING THROUGH CREATIVE EXPRESSION

FRIDAY, SEPTEMBER 22 & OCTOBER 20 - 11:00 AM - 12:00 PM

Presenter: Pamela Li, BFA, DTATI, RP, CATA Professional, Art Psychotherapist

Let's explore the therapeutic use of art. It does not require any special training or skill. Research shows Art Therapy may:

- Lower stress and negative thoughts
- Increase confidence, concentration & positive feelings
- Enhance cognitive abilities



HEALTH & WELLNESS

LET'S TALK DIABETES

THURSDAY, SEPTEMBER 28 - 1:00 - 2:00 PM

Presenter: Kevin Young, Diabetes Canada

Learn about the different types of Diabetes, the warning signs/risk factors, ways to prevent Diabetes and the current research that's being done.



MAINTAINING A HEALTHY LIFESTYLE – WHAT YOU NEED TO KNOW

WEDNESDAY, OCTOBER 4 - 2:00 - 2:45 PM

Presenter: Krystal Simpson,
Communications Officer, Victoria Lifeline



Together, let's explore the benefits of regular exercise and examine some of the barriers. Even though exercise is one of the building blocks of a healthy lifestyle, only 15% of Canadians are getting the recommended amount of physical activity every week. Advances in wearable, mobile technology may provide the confidence you need to get moving again. An overview of Victoria Lifeline's new mobile help button, GoSafe, will also be discussed.

EXPLORING LONELINESS

MONDAY, NOVEMBER 27 - 11:00 AM - 12:00 PM

Presenter: Dr. Nancy Newall, PhD, Assistant Professor,
Psychology Department, Brandon University

Most of us have felt lonely at some point in our lives. In this presentation, Dr. Nancy Newall will explore why we feel lonely and some facts, myths, and unknowns surrounding loneliness. Definitions of loneliness and social isolation will also be explored.

MAKING AND KEEPING IMPORTANT CONNECTIONS WORKSHOP (6 WEEKS)

WEDNESDAYS & THURSDAYS
NOVEMBER 1, 2, 8, 9, 15, 16, 22,
23, 29 & 30, DECEMBER 6 & 7 -
2:30 - 3:30 PM

This is a closed group and registrants are expected to participate in all of the 6 modules.

Presenters: Pamela Roth, BA, BSW, RSW & Katherine Nelson, BA, BSW, RSW, A & O Social Workers

Human beings have an innate need to be with others. We enjoy sharing stories, hobbies and experiences with one another. It is widely accepted that the social support we receive from others has a strong protective effect on our health and well-being.

Loneliness is a universal human emotion that affects people of all ages. It is both complex and unique to each individual and its causes are varied. Current social trends have made the issue of loneliness take on a new importance.

Join this group to enrich social skills, heighten positive self-esteem and work towards generating affirmative relationships. Topics to be discussed:

Week 1: Introduction: Why Are Social Connections So Important?

Week 2: Language: Signs and Symbols

Week 3: Me, Myself and I: Drawing on Your Own Potential

Week 4: What's Life Without Expectations?

Week 5: Being Your Own Best Friend

Week 6: Discovering & Tackling New Opportunities

BOOK JOURNEYS & SHORT STORIES

Books and short stories are read aloud.

AFTERNOON BOOK CLUB

THE NATURE OF THE BEAST BY LOUISE PENNY

MONDAYS, SEPTEMBER 18 & 25, OCTOBER 2, 16, 23 & 30, NOVEMBER 6, 20 & 27, DECEMBER 4, 11 & 18 - 1:30 - 2:30 PM

Note: No sessions October 9 & November 13

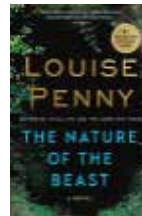
Hardly a day goes by when nine year old Laurent Lepage doesn't cry wolf. From alien invasions, to walking trees, to winged beasts in the woods, to dinosaurs spotted in the village of Three Pines, his tales are so extraordinary no one can possibly believe him.

Including Armand and Reine-Marie Gamache, who now live in the little Quebec village. But when the boy disappears, the villagers are faced with the possibility that one of his tall tales might have been true.

And so begins a frantic search for the boy and the truth. What they uncover deep in the forest sets off a sequence of events that leads to murder, leads to an old crime, leads to an old betrayal. Leads right to the door of an old poet.

And now it is now, writes Ruth Zardo. And the dark thing is here. A monster once visited Three Pines. And put down deep roots. And now, Ruth knows, it is back.

Armand Gamache, the former head of homicide for the Sûreté du Québec, must face the possibility that, in not believing the boy, he himself played a terrible part in what happens next.



SHORT STORIES

THURSDAYS, SEPTEMBER 7 & 21, OCTOBER 5 & 19, NOVEMBER 2, 16 & 30, DECEMBER 14 - 10:00 - 10:30 AM

We will read aloud a different short story from a variety of genres. Participants are welcome to present their own stories.

I REMEMBER: AN ENGLISH WWII CHILD EVACUEE TO CANADA

**THURSDAYS,
SEPTEMBER 14,
OCTOBER 12,
NOVEMBER 9 &
DECEMBER 7 -
11:00 - 11:30 AM**

*Presenter: Jean
Hadfield Feliksiak*

Join SCWW participant Jean Hadfield Feliksiak as she reads stories from her new memoir. Jean was only 8 years old in 1940, when she was caught in the throes of the Second World War in England. At the time it was thought best for children ages 5-15 to leave England and find safety in the Commonwealth countries. From a single child, living a genteel city life, Jean was thrown into farm life in rural Alberta with a family of 9 children, coyotes, guns and Old Beauty the school horse.

I Remember is a story of a child profoundly changed by war, the prairies and the Canadian spirit.



LOCAL AUTHORS

Selected readings will be read aloud.

READINGS BY RICKI SEGAL
WEDNESDAYS, NOVEMBER 29,
DECEMBER 6, 13 & 20 -
1:00 - 1:30 PM

Join Ricki Segal, Winnipeg author of *My Zayde* and *Other Memories of Growing Up Jewish*, as she shares some of her unpublished short stories, poetry, as well as writings from *Living Legacies - A Collection of Writing by Contemporary Canadian Jewish Women*.

THE PASSING SCENE BY FREDA GLOW
TUESDAYS, SEPTEMBER 5, 19 & 26,
OCTOBER 10, 17, 24 & 31, NOVEMBER 7, 14,
21 & 28, DECEMBER 12 & 19 - 1:00 - 1:45 PM

*Note: No sessions September 12,
October 3 & December 5*

Acute observations and stories of life as viewed by an older senior. Humour and pathos is in the eye of the beholder. Be prepared to be entertained. Freda Glow is a freelance journalist and short story writer who enjoys airing her literary works.

SPECIAL FEATURES

FACT OR FICTION?
FRIDAY, SEPTEMBER 29 - 11:00 AM - 12:00 PM
THURSDAY, DECEMBER 14 - 1:30 - 2:30 PM

*Presenter: Greg Agnew, Historian, Heritage
Winnipeg Board Member*
Have I ever lied to you? Let's look at some more facts in our city's history. You may think this is fiction, but I'll let you decide.

CULINARY CORNER
TUESDAYS, OCTOBER 17 & DECEMBER 19 -
2:00 - 2:30 PM

Do you know how to poach the perfect egg? Tune in as we tell you how, along with other culinary life hacks that will make your life in the kitchen easier!



SHOW & TELL
FRIDAY, SEPTEMBER 15 -
11:00 - 11:30 AM

Remember back in school when it was your turn for Show & Tell? You got to bring in your pet, your baby brother, or a medal you'd won and be the proud centre of attention for a few moments. Such fun should not have to end once you are grown up! Whether it's a hobby, something you've made or won, share it with us on September 15.



SPECIAL FEATURES

WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

TUESDAY, OCTOBER 3 - 11:00AM - 12:00 PM

Believe it or not, we are already working hard on the January - April 2018 guide! We welcome you to share your ideas with us about what programs and activities you would like to take part in. Your feedback and ideas are always appreciated!

WEIRD OR WHAT?

THURSDAYS, SEPTEMBER 14 & NOVEMBER 23 -
1:00 - 1:30 PM

We dare you to join us as we delve into some of the world's greatest unexplained mysteries, strange phenomena, the paranormal, the abnormal, and other oddities. Please feel free to share your own stories and experiences!

UNUSUAL CANADIAN RESTAURANTS & BEYOND

TUESDAYS, SEPTEMBER 12 & NOVEMBER 14 -
11:00 - 11:30 AM

Let's visit Canadian restaurants from coast to coast which range from:

- Food trucks to fine dining
- Tea at Tim's (Hortons) to tea houses
- Vegetarian to Deer + Almond
- Eating in the dark to dining in the sky
- Sitting in an icehouse to lounging at an outdoor patio
- Wacky to world-renowned



Tell us where your favourite unusual place(s) to eat are!

COFFEE TALK

THURSDAYS,
SEPTEMBER 14 & 28,
OCTOBER 12 & 26,
NOVEMBER 9 & 23,
DECEMBER 7 & 21 -
10:00 - 10:30 AM

Join other Walls participants from around Manitoba to talk about anything and everything!

CELEBRITY NEWS

THURSDAYS, OCTOBER
19 & DECEMBER 7 -
1:00 - 1:30 PM

Let's catch up on all the latest news on all your favourite celebrities.



LEGAL SERVICES

Myers Weinberg LLP provides legal services at A & O's office at 200-280 Smith St., Winnipeg, to individuals 55 years of age and older. Services are provided on matters such as wills, powers of attorney and health care directives.

For more information, or to book an appointment, please call **204-956-6440** or toll-free **1-888-333-3121** or email **info@aosupportservices.ca**.

WEEKLY FEATURES

BRAIN TEASERS

**MONDAYS, SEPTEMBER 11, 18 & 25,
OCTOBER 2, 16, 23 & 30, NOVEMBER 6, 20 &
27, DECEMBER 4, 11 & 18 - 10:00 - 10:30 AM**
**TUESDAYS, SEPTEMBER 5, OCTOBER 10 &
NOVEMBER 14 - 10:00 - 10:30 AM**

*Note: No sessions September 4,
October 9 & November 13*

Research shows that exercising our brain has many benefits, including:

- Improves concentration
- Boosts brain activity
- Enhances memory and processing speed



DID YOU KNOW?

**WEDNESDAYS, SEPTEMBER 13 & 27,
OCTOBER 11 & 25, NOVEMBER 8 & 22,
DECEMBER 6 & 20 - 10:00 - 10:30 AM**

... The oldest existing letter in the English alphabet is O? Find out more fascinating facts every second Wednesday morning!

JOKES, ETC.

**WEDNESDAYS, SEPTEMBER 6 & 20,
OCTOBER 4 & 18, NOVEMBER 1, 15 & 29 &
DECEMBER 13 - 10:00 - 10:30 AM**

Let's hear it for some good, clean jokes and stories that will tickle your funny bone. We will get you going with a selection of jokes, and invite you to share your own. After all, laughter is the best medicine!

MONTHLY FEATURES

WHAT'S THE VERDICT?

**TUESDAYS, SEPTEMBER 12,
OCTOBER 3, NOVEMBER 7 &
DECEMBER 5 - 10:00 - 10:30 AM**

*Presenter: D. Andrew Torbiak,
Associate, Myers Weinberg LLP*

Join lawyer Andrew Torbiak to learn about and discuss famous or challenging cases from a legal perspective.

GRATITUDE GROUP

**TUESDAYS, SEPTEMBER 19,
OCTOBER 31, NOVEMBER 21 &
DECEMBER 12 -
10:00 - 10:30 AM**

Research shows that people who practice an attitude of gratitude consistently experience a host of benefits. Let's share all that we are grateful for!

CURIOSITY CLUB

**MONDAYS, SEPTEMBER 11,
OCTOBER 30, NOVEMBER 20 &
DECEMBER 11 -
11:00 - 11:30 AM**

We will hop on the computer and search the internet high and low for the answers to all of the burning questions that keep you awake at night!

Inquiring minds want to know!



MONTHLY FEATURES

IDIOM ADDICTS PLUS

FRIDAYS, SEPTEMBER 29, OCTOBER 27,
NOVEMBER 24 & DECEMBER 22 -
10:00 - 10:30 AM

Presenter: Mary Bana, SCWW Volunteer

Join the conversation and learn about the origins of unusual words and expressions in the English language, and lots of other weird and wonderful aspects of the world's third-most common language.

GOOD NEWS

WEDNESDAYS, SEPTEMBER 13 &
OCTOBER 4 - 1:00 - 1:30 PM
THURSDAY, NOVEMBER 9 - 1:00 - 1:30 PM
FRIDAY, DECEMBER 22 - 11:00 - 11:30 AM

We will discuss 'feel-good' stories in the news. We will also share some 'random acts of kindness'. Feel free to share some of your own uplifting stories with the group.



FRIDAYS, SEPTEMBER 22,
OCTOBER 13,
NOVEMBER 17 &
DECEMBER 15 -
10:00 - 10:30 AM

Presenter: Mary Bana, SCWW Volunteer

A fun and interactive program reminiscent of the Spelling Bees of your school years. Have fun, improve your vocabulary and mental sharpness.

BIOGRAPHIES



MAHATMA GANDHI
THURSDAY, SEPTEMBER 21 -
11:00 - 11:30 AM



WAYNE & SHUSTER
THURSDAY, OCTOBER 26 -
11:00 - 11:30 AM



**JOHNNY CASH &
JUNE CARTER**
THURSDAY, NOVEMBER 30 -
11:00 - 11:30 AM



E. PAULINE JOHNSON
THURSDAY, DECEMBER 21 -
11:00 - 11:30 AM

VOLUNTEER SPOTLIGHT

Lyle Skinner

Lyle has entertained Senior Centre Without Walls since 2016 with a variety of Celtic Music presentations.

"When I was first asked by A & O to do a presentation for St. Patrick's Day, I was intrigued by the challenge of playing Celtic music through the telephone. For me listening to music has always been an important part of each day to help me relax from the daily stresses of life. Volunteering with SCWW provides me with an opportunity to share some of the newer music that I love to listen to as well as to help take us back in time as we reminisce about music from our past."



FUN & GAMES



**WEDNESDAYS,
SEPTEMBER 6 & 20,
OCTOBER 11 & 25 -
2:30 - 3:00 PM**
**MONDAYS,
NOVEMBER 6 & 20,
DECEMBER 4 & 18 -
2:45 - 3:15 PM**

Get your game show fix and play Family Feud, Scattergories, Outburst and more of your favourites!

CHAT PACK

**TUESDAYS, SEPTEMBER 26 & DECEMBER 19 -
10:00 - 10:30 AM**

Join us for this interactive game where we ask fun and thought-provoking questions:

- Of all the books you've read, which one made the biggest impact on you?
- What is the most picture-perfect small town you've ever driven through or visited?
- If you could introduce a brand-new act to a traveling circus, what act would it be?

TALENT SHOW!

**THURSDAYS, SEPTEMBER 21 &
DECEMBER 21 - 2:00 - 2:45 PM**

Come one, come all to our own version of Amateur Hour! Sing, share a short story or poem you wrote, play an instrument - no experience or special talent is required, just come ready to entertain and/or be entertained!



SUPPORT OLDER MANITOBANS TODAY

A & O: Support Services for Older Adults ensures older Manitobans will always benefit from high quality services. Your generosity is greatly appreciated!

You can support Senior Centre Without Walls through a donation made in memory or honour of a loved one or friend.

For more info, please call:

- 204-956-6440
- 1-888-333-3121 (toll-free)

Or make a donation online:

- ageopportunity.mb.ca/main/donate.htm


Please indicate the donation is for Senior Centre Without Walls. Donations of \$25 or more will receive a tax receipt.

FUN & GAMES

Celebrity **BINGO**

Bingo over the phone? Why not! We will mail you three lucky bingo cards per game and you play along at home - it's that easy! * **Bingo cards with raised print and Braille or large print are available.**



**TUESDAY,
SEPTEMBER 26 -
2:00 - 2:30 PM** 
**SHADOE DAVIS
THE SHADOE DAVIS
SHOW 680 CJOB**



**TUESDAY, OCTOBER 10 -
2:00 - 2:30 PM**
**RACHEL LEGACÉ
CTV MORNING LIVE
REPORTER**



TUESDAY, NOVEMBER 7 - 2:00 - 2:30 PM

**MICHAEL WOLCH
WINNIPEG'S CLASSIC 107
MORNING LIGHT HOST & THE WIDE
WORLD OF CLASSICAL MUSIC** 

TUESDAY, NOVEMBER 21 - 2:00 - 2:30 PM

**CHRIS WOLF
WINNIPEG'S CLASSIC 107
INTERMEZZO HOST & MUSIC DIRECTOR** 

ADDITIONAL DATES:

**TUESDAYS, OCTOBER 24 &
DECEMBER 12 - 2:00 - 2:30 PM**

OBSERVANCES & CELEBRATIONS

SEPTEMBER IS PET MEMORIAL MONTH

MONDAY, SEPTEMBER 11 - 1:00 - 1:30 PM

To honour our beloved pets past and present, join us in sharing special memories about the animals that have touched our lives. Feel free to share your own treasured story about a pet with the SCWW group.

IN CELEBRATION OF HALLOWEEN WINNIPEG'S HAUNTED HISTORY

**WEDNESDAY, OCTOBER 25 -
11:00 AM - 12:00 PM**

*Presenter: Matthew
Komus, Author of Haunted
Winnipeg*

Exploring Winnipeg's early
history and the ghost
stories connected to it.



CELTIC CHRISTMAS MUSIC THURSDAY, DECEMBER 14 - 11:00 AM - 12:00 PM

*Presenter: Lyle Skinner, Host, 'Prairie Ceilidh'
(kay-lee) Radio Show, CKJS Radio 810 AM*

The Celtic lands are home to some of the most beautiful Christmas music in the world. Join me for an hour of music for the Christmas and festive season that ranges from traditional favourites with a Celtic edge, to more modern Celtic-influenced compositions.

To add some Celtic flavour to your seasonal celebrations, look no further and dial in as we share the magic and mystery of Christmas.

SEPTEMBER 2017

Mon	Tue	Wed	Thu	Fri
<p>YOU MUST RE-REGISTER FOR PROGRAMS AT THE BEGINNING OF EACH TERM</p>				<p>1 Meditation 1:00 - 1:45 PM</p>
<p>4 LABOUR DAY OFFICE CLOSED</p>	<p>5 Brain Teasers 10:00 - 10:30 AM Passing Scene 1:00 - 1:45 PM</p>	<p>6 Jokes 10:00 - 10:30 AM Game Show Mania 2:30 - 3:00 PM</p>	<p>7 Short Stories 10:00 - 10:30 AM</p>	<p>8 Meditation 1:00 - 1:45 PM</p>
<p>11 Brain Teasers 10:00 - 10:30 AM Curiosity Club 11:00 - 11:30 AM Pet Memorial Month 1:00 - 1:30 PM</p>	<p>12 What's the Verdict? 10:00 - 10:30 AM Unusual Restaurants 11:00 - 11:30 AM OFFICE CLOSED 12:00 - 4:30 PM</p>	<p>13 Did You Know? 10:00 - 10:30 AM Good News 1:00 - 1:30 PM</p>	<p>14 Coffee Talk 10:00 - 10:30 AM I Remember 11:00 - 11:30 AM Weird or What? 1:00 - 1:30 PM</p>	<p>15 Food Customs 10:00 - 10:30 AM Show and Tell 11:00 - 11:30 AM Meditation 1:00 - 1:45 PM</p>
<p>18 Brain Teasers 10:00 - 10:30 AM First Nations 11:00 - 11:30 AM Afternoon Book 1:30 - 2:30 PM</p>	<p>19 Gratitude Group 10:00 - 10:30 AM Better Breathers 11:00 AM - 12:00 PM Passing Scene 1:00 - 1:45 PM</p>	<p>20 Jokes 10:00 - 10:30 AM ECC 1:00 - 2:00 PM Game Show Mania 2:30 - 3:00 PM</p>	<p>21 Short Stories 10:00 - 10:30 AM Biographies 11:00 - 11:30 AM Talent Show 2:00 - 2:45 PM</p>	<p>22 Spelling Bee 10:00 - 10:30 AM Art Therapy 11:00 AM - 12:00 PM Meditation 1:00 - 1:45 PM</p>
<p>25 Brain Teasers 10:00 - 10:30 AM SCWW Welcome 11:00 - 11:30 AM Afternoon Book 1:30 - 2:30 PM</p>	<p>26 Chat Pack 10:00 - 10:30 AM Passing Scene 1:00 - 1:45 PM Celebrity Bingo Shadoe Davis 2:00 - 2:30 PM</p>	<p>27 Did You Know? 10:00 - 10:30 AM ECC 1:00 - 2:00 PM Community Food Centres 2:15 - 3:15 PM</p>	<p>28 Coffee Talk 10:00 - 10:30 AM Let's Talk Diabetes 1:00 - 2:00 PM</p>	<p>29 Idioms 10:00 - 10:30 AM Fact or Fiction? 11:00 AM - 12:00 PM</p>

OCTOBER 2017

Mon	Tue	Wed	Thu	Fri
<p>2 Brain Teasers 10:00 - 10:30 AM</p> <p>Housing Options 11:00 - 11:45 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>3 What's the Verdict? 10:00 - 10:30 AM</p> <p>Planning Meeting 11:00 AM - 12:00 PM</p> <p>Across The Miles 2:15 - 3:15 PM</p>	<p>4 Jokes 10:00 - 10:30 AM</p> <p>Good News 1:00 - 1:30 PM</p> <p>Healthy Lifestyle 2:00 - 2:45 PM</p>	<p>5 Short Stories 10:00 - 10:30 AM</p> <p>Celtic Music Voyage 11:00 AM - 12:00 PM</p> <p>Kidney Health 1:00 - 2:00 PM</p>	<p>6 Food Customs 10:00 - 10:30 AM</p> <p>Spanish - Intro 1:00 - 2:00 PM</p>
<p>9</p> <p>THANKSGIVING</p> <p>OFFICE CLOSED</p>	<p>10 Brain Teasers 10:00 - 10:30 AM</p> <p>Passing Scene 1:00 - 1:45 PM</p> <p>Celebrity Bingo Rachel Legacé 2:00 - 2:30 PM</p>	<p>11 Did You Know? 10:00 - 10:30 AM</p> <p>Improved Care 11:00 AM - 12:00 PM</p> <p>ECC 1:00 - 2:00 PM</p> <p>Game Show Mania 2:30 - 3:00 PM</p>	<p>12 Coffee Talk 10:00 - 10:30 AM</p> <p>I Remember 11:00 - 11:30 AM</p> <p>Behind the Headlines 1:00 - 2:00 PM</p>	<p>13 Spelling Bee 10:00 - 10:30 AM</p> <p>Managing Stress 11:00 AM - 12:00 PM</p> <p>Spanish - Intro 1:00 - 2:00 PM</p>
<p>16 Brain Teasers 10:00 - 10:30 AM</p> <p>Health & Happiness 11:00 AM - 12:00 PM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>17 Better Breathers 11:00 AM - 12:00 PM</p> <p>Passing Scene 1:00 - 1:45 PM</p> <p>Culinary Corner 2:00 - 2:30 PM</p>	<p>18 Jokes 10:00 - 10:30 AM</p> <p>ECC 1:00 - 2:00 PM</p>	<p>19 Short Stories 10:00 - 10:30 AM</p> <p>Celebrity News 1:00 - 1:30 PM</p>	<p>20 Music Therapy 10:00 - 10:30 AM</p> <p>Art Therapy 11:00 AM - 12:00 PM</p> <p>Spanish - Intro 1:00 - 2:00 PM</p>
<p>23 Brain Teasers 10:00 - 10:30 AM</p> <p>Safety/Injury 11:00 AM - 12:00 PM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>24 Iran 11:00 AM - 12:00 PM</p> <p>Passing Scene 1:00 - 1:45 PM</p> <p>Celebrity Bingo 2:00 - 2:30 PM</p>	<p>25 Did You Know? 10:00 - 10:30 AM</p> <p>Haunted Winnipeg 11:00 AM - 12:00 PM</p> <p>ECC 1:00 - 2:00 PM</p> <p>Game Show Mania 2:30 - 3:00 PM</p>	<p>26 Coffee Talk 10:00 - 10:30 AM</p> <p>Biographies 11:00 - 11:30 AM</p> <p>Tosca by Puccini 2:00 - 3:00 PM</p>	<p>27 Idioms 10:00 - 10:30 AM</p> <p>Red Light District 11:00 AM - 12:00 PM</p> <p>Spanish - Intro 1:00 - 2:00 PM</p>
<p>30 Brain Teasers 10:00 - 10:30 AM</p> <p>Curiosity Club 11:00 - 11:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>31 Gratitude Group 10:00 - 10:30 AM</p> <p>Passing Scene 1:00 - 1:45 PM</p>	<p>YOU MAY REGISTER FOR PROGRAMS</p> <p>ANYTIME DURING THE TERM</p>		

NOVEMBER 2017

Mon	Tue	Wed	Thu	Fri
		1 Jokes 10:00 - 10:30 AM German 11:00 AM - 12:00 PM ECC 1:00 - 2:00 PM Connections 2:30 - 3:30 PM	2 Short Stories 10:00 - 10:30 AM Celtic Music Voyage 11:00 AM - 12:00 PM Connections 2:30 - 3:30 PM	3 Sweden Post-Vikings 1 11:00 AM - 12:00 PM Dreams 1:00 - 1:45 PM Finnish 3:00 - 4:00 PM
6 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM Game Show Mania 2:45 - 3:15 PM	7 What's the Verdict? 10:00 - 10:30 AM Passing Scene 1:00 - 1:45 PM Celebrity Bingo Michael Wolch 2:00 - 2:30 PM	8 Did You Know? 10:00 - 10:30 AM German 11:00 AM - 12:00 PM ECC 1:00 - 2:00 PM Connections 2:30 - 3:30 PM	9 Coffee Talk 10:00 - 10:30 AM I Remember 11:00 - 11:30 AM Good News 1:00 - 1:30 PM Connections 2:30 - 3:30 PM	10 Food Customs 10:00 - 10:30 AM Sweden Post-Vikings 2 11:00 AM - 12:00 PM Spanish - Next Level 1:00 - 2:00 PM Finnish 3:00 - 4:00 PM
13 OFFICE CLOSED IN LIEU OF REMEMBRANCE DAY	14 Brain Teasers 10:00 - 10:30 AM Unusual Restaurants 11:00 - 11:30 AM Passing Scene 1:00 - 1:45 PM	15 Jokes 10:00 - 10:30 AM German 11:00 AM - 12:00 PM ECC 1:00 - 2:00 PM Connections 2:30 - 3:30 PM	16 Short Stories 10:00 - 10:30 AM Connections 2:30 - 3:30 PM	17 Spelling Bee 10:00 - 10:30 AM Sweden Post-Vikings 3 11:00 AM - 12:00 PM Spanish - Next Level 1:00 - 2:00 PM Finnish 3:00 - 4:00 PM
20 Brain Teasers 10:00 - 10:30 AM Curiosity Club 11:00 - 11:30 AM Afternoon Book 1:30 - 2:30 PM Game Show Mania 2:45 - 3:15 PM	21 Gratitude Group 10:00 - 10:30 AM Better Breathers 11:00 AM - 12:00 PM Passing Scene 1:00 - 1:45 PM Celebrity Bingo Chris Wolf 2:00 - 2:30 PM	22 Did You Know? 10:00 - 10:30 AM German 11:00 AM - 12:00 PM ECC 1:00 - 2:00 PM Connections 2:30 - 3:30 PM	23 Coffee Talk 10:00 - 10:30 AM Aviation in Manitoba 11:00 AM - 12:00 PM Weird or What? 1:00 - 1:30 PM Connections 2:30 - 3:30 PM	24 Idioms 10:00 - 10:30 AM Swedish 11:00 AM - 12:00 PM Spanish - Next Level 1:00 - 2:00 PM Finnish 3:00 - 4:00 PM
27 Brain Teasers 10:00 - 10:30 AM Exploring Loneliness 11:00 AM - 12:00 PM Afternoon Book 1:30 - 2:30 PM	28 Estate Planning 11:00 AM - 12:00 PM Passing Scene 1:00 - 1:45 PM Bed Bugs 2:00 - 3:00 PM	29 Jokes 10:00 - 10:30 AM German 11:00 AM - 12:00 PM Readings by Ricki 1:00 - 1:30 PM Connections 2:30 - 3:30 PM	30 Short Stories 10:00 - 10:30 AM Biographies 11:00 - 11:30 AM Connections 2:30 - 3:30 PM	

DECEMBER 2017

Mon	Tue	Wed	Thu	Fri
				1 Music Therapy 10:00 - 10:30 AM Swedish 11:00 AM - 12:00 PM Spanish - Next Level 1:00 - 2:00 PM Finnish 3:00 - 4:00 PM
4 Brain Teasers 10:00 - 10:30 AM Old Wives' Tales 11:00 AM - 12:00 PM Afternoon Book 1:30 - 2:30 PM Game Show Mania 2:45 - 3:15 PM	5 What's the Verdict? 10:00 - 10:30 AM Romania 11:00 - 11:30 AM Across The Miles 2:15 - 3:15 PM	6 Did You Know? 10:00 - 10:30 AM German 11:00 AM - 12:00 PM Readings by Ricki 1:00 - 1:30 PM Connections 2:30 - 3:30 PM	7 Coffee Talk 10:00 - 10:30 AM I Remember 11:00 - 11:30 AM Celebrity News 1:00 - 1:30 PM Connections 2:30 - 3:30 PM	8 Food Customs 10:00 - 10:30 AM Swedish 11:00 AM - 12:00 PM Finnish 3:00 - 4:00 PM
11 Brain Teasers 10:00 - 10:30 AM Curiosity Club 11:00 - 11:30 AM Afternoon Book 1:30 - 2:30 PM	12 Gratitude Group 10:00 - 10:30 AM Passing Scene 1:00 - 1:45 PM Celebrity Bingo 2:00 - 2:30 PM	13 Jokes 10:00 - 10:30 AM German 11:00 AM - 12:00 PM Readings by Ricki 1:00 - 1:30 PM Clarence & Ziggy 2:00 - 3:00 PM	14 Short Stories 10:00 - 10:30 AM Celtic Christmas 11:00 AM - 12:00 PM Fact or Fiction? 1:30 - 2:30 PM	15 Spelling Bee 10:00 - 10:30 AM Swedish 11:00 AM - 12:00 PM Finnish 3:00 - 4:00 PM
18 Brain Teasers 10:00 - 10:30 AM Transportation 11:00 AM - 12:00 PM Afternoon Book 1:30 - 2:30 PM Game Show Mania 2:45 - 3:15 PM	19 Chat Pack 10:00 - 10:30 AM Better Breathers 11:00 AM - 12:00 PM Passing Scene 1:00 - 1:45 PM Culinary Corner 2:00 - 2:30 PM	20 Did You Know? 10:00 - 10:30 AM Readings by Ricki 1:00 - 1:30 PM	21 Coffee Talk 10:00 - 10:30 AM Biographies 11:00 - 11:30 AM Talent Show 2:00 - 2:45 PM	22 Idioms 10:00 - 10:30 AM Good News 11:00 - 11:30 AM
25	26	27	28	29
<p><i>Happy Holidays! A & O is closed from December 25 - January 1. We re-open on Tuesday, January 2, 2018.</i></p>				

SENIOR CENTRE WITHOUT WALLS REGISTRATION WORKSHEET: SEPTEMBER - DECEMBER 2017

Date: _____ How did you hear about SCWW? _____

Name(s): _____ Phone Number: _____

Address/PO Box: _____ City/Town: _____

Postal Code: _____ E mail: _____

Birth date: _____ Gender: _____ Do you need to be called in? **Y / N**

Presentation Series

- Welcome to SCWW
- Estate Planning
- Behind the Headlines
- Aviation in Manitoba
- Health & Happiness
- Community Food Centres
- Sweden Post-Vikings
- Clarence & Ziggy
- Age Friendly Transportation
- Tosca by Puccini
- Housing Options
- Celtic Music Voyage
- Red Light District

Travelogues

- Food Customs
- Across the Miles
- Iran
- First Nations
- Romania

Languages & More

- German
- Spanish - Intro
- Spanish - Next Level
- English Conversation Circle
- Swedish
- Finnish

Health & Wellness

- Old Wives' Tales
- Bed Bugs

Health & Wellness (cont.)

- Better Breathers on Air
- Improved Care
- Safety & Injury Prevention
- Music Therapy
- Meditation
- Kidney Health
- Managing Stress
- Dreams
- Art Therapy
- Let's Talk Diabetes
- Healthy Lifestyle
- Exploring Loneliness
- Connections Workshop

Book Club & Short Stories

- Book Club - Nature of the Beast
- Short Stories
- I Remember

Local Authors

- Readings by Ricki Segal
- The Passing Scene

Special Features

- Fact or Fiction?
- Culinary Corner
- Show & Tell
- Planning Meeting
- Weird or What?
- Unusual Restaurants
- Coffee Talk
- Celebrity News

Weekly Features

- Brain Teasers
- Did You Know?
- Jokes, Etc.

Monthly Features

- What's the Verdict?
- Gratitude Group
- Curiosity Club
- Idiom Addicts Plus
- Good News
- Spelling Bee
- Biographies

Fun & Games

- Game Show Mania
- Chat Pack
- Talent Show
- Celebrity Bingo

Observances & Celebrations

- Pet Memorial Month
- Haunted Winnipeg
- Celtic Christmas

ASK ABOUT PREVIOUS RECORDINGS!

You may register at any time during the session. Pick the best method for you:

(PLEASE NOTE: All participants must re-register for each new session)

CALL US:

Toll-free at 1-888-333-3121 or 204-956-6440 in Winnipeg and register over the phone

FAX YOUR REGISTRATION WORKSHEET TO:

204-946-5667

MAIL YOUR REGISTRATION TO:

A & O: Support Services for Older Adults
200 - 280 Smith St.

Winnipeg, MB R3C 1K2





HOW YOU CAN MAKE A DIFFERENCE

HELP SUPPORT OLDER ADULTS IN MANITOBA

A & O relies heavily on community support to ensure these services continue to be available for older Manitobans today and in the future. Donations to this vital social service agency assist in many ways, from helping to provide innovative programs and services to making research projects and specialized initiatives possible.

GIVE BACK TO A & O

You can support the Agency in several ways:

- **Donate \$25 or more and receive a tax receipt**
- **Make a donation in honour or memory of someone**
- **Contribute to the Endowment Fund**
- **Designate your donation towards any of our programs**

Larger donations will be recognized on our Wall of Honour. Please visit our website or call A & O for more information.

ENDOWMENT FUND

The A & O Endowment Fund was established to provide a permanent foundation for the future. The fund is managed by The Winnipeg Foundation. The interest will be used to provide programming and services to older Manitobans today and in the future.



SUPPORT OLDER ADULTS AND GIVE TODAY.

Make a donation by calling A & O at (204) 956-6440 or e-mailing info@aosupportservices.ca, or donate online at aosupportservices.ca!