



# SENIOR CENTRE WITHOUT WALLS

VOLUME 12  
SEPT - DEC  
**2020**

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Falls Prevention**

**Taking Care of Your Mental Health During COVID-19**

**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.**

## **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.

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## **SENIOR CENTRE WITHOUT WALLS**

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

[info@aosupportservices.ca](mailto:info@aosupportservices.ca)

[www.aosupportservices.ca](http://www.aosupportservices.ca)



# FAQ

## Senior Centre Without Walls

### 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.

### How does SCWW Work?

1. You may register for programs anytime during the term
2. Fill out the Registration Worksheet and email it in, mail it in or call A & O to register over the phone
3. You will be mailed any materials related to a program such as presentation handouts and program materials
4. We can either call you before your scheduled program and join you into the call, or we can provide you with the call-in information so you can call yourself into the program.

### Accessibility and Inclusivity

- 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
- This publication is available in alternate formats upon request

### 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

**Email:**

info@aosupportservices.ca

**Mail:**

200-280 Smith St.

Winnipeg, MB R3C 1K2

This program is funded by the Winnipeg Regional Health Authority and Manitoba Health, Seniors and Active Living as part of the Age-Friendly Manitoba Initiative.



## 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

## PRESENTATION SERIES

### WELCOME TO SENIOR CENTRE WITHOUT WALLS!

WEDNESDAY, SEPTEMBER 23 - 2:00 - 2:30 PM

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.

### WRITING ABOUT MANITOBA

THURSDAY, SEPTEMBER 17 - 1:30 - 2:30 PM

*Presenter: Christine Hanlon*

Author Christine Hanlon has a passion for her province, its people, and their stories. After many years penning articles for local and national magazines, on everything from skiing to houses to hometown heroes, she turned her focus squarely on Manitoba. Her book “Out of Old Manitoba Kitchens” was followed by “Everything Manitoba: The Ultimate Book of Lists,” and now “Old Winnipeg: A History in Pictures” (September 2020). Join Christine as she shares the insights she gathered from talking to the fascinating people living in Canada’s heartland.

## 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

### CELTIC MUSIC VOYAGE: PARTS 28 & 29

TUESDAYS, OCTOBER 6  
& NOVEMBER 17 -  
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.

# PRESENTATION SERIES

## **A LIFE IN THE THEATRE**

**FRIDAY, SEPTEMBER 25 - 10:00 - 11:00 AM**

*Presenters: Blythe Wilson & Mark Harapiak*

Canadian actors Blythe Wilson and Mark Harapiak have performed on stages across the globe. Their careers have spanned over three decades and have taken them from coast to coast, appearing in everything from Shakespeare to musicals, from regional shows to the Stratford Festival and Broadway. Please join them as they discuss their careers and lives.

## **RAINBOW RESOURCE CENTRE - SERVING THE 2SLGBTQ+ COMMUNITY FOR ALMOST 50 YEARS**

**FRIDAY, OCTOBER 23 - 1:30 - 2:30 PM**

*Presenter: Roberta Bishop, BA, BEd, PBCE*

Confused by all the letters, and today's acronyms? One of our members of Over the Rainbow (a social support group for 55+) calls it the alphabet community! Join us as we learn our A-B-Cs through inclusive sharing of information on terminology, services available and answer your questions.

## **WHAT ZOOS DO: CONSERVATION AND RESEARCH**

**WEDNESDAY, OCTOBER 7 - 1:30 - 2:30 PM**

*Presenter: Laura Burns, MSc, Research Conservation Specialist at Assiniboine Park Zoo*

From polar bears to tiny butterflies, the Conservation and Research team at Assiniboine Park Zoo in Winnipeg has made it their mission to help understand and protect Manitoba's animal species from extinction. In this presentation, you will get an in-depth look at the fascinating behind-the-scenes conservation work happening at your local zoo, and ways that you can join in and help save species in your own backyard.

## **HOSPITALS**

**WEDNESDAY,  
SEPTEMBER 30 - 10:00 -  
11:00 AM**

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

We started off as farmers in a new land. We bandaged ourselves in the beginning. More people meant a hospital was needed. Let's take a peek at the early hospitals from settlers to a growing metropolis.

## **INSPIRATION IS EVERYWHERE**

**THURSDAY,  
DECEMBER 10 - 1:30 -  
2:30 PM**

*Presenter: Stephanie  
Staples*

Based on her life changing 365 day project called "Love Everywhere," Steph will share motivational stories of love, hope and inspiration in a world that is so in need. You will learn simple ideas you can use to be more positive, more proactive and to help you find inspiration everywhere!

# PRESENTATION SERIES

## **WHY WINNIPEG FEELS LIKE HOME - A JOURNEY THROUGH PROFESSIONAL SOCCER** **TUESDAY, OCTOBER 13 - 1:30 - 2:30 PM**

*Presenter: Robert Gale, Head Coach and General Manager, Valour FC*

Rob Gale is a former professional soccer player from England and current Head Coach and General Manager of Valour FC. An Englishman born in Africa into a soccer family, he made his way to Canada to coach and ended up marrying a Winnipegger. He has worked with various levels of soccer in Canada and was former Coach for U18 National Teams, U20 National Teams and Olympic Teams before deciding to start the building of our own professional club here in Winnipeg in the new Canadian Premier League. He has been here 15 years and will take you on his journey and the reasons why he thinks Winnipeg is the best place to live in the best country in the world, and what he hopes to leave as a legacy to the province of Manitoba which he calls home.

## **FACT OR FICTION?** **FRIDAY, OCTOBER 23 - 10:00 - 11:00 AM**

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

In the 20s and 30s dance halls were the popular entertainment spots. In the 50s and 60s nite clubs were the highlight of social get togethers. A good meal and entertainment with the companion or family was in store.

# TRAVELOGUES

## **TASTES, TALES & TRAVELS OF THE WORLD**

**THURSDAYS,  
SEPTEMBER 24,  
OCTOBER 22,  
NOVEMBER 5 &  
DECEMBER 17 - 2:00 -  
3:00 PM**

*Presenter: Kathryn Harper,  
SCWW Participant and  
Volunteer*

Please join me on this exclusive tour as we marvel, munch and trek our way from our own back yard to exciting destinations around the world. Totally accessible, no one will be turned away, comfortable accommodations...and all expenses paid!

## **ACROSS THE MILES** **WEDNESDAY, OCTOBER 21 - 2:30 - 3:30 PM**

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

# TRAVELOGUES

## **WALKING THE CAMINO DE SANTIAGO TUESDAY, OCTOBER 20 - 10:00 - 11:00 AM**

*Presenter: Marianne Lamb*

Come and join us on our walk. A walk across the north of Spain, a walk that has been completed by hundreds of thousands of pilgrims for 1,000 years. The path is known as the Camino de Santiago or in English the Way of St. James. We begin our journey in St. Jean Pied de Port, in France, and finish in Santiago de Compostella, Spain, with a short bus ride to Fisterra, the place the ancients believed to be the end of the world.

We will have many memorable stops along the way where we will sip cafe con leche, watch the running of the bulls in Pamplona, marvel at the architecture of Antoni Gaudi and taste the unmistakable red wines of the Rioja region. So please come and join us as we make our pilgrimage across Spain.

## **COME-FROM-AWAY - MARITIMES AND NEWFOUNDLAND TUESDAY, SEPTEMBER 22 - 2:00 - 3:00 PM**

*"Come-from-away" is a term used in Canada's Atlantic provinces for someone who has moved to the area from somewhere else.*

*Presenter: Laura Isbister, SCWW Participant and Volunteer*

Join me as I start my Maritimes tour in Halifax, Nova Scotia before visiting Peggy's Cove and Lunenburg, home port of the iconic Blue Nose. By ferry, I cross the Bay of Fundy to see the Reversing Falls and enjoy a tour of St. John, New Brunswick. We drive across Confederation Bridge to Charlottetown, Prince Edward Island and also visit the Anne of Green Gables house. After a drive along the Cabot Trail on Cape Breton Island, the ferry takes us to Newfoundland. Visiting Cape Spear on the way to St. John's, my tour concludes with the traditional "screech-in" ceremony. As we travel through this picturesque part of Canada, you may want to contemplate a move to the Maritimes or Newfoundland and become a "come-from-away."

## **THE MAGICAL GALAPAGOS ISLANDS WEDNESDAY, NOVEMBER 4 - 1:30 - 2:15 PM**

*Presenter: Janice  
Rutherford*

The Galapagos Islands are 1,000 kms off the coast of Ecuador in the Pacific Ocean. They are home to a diverse eco system, Sea Turtles, Penguins, Blue Footed Boobies and a multitude of sea creatures. The journey in April 2019 to get there was well worth it! A "once-in-a-lifetime" experience.

# HEALTH & WELLNESS

## **SAFETYAID FALLS PREVENTION PROGRAM - HOW TO REDUCE THE RISK OF FALLS IN THE HOME**

**THURSDAY, NOVEMBER 12 - 1:30 - 2:30 PM**

*Presenter: Harry Deol, Occupational Therapist*

Learn how the SafetyAid Falls Prevention program can help older adults reduce their risk of falling in their home, while maximizing their safety and independence to engage in meaningful activity.

## **MUSIC THERAPY**

*Presenter: Cindy Bass, BMT, MTA*

### **GUIDED IMAGERY SESSION WITH ACCREDITED MUSIC THERAPIST CINDY BASS**

**FRIDAY, OCTOBER 2 - 11:00 - 11:30 AM**

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 2 to leave your worries behind. There will be soothing background music to relax to with this meditative type of music therapy application.

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

**FRIDAY, DECEMBER 4 - 11:00 - 11:30 AM**

Accredited music therapist Cindy Bass will provide you with meaningful melodies when you tune in for this session on December 4 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!

## **FALLS PREVENTION DESERVES YOUR ATTENTION!**

**THURSDAY, NOVEMBER 19 - 1:30 - 2:30 PM**

*Presenter: Ryan Chan, Pharmacist*

Learn why falls can happen so you can pick up some new techniques and tips to prevent them!

## **STAYING ACTIVE AND PREVENTING FALLS**

**THURSDAY, NOVEMBER 26 - 1:30 - 2:30 PM**

*Presenter: Brigette Quintana, Physical Therapist*

Learn how to stay active and engage in exercise to help prevent falls.

## **PARKINSON'S DISEASE 101**

**FRIDAY, OCTOBER 30 - 1:30 - 2:30 PM**

*Presenter: Donna Greening, BEd, Community Development Coordinator, Parkinson Canada*

The presentation will be a general introduction to Parkinson's disease (PD), including what PD is, the motor signs, some non-motor symptoms, how medication plays a critical role in wellness, and an overview of Atypical Parkinsonisms.



# HEALTH & WELLNESS

## ART THERAPY: HEALING THROUGH CREATIVE EXPRESSION

TUESDAY, SEPTEMBER 22 & FRIDAY, NOVEMBER 27 - 10:00 - 11:00 AM

*Presenter: Pamela Li, RP, DTATI, CATA Professional Registered Psychotherapist, Art Therapist, EMDR Therapist*

Let's explore the therapeutic use of art. It does not require any special training or skill.

Research shows that Art Therapy may:

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

## MEDITATION SERIES (4 WEEKS)

FRIDAYS, SEPTEMBER 4, 11, 18 & 25 - 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.*

## HEART HEALTH: HOW TO KEEP THINGS PUMPING FRIDAY, OCTOBER 2 - 2:00 - 3:00 PM

*Presenters: Jennifer Hayward, RN, WRHA Cardiac Sciences Program & Lorraine Avery, RN, WRHA Cardiac Sciences Program*

This talk will review cardiac risk factors, symptoms of heart disease and what you can do to stay heart healthy.

## CATARACTS, GLAUCOMA AND AMD - OH MY!

FRIDAY, OCTOBER 16 -  
1:30 - 2:30 PM

*Presenters: Dr. Luke Small, Optometrist, Armstrong & Small Eyecare Centre*

I will be reviewing the signs, symptoms and treatments for cataracts, glaucoma and macular degeneration (AMD).

# HEALTH & WELLNESS

## **FIBROMYALGIA: UNLOCKING THE MYSTERY** **THURSDAY, OCTOBER 29 - 1:30 - 2:30 PM**

*Presenter: Carol Potter, Fibromyalgia Support Group of Winnipeg*

I am looking forward to joining those of you who will be calling in to hear a presentation on Fibromyalgia Syndrome (FMS); a syndrome which is too often misunderstood.

My presentation will provide some answers to the following questions:

- What is Fibromyalgia?
- What are the most usual symptoms of Fibromyalgia?
- What are thought to be possible “causes” of Fibromyalgia?

I will share with you two methods which may be used to diagnose FMS, as well as talk about various treatments which may be helpful. As there is, at this time, no known cure for Fibromyalgia perhaps, most importantly, I will discuss strategies for managing life with Fibromyalgia; something I have learned to do over the past 24 years of my life.

## **TAKING CARE OF YOUR MENTAL HEALTH DURING COVID-19**

**TUESDAY, OCTOBER 20 - 1:30 - 2:30 PM**

*Presenter: Dr. Kristin Reynolds, Registered Clinical Psychologist & Assistant Professor of Psychology, University of Manitoba*

During this presentation Dr. Reynolds will highlight emergent research related to mental health and the coronavirus pandemic. She will discuss ways of coping with distress and disconnection during the pandemic and will allow time for discussion with participants.

# OBSERVANCES & CELEBRATIONS

## **CANADIAN CONNECTIONS: HOLIDAY CELEBRATIONS** **FRIDAY, DECEMBER 18 - 1:30 - 2:30 PM**

*Presenters: SCWW from Ottawa, Alberta and Manitoba*

Connect with your peers joining us from other SCWW programs across Canada. Tune in for this great opportunity to share experiences, traditions and memories of various holiday celebrations.

## **CELTIC CHRISTMAS MUSIC**

**WEDNESDAY, DECEMBER 23 - 10:00 - 11:00 AM**

*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.

## BOOK JOURNEYS & SHORT STORIES

*Books and short stories are read aloud.*

### AFTERNOON BOOK CLUB:

#### A MAN CALLED OVE BY FREDERIK BACKMAN

**MONDAYS, SEPTEMBER 28, OCTOBER 5, 19 & 26,  
NOVEMBER 2, 9, 16, 23 & 30 & DECEMBER 7, 14 & 21 -  
1:30 - 2:30 PM**

*Presenter: Madeline Kirc, SCWW Participant and Volunteer*

*Note: No session on October 12*

A grumpy yet loveable man finds his solitary world turned on its head when a boisterous young family moves in next door.

Meet Ove. He's a curmudgeon, the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him "the bitter neighbour from hell," but must Ove be bitter just because he doesn't walk around with a smile plastered to his face all the time?

Behind the cranky exterior there is a story and a sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove's mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents' association to their very foundations.

### WRITTEN BY MARGE

**TUESDAYS, SEPTEMBER 29, OCTOBER 27, NOVEMBER 24 & DECEMBER 22 - 10:00 - 11:00 AM**

*Presenter: Marge Barker, SCWW Participant and Volunteer*

I hope that you enjoy this collection of writings, both fiction and real life told by Marge Barker. Some stories have mystery, some adventure, some are serious and some are humorous.

## OBSERVANCES & CELEBRATIONS

### REMEMBRANCE DAY

**- WILLIAM GEORGE BARKER: DAUPHIN'S WW I FIGHTER ACE**

**FRIDAY, NOVEMBER 6 - 10:00 - 11:00 AM**

*Presenter: Dennis Hurley, SCWW Participant and Volunteer*

William George Barker's life in an early 20th century Manitoba town was forever changed with the declaration of World War One. He went from relative obscurity to the most decorated Canadian in history. Post war, his accomplishments were no less impressive, forming one of the first air companies with top ace Billy Bishop and serving as an early President of the Toronto Maple Leafs.

## BOOK JOURNEYS & SHORT STORIES

*Books and short stories are read aloud.*

### POETRY CORNER WITH MADDE

TUESDAY, SEPTEMBER 8 - 10:00 - 10:30 AM

TUESDAY, OCTOBER 6 - 1:30 - 2:00 PM

TUESDAY, NOVEMBER 3 - 10:00 - 10:30 AM

TUESDAY, DECEMBER 8 - 10:00 - 10:30 AM

*Presenter: Madeline Kirc, SCWW Participant and Volunteer*

I believe that poetry is a celebrated composition of great beauty; a piece of art with emotional sincerity and intensity; a graceful expression showing imagination and deep feeling with beautiful and elegant quality. Poetry can nourish your soul and enlighten your mind. As well, poetry can evoke real images and emotions that touch our hearts.

## VOLUNTEER SPOTLIGHT

### LAURA ISBISTER

Laura has been involved with Senior Centre Without Walls since March 2019 in a variety of travelogue presentations which included: "Antarctica - The White Continent," "Amazon Adventure," "New Zealand" and "Jewels of Poland." Her travels have taken her around the globe to some 86 countries and across all 7 continents. This fall Laura will continue to share her travels from her trip to "Come-from-Away: The Maritimes and Newfoundland."



*"Thank you for letting me share some of my travel stories. SCWW has given me an opportunity to revisit some amazing places and also to laugh with you at some of my misadventures along the way. I enjoy preparing these travelogues and meeting lots of new people via the telephone. It has been a privilege to promote and participate in the SCWW program this past year and I look forward to continuing my participation during 2020."*

### SHORT STORIES

THURSDAYS,  
SEPTEMBER 10 &  
24, OCTOBER 8 & 22,  
NOVEMBER 5 & 19 &  
DECEMBER 3 & 17 - 10:00  
- 10:30 AM

*Presenter: Kathryn Harper,  
SCWW Participant and  
Volunteer*

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

# LANGUAGES

## **SENIOR IMMIGRANT SETTLEMENT SERVICES (SISS) ENGLISH CONVERSATION CIRCLE**

**WEDNESDAYS, OCTOBER 7, 14, 21 & 28 -**

**10:00 - 11:00 AM**

**WEDNESDAYS, NOVEMBER 4, 18 & 25 -**

**10:00 - 11:00 AM**

**WEDNESDAYS, DECEMBER 2, 9 & 16 -**

**10:00 - 11:00 AM**

*Presenter: Richard Castro, SISS and 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

## **WITH THE BEATLES IN GERMAN**

**TUESDAY, OCTOBER 27 - 2:00 - 3:00 PM**

**TUESDAYS, NOVEMBER 3, 10, & 17 - 2:00 - 3:00 PM**

*Presenter: Richard Castro, SISS & SCWW Volunteer*

We will look at and listen to some of the tracks on this seminal Beatles album, rewritten in German and use them to learn and say some expressions, in German.

## **FINISH THE YEAR WITH FINNISH**

**TUESDAY, NOVEMBER 24 - 2:00 - 3:00 PM**

**TUESDAYS, DECEMBER 1, 8 & 15 - 2:00 - 3:00 PM**

*Presenter: Richard Castro, SISS & SCWW Volunteer*

We will review Finnish pronunciation and learn some basic expressions and also look at and hear a song in Finnish. You do not have to know any Finnish.

# FEATURES

## **SPELLING BEE**

**FRIDAYS, SEPTEMBER**

**11, OCTOBER 9,**

**NOVEMBER 13 &**

**DECEMBER 11 - 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.

## **TALENT SHOW**

**MONDAY, SEPTEMBER 14**

**& FRIDAY, OCTOBER 9 -**

**2:00 - 2:45 PM**

We have combined two popular programs: Talent Show and Show & Tell into one! Sing, share a short story or poem, play an instrument - no experience or special talent is required, just come ready to entertain and/or be entertained! Do you have a memento you would like to "show" the group? Whether it's a memory, a hobby or something you've made or won, share it with us!

# FEATURES

## JOKES, ETC.

**WEDNESDAYS, SEPTEMBER 16 & DECEMBER 9 - 1:30 - 2:00 PM**

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!

## CULINARY CORNER

**WEDNESDAY, SEPTEMBER 16 - 10:00 - 10:30 AM**

Tune in to share culinary life hacks that will make your life in the kitchen easier! We will also discuss unusual restaurants and explore different food customs!

## COFFEE TALK

**THURSDAYS, SEPTEMBER 3 & 17, OCTOBER 15 & 29, NOVEMBER 12 & 26 & DECEMBER 10 & 24 - 10:00 - 10:30 AM**

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

## CURIOSITY CLUB

**TUESDAY, SEPTEMBER 29 - 1:30 - 2:00 PM**

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! We dare you to join us as we delve into some of the world's greatest unexplained mysteries, strange phenomena, wacky inventions, surprising medical developments and ingenious solutions to age-old problems.

Please feel free to share your own stories and experiences!

## WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

**THURSDAY, OCTOBER 1 - 10:00 - 11:00 AM**

Believe it or not, we are already working hard on the January - April 2021 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!

## GRATITUDE GROUP

**TUESDAY, SEPTEMBER 8 - 1:30 - 2:00 PM & FRIDAY, OCTOBER 30 - 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!

## GOOD NEWS

**THURSDAY, OCTOBER 15 - 1:30 - 2:00 PM & TUESDAY, DECEMBER 1 - 10:00 - 10:30 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.

# FEATURES

## DID YOU KNOW?

**WEDNESDAYS, SEPTEMBER 9 & NOVEMBER 25 - 1:30 - 2:00 PM**

- The white part of your fingernails is called the lunula
- Mid-men, the male version of mid-wives, are called accouchers
- The harmonica is the world's best-selling music instrument

Join us for fun facts and trivia of all kind!

## CHAT PACK

**MONDAY, SEPTEMBER 21 - 1:30 - 2:00 PM**

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

- What would you do if you were invisible?
- What was the most important event of your life?

## CELEBRITY NEWS

**TUESDAY, SEPTEMBER 15 - 1:30 - 2:00 PM**

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

## BIOGRAPHIES

### NELLIE MCCLUNG

**THURSDAY, SEPTEMBER 3 - 1:30 - 2:00 PM**

### LOUIS RIEL

**THURSDAY, OCTOBER 1 - 1:30 - 2:00 PM**

### MURRAY SINCLAIR

**THURSDAY, DECEMBER 3 - 1:30 - 2:00 PM**

**WHAT'S THE VERDICT?  
TUESDAYS, SEPTEMBER 15, OCTOBER 13,  
NOVEMBER 10 &  
DECEMBER 15 - 11:00 - 11:30 AM**

*Presenter: D. Andrew Torbiak, Associate, Myers LLP, SCWW Volunteer*

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

## BRAIN TEASERS

**MONDAYS, SEPTEMBER 14, 21 & 28, OCTOBER 5, 19 & 26, NOVEMBER 2, 9, 16, 23 & 30 & DECEMBER 7, 14 & 21 - 10:00 - 10:30 AM**

*Note: No session on October 12*

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

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

# FEATURES

## IDIOM ADDICTS PLUS

**FRIDAYS, SEPTEMBER 18, OCTOBER 16, NOVEMBER 20 & DECEMBER 18 - 10:00 - 10:30 AM**

*Presenter: Mary Bana, SCWW Volunteer*

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

## 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!

**WEDNESDAY, SEPTEMBER 30 - 2:00 - 2:30 PM**

*KATHLEEN MARTENS - INVESTIGATIVE JOURNALIST - APTN*

**WEDNESDAY, OCTOBER 14 - 2:00 - 2:30 PM**

*JIM PAPPAS - HOST OF "A CLASS ACT WITH JIM PAPPAS" - CJNU 93.7 FM - NOSTALGIA RADIO*

**WEDNESDAY, OCTOBER 28 - 2:00 - 2:30 PM**

*LYLE SKINNER - HOST OF "PRAIRIE CEILIDH" (KAY-LEE) RADIO SHOW, CKJS RADIO 810 AM*

**WEDNESDAY, NOVEMBER 18 - 2:00 - 2:30 PM**

*FRANK STECKY - HOST OF "BREAKY WITH STECKY" - CJNU 93.7 FM - NOSTALGIA RADIO*

**WEDNESDAY, DECEMBER 2 - 2:00 - 2:30 PM**

*TRISH BENNETT - HOST OF "SATURDAY MORNING POTPOURRI" - CJNU 93.7 FM - NOSTALGIA RADIO*

**WEDNESDAY, DECEMBER 16 - 2:00 - 2:30 PM**

*RICK ROSCHUK - HOST OF "SATURDAY MORNING POTPOURRI" - CJNU 93.7 FM - NOSTALGIA RADIO*

*\* Bingo cards with raised print and Braille or large print are available.*

**GAME SHOW MANIA**  
**THURSDAYS,**  
**SEPTEMBER 10 &**  
**OCTOBER 8 - 2:00 -**  
**2:30 PM**

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



# SEPTEMBER 2020

Mon	Tue	Wed	Thu	Fri
	1	2	3 Coffee Talk 10:00 - 10:30 AM  Biographies: Nellie McClung 1:30 - 2:00 PM	4  Meditation 1:00 - 1:45 PM
7  <b>LABOUR DAY</b>  <b>OFFICE CLOSED</b>	8 Poetry 10:00 - 10:30 AM  Gratitude Group 1:30 - 2:00 PM	9  Did You Know? 1:30 - 2:00 PM	10 Short Stories 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	11 Spelling Bee 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
14 Brain Teasers 10:00 - 10:30 AM  Talent Show 2:00 - 2:45 PM	15 What's the Verdict? 11:00 - 11:30 AM  Celebrity News 1:30 - 2:00 PM	16 Culinary Corner 10:00 - 10:30 AM  Jokes 1:30 - 2:00 PM	17 Coffee Talk 10:00 - 10:30 AM  Writing about Manitoba 1:30 - 2:30 PM	18 Idioms 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
21 Brain Teasers 10:00 - 10:30 AM  Chat Pack 1:30 - 2:00 PM	22 Art Therapy 10:00 - 11:00 AM  Maritimes & NL 2:00 - 3:00 PM	23 Missing Pieces 11:00 - 11:30 AM  SCWW Welcome 2:00 - 2:30 PM	24 Short Stories 10:00 - 10:30 AM  Travels of the World 2:00 - 3:00 PM	25 Life in Theatre 10:00 - 11:00 AM  Meditation 1:00 - 1:45 PM
28 Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	29 Written by Marge 10:00 - 11:00 AM  Curiosity Club 1:30 - 2:00 PM	30 Hospitals 10:00 - 11:00 AM  Celebrity Bingo: Kathleen Martens 2:00 - 2:30 PM		

# OCTOBER 2020

Mon	Tue	Wed	Thu	Fri
			<b>1</b> Program Planning Meeting 10:00 - 11:00 AM  Biographies: Louis Riel 1:30 - 2:00 PM	<b>2</b> Music Therapy 11:00 - 11:30 AM  Heart Health 2:00 - 3:00 PM
<b>5</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>6</b> Celtic Music 11:00 AM - 12:00 PM  Poetry 1:30 - 2:00 PM	<b>7</b> ECC 10:00 - 11:00 AM  Zoo Conservation 1:30 - 2:30 PM	<b>8</b> Short Stories 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	<b>9</b> Spelling Bee 10:00 - 10:30 AM  Talent Show 2:00 - 2:45 PM
<b>12</b> <b>THANKSGIVING DAY</b>  <b>OFFICE CLOSED</b>	<b>13</b> What's the Verdict? 11:00 - 11:30 AM  Winnipeg Soccer 1:30 - 2:30 PM	<b>14</b> ECC 10:00 - 11:00 AM  Celebrity Bingo: Jim Pappas 2:00 - 2:30 PM	<b>15</b> Coffee Talk 10:00 - 10:30 AM  Good News 1:30 - 2:00 PM	<b>16</b> Idioms 10:00 - 10:30 AM  Cataracts Glaucoma 1:30 - 2:30 PM
<b>19</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>20</b> Camino de Santiago 10:00 - 11:00 AM  Mental Health 1:30 - 2:30 PM	<b>21</b> ECC 10:00 - 11:00 AM  Across the Miles 2:30 - 3:30 PM	<b>22</b> Short Stories 10:00 - 10:30 AM  Travels of the World 2:00 - 3:00 PM	<b>23</b> Fact or Fiction? 10:00 - 11:00 AM  Rainbow Resource 1:30 - 2:30 PM
<b>26</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>27</b> Written by Marge 10:00 - 11:00 AM  German 2:00 - 3:00 PM	<b>28</b> ECC 10:00 - 11:00 AM  Celebrity Bingo: Lyle Skinner 2:00 - 2:30 PM	<b>29</b> Coffee Talk 10:00 - 10:30 AM  Fibromyalgia 1:30 - 2:30 PM	<b>30</b> Gratitude Group 10:00 - 10:30 AM  Parkinson's 1:30 - 2:30 PM

# NOVEMBER 2020

Mon	Tue	Wed	Thu	Fri
<b>2</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>3</b> Poetry 10:00 - 10:30 AM  German 2:00 - 3:00 PM	<b>4</b> ECC 10:00 - 11:00 AM  Galapagos Islands 1:30 - 2:15 PM	<b>5</b> Short Stories 10:00 - 10:30 AM  Travels of the World 2:00 - 3:00 PM	<b>6</b> World War I Fighter 10:00 - 11:00 AM
<b>9</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>10</b> What's the Verdict? 11:00 - 11:30 AM  German 2:00 - 3:00 PM	<b>11</b> <b>REMEMBRANCE DAY</b>  <b>OFFICE CLOSED</b>	<b>12</b> Coffee Talk 10:00 - 10:30 AM  Falls Prevention 1:30 - 2:30 PM	<b>13</b> Spelling Bee 10:00 - 10:30 AM
<b>16</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>17</b> Celtic Music 11:00 AM - 12:00 PM  German 2:00 - 3:00 PM	<b>18</b> ECC 10:00 - 11:00 AM  Celebrity Bingo: Frank Stecky 2:00 - 2:30 PM	<b>19</b> Short Stories 10:00 - 10:30 AM  Falls Prevention 1:30 - 2:30 PM	<b>20</b> Idioms 10:00 - 10:30 AM
<b>23</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>24</b> Written by Marge 10:00 - 11:00 AM  Finnish 2:00 - 3:00 PM	<b>25</b> ECC 10:00 - 11:00 AM  Did You Know? 1:30 - 2:00 PM	<b>26</b> Coffee Talk 10:00 - 10:30 AM  Falls Prevention 1:30 - 2:30 PM	<b>27</b> Art Therapy 10:00 - 11:00 AM
<b>30</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM				

# DECEMBER 2020

Mon	Tue	Wed	Thu	Fri
	<b>1</b> Good News 10:00 - 10:30 AM  Finnish 2:00 - 3:00 PM	<b>2</b> ECC 10:00 - 11:00 AM  Celebrity Bingo: Trish Bennett 2:00 - 2:30 PM	<b>3</b> Short Stories 10:00 - 10:30 AM  Biographies: Murray Sinclair 1:30 - 2:00 PM	<b>4</b> Music Therapy 11:00 - 11:30 AM
<b>7</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>8</b> Poetry 10:00 - 10:30 AM  Finnish 2:00 - 3:00 PM	<b>9</b> ECC 10:00 - 11:00 AM  Jokes 1:30 - 2:00 PM	<b>10</b> Coffee Talk 10:00 - 10:30 AM  Inspiration 1:30 - 2:30 PM	<b>11</b> Spelling Bee 10:00 - 10:30 AM
<b>14</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>15</b> What's the Verdict? 11:00 - 11:30 AM  Finnish 2:00 - 3:00 PM	<b>16</b> ECC 10:00 - 11:00 AM  Celebrity Bingo: Rick Roschuk 2:00 - 2:30 PM	<b>17</b> Short Stories 10:00 - 10:30 AM  Travels of the World 2:00 - 3:00 PM	<b>18</b> Idioms 10:00 - 10:30 AM  Canadian Connections: Holiday Celebrations 1:30 - 2:30 PM
<b>21</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>22</b> Written by Marge 10:00 - 11:00 AM	<b>23</b> Celtic Christmas 10:00 - 11:00 AM	<b>24</b> Coffee Talk 10:00 - 10:30 AM	<b>25</b> <b>CHRISTMAS DAY</b>  <b>OFFICE CLOSED</b>
<b>28</b> <b>IN LIEU OF BOXING DAY</b>  <b>OFFICE CLOSED</b>	<b>29</b> <b>OFFICE CLOSED</b>	<b>30</b> <b>OFFICE CLOSED</b>	<b>31</b> <b>OFFICE CLOSED</b>	



# SENIOR CENTRE WITHOUT WALLS



## REGISTRATION WORKSHEET - SEPTEMBER - DECEMBER 2020

Date: \_\_\_\_\_ How did you hear about SCWW? \_\_\_\_\_

Name(s): \_\_\_\_\_ Phone Number: \_\_\_\_\_

Address/PO Box: \_\_\_\_\_ City/Town: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

Birth date: \_\_\_\_\_ Gender: \_\_\_\_\_

How do you want the materials sent to you? \_\_\_\_\_ Mail only \_\_\_\_\_ Email only

Can you call yourself in for each program? \_\_\_\_\_ Yes \_\_\_\_\_ No

**(Call-ins require Webex phone number and access code.)**

### Presentation Series

- Welcome to SCWW
- Writing About Manitoba
- Celtic Music Voyage
- A Life in the Theatre
- Rainbow Resource Centre
- What Zoos Do
- Hospitals
- Inspiration is Everywhere
- Why Winnipeg Feels Like Home - Soccer
- Fact or Fiction?

### Travelogues

- Travels of the World
- Across the Miles
- Camino de Santiago
- Maritimes & NL
- Galapagos Islands

### Observances & Celebrations

- Canadian Connections - Holiday Celebrations
- Celtic Christmas Music
- Remembrance Day

### Health & Wellness

- SafetyAid Falls Prevention Program
- Music Therapy
- Falls Prevention
- Staying Active and Preventing Falls
- Parkinson's Disease 101
- Art Therapy
- Meditation Series
- Heart Health
- Cataracts, Glaucoma & AMD
- Fibromyalgia
- Mental Health

### Book Journeys & Short Stories

- Afternoon Book Club - A Man Called Ove
- Written by Marge
- Poetry Corner with Madde
- Short Stories

### Languages

- English Conversation Circle
- With the Beatles in German
- Finish the Year with Finnish

### Features

- Spelling Bee
- Talent Show
- Jokes, Etc.
- Culinary Corner
- Coffee Talk
- Curiosity Club
- Program Planning Meeting
- Gratitude Group
- Good News
- Did You Know?
- Chat Pack
- Celebrity News
- Biographies
- What's the Verdict?
- Brain Teasers
- Idiom Addicts, Plus
- Game Show Mania
- Celebrity Bingo

**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)

**Phone:**

204-956-6440 in Winnipeg

**Toll-free:** 1-888-333-3121

**Mail:**

200-280 Smith St.

Winnipeg, MB R3C 1K2

**Email:**

info@aosupportservices.ca