



# SENIOR CENTRE WITHOUT WALLS

VOLUME 13  
JAN - APR  
**2021**

## IN THIS ISSUE

Environmental Musician  
Black History Month  
Lung Health

**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, JANUARY 13 - 10:00 - 10:30 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.

### PASSING ON MEMORIES

WEDNESDAY, JANUARY 20 - 2:00 - 2:30 PM

*Presenter: Janice Perkins from Missing Pieces*

Building memories - one table at a time! Established in 1993, we buy, sell and consign discontinued dinnerware patterns. We are internationally friendly and ship worldwide. We have a wide variety of categories, such as: Dinnerware, Stemware, Flatware, Giftware, Figurines, Cake Stands, Accessories, and more! Desperate to finally get that missing piece? We will find the china you are looking for!

## 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

### FIRST FARMERS

WEDNESDAY, JANUARY  
27 - 10:00 - 11:00 AM

*Presenter: Anya Moodie-Foster, MA, Learning & Engagement Supervisor, Manitoba Museum*

Join this presentation to learn about the history of agriculture in the Americas and the First Nations farmers who domesticated many of the foods we eat today. We'll focus on archaeological sites in Manitoba and what they tell us about this history.

# PRESENTATION SERIES

## **MORE ABANDONED MANITOBA**

**FRIDAY, FEBRUARY 5, 1:30 - 2:30 PM**

*Presenter: Dr. Gordon Goldsborough, President & Head Researcher, Manitoba Historical Society*

Gordon Goldsborough returns with more compelling abandoned sites from across Manitoba. Armed with a drone and a deep curiosity about local history, Gordon had more stories to share than could fit into one book. Adventure into abandoned quarries, dance halls, hospitals and more!

## **CELEBRATING MANITOBA'S SPORT HISTORY AND COLLABORATIVE CARE IN THE CLINIC**

**TUESDAY, JANUARY 26 - 2:00 - 3:00 PM**

*Presenter: Richard Harzing, Gallery Coordinator, Manitoba Sports Hall of Fame & Rickie Walkden, Director, Sport Manitoba Clinic*

The Manitoba Sports Hall of Fame and Museum was established in 1980 to collect, preserve, showcase, and celebrate Manitoba's rich sports history. Its current 3,000 square foot facility exhibits more than 600 artefacts which tell the stories of our Honoured Members who have left their mark in Manitoba sports history.

Aside from walk up visitors and scheduled group tours, the gallery also hosts all kinds of events. It offers a one-of-a-kind experience that creates a unique environment for meetings, birthdays, dinner parties, receptions, and media conferences. The artefacts create neat conversation pieces where people can reminisce about their past endeavours with sport. In 2018, the Manitoba Sports Hall of Fame was recognized as a premier tourist destination and was designated one of Manitoba's Star Attractions.

## **GARDENING FOR ASSINIBOINE PARK**

**TUESDAY, MARCH 9 - 1:30 - 2:30 PM**

*Presenter: Gerald Dieleman, Gardening for Assiniboine Park*

Gerald will talk about the gardens at Assiniboine Park and Zoo, his role at the Assiniboine Park Conservancy and what new things we can expect to see this coming year in the gardens of the Park and Zoo.

## **MAKING MAPLE SYRUP IN MUSKOKA**

**TUESDAY, APRIL 13 - 10:00 - 11:00 AM**

*Presenters: Barry and Jean Stock*

Have you ever wondered how the sweet taste of maple syrup gets produced? Barry and Jean Stock have been producing nature's sweet sap for over a decade. Join us as we spend some time exploring the process from start to finish.

# PRESENTATION SERIES

## WHO IS THE ENVIRONMENTAL MUSICIAN AND WHY CARE?

WEDNESDAY, MARCH 31 - 10:00 - 11:00 AM

*Presenter: Emily Thoroski - "We need to work together to conserve our natural environment and we all need to care and do what we can to make a difference."*

Emily is currently pursuing her Master of Environment Degree at the University of Manitoba. Her research is in investigating human perceptions on wildlife conservation and looking at how music and video can play a role in educating and promoting conservation.

Based on a collaboration project with Volunteer Manitoba to help celebrate Manitoba's 150th Anniversary, Emily wrote a song called "Manitoba, Everything I Need." She also created a fundraiser to help raise money and to celebrate Manitoba wildlife within the province. Emily received the Conservation Education Award from The Wildlife Society for her work within her Honours Thesis project where she created the film "Why Do Wildlife Matter?" and a song called "We Decide."

## FACT OR FICTION?

THURSDAY, JANUARY 28  
- 2:00 - 3:00 PM

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

Have I every 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.

## EARLY CHURCHES

TUESDAY, MARCH 16,  
10:00 - 11:00 AM

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

How did religion play a part in our city's history? Let's explore how many early churches there were and where they were located.

## TOGETHER AT TOBANS, WINNPEG'S NORTH END KIDS IN THE 1950S

TUESDAY, FEBRUARY 23 - 10:00 - 11:00 AM

*Presenters: Bud Ulrich, Former CFL Head Referee and Author of "Together at Tobans, Winnipeg's North End Kids in the 1950s"*

Bud will take us on his journey of recapturing the memories of people and places in Winnipeg's North End in the 1950s.

"Bud Ulrich's book truly captures a moment in time and a moment in history of our city of Winnipeg. For people who did not grow up in the North End of Winnipeg, we are transported into a most special time. Every chapter is so interesting that the reader feels a part of the story. This book is educational, interesting and brings back so many memories from that era which make it a must read."

Above review is from Susan Ann Thompson, Mayor of Winnipeg, 1992-1998



# TRAVELOGUES

## PRESENTATION SERIES

### SOUTHERN AFRICA

WEDNESDAY, JANUARY 20 - 10:00 - 11:00 AM

*Presenter: Laura Isbister, SCWW Participant and Volunteer*

By helicopter, see the natural wonder of Victoria Falls in Zambia. Take a boat safari through Botswana's Chobe National Park, home to hippos, rhinos and 60,000 elephants. Stop in the capital city of Harare in Zimbabwe. Dip your toes in the Indian Ocean on the Mozambique coast. Travel by rail through Swaziland. Take a safari through South Africa's Kruger National Park and eventually end our journey in Johannesburg. To experience the scenery, wildlife, people, culture, and history - please join me on this adventure through Southern Africa.

### CELTIC MUSIC VOYAGE: PARTS 28 & 29

TUESDAYS, JANUARY 19 & APRIL 27 - 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.

### BARRY'S MARATHONS AND MOUNTAINS AROUND THE WORLD

TUESDAY, FEBRUARY 9 - 10:00 - 11:00 AM

*Presenter: Barry Stock*

How would you like to travel the world? Please join us as Barry shares his exploits in a unique way. For over twenty years he's traveled the world running marathons and climbing mountains. Feel free to imagine/re-live his exploits as we travel such destinations as Aconcagua in Argentina; Antarctica; Mt. Kilimanjaro in Africa; the Great Wall in China; Europe (from Berlin to Medoc to Switzerland and many places in between); Big Sur to New York to Mt. Denali; Mt. Everest base camp and Rio de Janeiro.

### DREAMS OF WARMER WEATHER - EXPLORING MEXICO

TUESDAY, APRIL 20 - 2:00 - 3:00 PM

*Presenter: Samantha Halvorsen, SCWW Program Assistant*

Get away from the cold weather and come explore the sunny beaches of Mexico. Samantha will share pictures and talk about her family trips to all over Mexico. From snorkeling in the ocean to extravagant night shows, Mexico has so much excitement to offer!

# TRAVELOGUES

**LONDON, NEW CASTLE UPON TYNE AND EDINBURG**  
**FRIDAY, MARCH 5 - 11:00 AM - 12:00 PM**

*Presenters: Blythe Wilson & Mark Harapiak*

Join actors Blythe Wilson and Mark Harapiak as they explore England and Scotland. Special focus will be given to New Castle and Durham in England's North East as they study the dialect and sensibility of the region in preparation for their roles in The Stratford Festival's critically acclaimed 2018 production of "Billy Elliot."

## ACROSS THE MILES

**WEDNESDAYS, JANUARY 27 & APRIL 28 - 2:30 - 3:30 PM**

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

## TASTES, TALES & TRAVELS OF THE WORLD

**THURSDAYS, JANUARY 21, FEBRUARY 18, MARCH 18 & APRIL 15 - 2:00 - 3:00 PM**

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

Exclusive tours for 2021! Stress-free travel - no masks required, no distancing, just sit back, relax and marvel at travel experiences from the Maritimes to British Columbia. Our feature travel journeys each month are courtesy of Dave Clayton in West Yorkshire, England as he takes us in his motorhome from the mountains of Glencoe, Scotland across picturesque and heart-stopping locations en route to The Isle of Skye, The Hebrides and The Orkney Islands.

# VOLUNTEER SPOTLIGHT



**MADELINE (MADDE) KIRC**

In January 2020, Madde began sharing her talents and life experiences by volunteering for Senior Centre Without Walls, starting with "Poetry Corner with Madde." She then gained our interest as the reader of the "Afternoon Book," made us feel good through the "Gratitude Group" and "Good News" programs, and made us laugh during "Jokes."

*"Volunteering with Senior Centre Without Walls truly touches my heart. I learn a lot from the participants and it is a joy to connect with them and share stories, laughter and tears - thank you for sharing your hearts with me. I am truly grateful for your presence in my life."*



# HEALTH & WELLNESS

## ART THERAPY: HEALING THROUGH CREATIVE EXPRESSION

FRIDAYS, FEBRUARY 26 & APRIL 23 - 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

FRIDAYS, JANUARY 8, 15, 22 & 29 - 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.*

## MARCH IS NUTRITION MONTH

TUESDAY, MARCH 23 - 10:00 - 11:00 AM

*Presenter: Lorna Shaw, Registered Dietitian, Healthy Aging Resource Team Facilitator, Winnipeg Regional Health Authority*

Food is more than just nutrition! It represents our history, culture and family traditions. Dietitians recognize that healthy eating looks different for everyone. March is Nutrition Month and this year we will explore how your culture, food traditions, personal circumstances and nutritional needs all contribute to what healthy looks like for you. Please join Lorna to discuss this year's interesting theme.

## LUNG HEALTH

TUESDAY, MARCH 23 - 1:30 - 2:30 PM

*Presenter: Manitoba Lung Association*

A Lung Association respiratory health care professional will go over:

- Why and how we breathe
- Lung health
- Keeping indoor air clean
- Signs of lung disease

# HEALTH & WELLNESS

## MUSIC THERAPY

*Presenter: Cindy Bass, BMT, MTA*

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

**FRIDAY, JANUARY 29 - 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 **January 29** 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, APRIL 30 - 11:00 - 11:30 AM**

Accredited music therapist Cindy Bass will provide you with meaningful melodies when you tune in for this session on **April 30** to learn more about how to use recorded music therapeutically to match your mood and need of the day. Hopefully there will be a favourite tune for everyone!

## FEBRUARY IS PSYCHOLOGY MONTH

**WEDNESDAY, FEBRUARY 10 - 1:30 - 2:30 PM**

*Presenter: Dr. Kristin Reynolds, Clinical Psychologist, Assistant Professor, Department*

Join the Manitoba Psychological Society for an interactive conversation about emotional health and wellness for older adults. Topics will include loneliness, social isolation, and co-occurring mental health problems.

## SPEAKING OF BONES

**TUESDAY, APRIL 6 - 1:30 - 2:30 PM**

*Presenter: Fracture Prevention Educator, Osteoporosis Canada*

An informative and insightful presentation about osteoporosis and the importance of bones to your overall health and well being. Topics covered include:

- What exactly osteoporosis is
- Factors that put you at greater risk of getting it
- How osteoporosis is diagnosed
- How to maintain healthy bones
- How osteoporosis is treated
- How to live well with osteoporosis

# HEALTH & WELLNESS

## CONNECT PROGRAM FOR ADULTS 65+

FRIDAYS, FEBRUARY 19 & 26 & MARCH 5, 12, 19 & 26 -  
1:30 - 3:00 PM

*Presenter: Led by Dr. Kristin Reynolds, University of Manitoba and Brandon University Researchers have developed the CONNECT Program for Adults 65+*

- C**reating
- O**pportunities to build social
- N**etworks, learn
- N**ew skills to manage challenging emotions
- E**nhance mindful awareness and acceptance of emotions, and increase self-
- C**ompassion, through
- T**elephone-based group programming

The CONNECT Program will take place through Webex Audio over 6, weekly, 1.5 hour sessions for Adults 65+. In order to evaluate how well the CONNECT Program works, participants can complete surveys before and after participating, as well as a one-on-one interview - all of which will occur over the phone.

Research participants will receive a \$10 gift card for finishing the questionnaire before the program, \$10 gift card for finishing the questionnaire after the program, and a \$10 gift card for finishing the interview when they are done participating.

Please contact the study coordinator at (204) 880-1791 if you are interested in hearing more, or participating in a screening for program eligibility.

Dr. Kristin Reynolds, C. Psych.

# OBSERVANCES & CELEBRATIONS

## CANADIAN CONNECTIONS: VALENTINE'S DAY

FRIDAY, FEBRUARY 12 –  
1:30 – 2:30 PM

*Presenters: SCWW from Ottawa, Alberta, Moose Jaw & 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 Valentine's Day.

## ST. PATRICK'S DAY

WEDNESDAY, MARCH 17 -  
1:30 - 2:30 PM

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

Break out your shamrocks, don your green apparel and join in for an hour of music, especially for St. Patrick's Day that is sure to bring a tear to your eye and a spring to your step!

# LANGUAGES

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

WEDNESDAYS, FEBRUARY 3, 10, 17 & 24  
- 10:00 - 11:00 AM

WEDNESDAYS, MARCH 3, 10, 17 & 24 - 10:00 - 11:00 AM

WEDNESDAYS, APRIL 7, 14, 21 & 28 - 10:00 - 11:00 AM

*This is a closed program - only selected SISS-ECC participants (newcomers) can register.*

*Presenter: Richard Castro, SISS and SCWW Volunteer*

*Note: No session on March 31*

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

## SPANISH EXPRESS (FOUR WEEKS)

FRIDAYS, APRIL 9, 16, 23 & 30 - 1:00 - 2:00 PM

*Presenter: Prof. Jesus Miguel, Founder and Director of The Spanish Institute and Research Fellow at St. Paul's College, University of Manitoba*

Join this enjoyable and rewarding four-week Spanish course (four hours) to learn basic and fundamental vocabulary and expressions to get by. Words open worlds!"

# OBSERVANCES & CELEBRATIONS

## BLACK CANADIAN HISTORY AND BLACK HISTORY MONTH - WHAT YOU DIDN'T KNOW

TUESDAY, FEBRUARY 23  
- 1:30 - 2:30 PM

*Presenters: Mavis McLaren and Jae Sumter from Black History Month Winnipeg*

The presentation will be in 4 parts:

- Black History of Canada - A journey by province
- The Loyalists and Nova Scotia
- Canada and the Caribbean - How we connect
- Black History Month - What it means in Canada.

## APRIL FOOL'S DAY

THURSDAY, APRIL 1 - 1:30 - 2:00 PM

April Fool's Day is widely recognized and celebrated in various countries as a day for tricks, pranks and jokes. Listen in and share your own stories!

## BOOK JOURNEYS & SHORT STORIES

*Books and short stories are read aloud.*

### AFTERNOON BOOK CLUB:

#### THE LITTLE OLD LADY WHO BROKE ALL THE RULES BY CATHARINA INGELMAN-SUNDBERG

MONDAYS, JANUARY 18 & 25, FEBRUARY 1, 8 & 22,  
MARCH 1, 8, 15, 22 & 29 & APRIL 12, 19 & 26 - 1:30 -  
2:30 PM

*Presenter: Madeline Kirc, SCWW Participant and  
Volunteer*

*Note: No sessions on February 15 & April 5*

“The Little Old Lady Who Broke All the Rules” is a quirky, humorous and heart-warming story about growing old disgracefully - and breaking all the rules along the way!

Seventy-nine-year-old Martha Andersson dreams of escaping the dull, drab life of the retirement home. With no intention of spending the rest of her days confined to an armchair, she enlists her four oldest friends - a.k.a. the League of Pensioners - to rebel against the rules imposed upon them. Together, they cause an uproar with their antics: protesting against early bedtimes, tasteless meals, and a host of unfair cost-cutting measures. As the elderly friends become more daring, their activities escalate, and they devise a cunning plan to rob a bank in order to fund their exciting new lives. Determined to stand up for senior citizens everywhere - and not to be slowed down by their walkers - they outrun both the law and the lawless on their way to wealth and infamy.

### WRITTEN BY MARGE

TUESDAYS, JANUARY 26 & MARCH 30 - 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.

### POETRY CORNER WITH MADDE

TUESDAY, JANUARY 5 -  
10:00 - 10:30 AM

TUESDAY, FEBRUARY 2 -  
10:00 - 10:30 AM

TUESDAY, MARCH 2 -  
10:00 - 10:30 AM

TUESDAY, APRIL 6 -  
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.

### SHORT STORIES

THURSDAYS, JANUARY  
7 & 21, FEBRUARY 4 & 18,  
MARCH 4 & 18 & APRIL 1,  
15 & 29 - 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.



# FEATURES

## JOKES, ETC.

**WEDNESDAYS, FEBRUARY 24 & APRIL 14 - 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!

## COFFEE TALK

**THURSDAYS, JANUARY 14 & 28, FEBRUARY 11 & 25, MARCH 11 & 25 & APRIL 8 & 22 - 10:00 - 10:30 AM**

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

## CHAT PACK

**WEDNESDAYS, JANUARY 6 - 10:00 - 10:30 AM & MARCH 31 - 1:30 - 2:00 PM**

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

- If you could have 50 pounds of anything other than money, what would you want most of all?
- They say everyone has a "twin" somewhere. What would you do if you were introduced to yours?
- What flavours of ice cream would you put in a triple-scoop cone?

## DID YOU KNOW?

**WEDNESDAYS, JANUARY 13, FEBRUARY 3 & 17, MARCH 3 & 24 & APRIL 7 & 21 - 1:30 - 2:00 PM**

- The first oranges weren't orange
- The longest English word is 189,819 letters long
- The # symbol isn't officially called a hashtag or pound – it's an octothorpe

Join us for fun facts and trivia of all kind!

## WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

**FRIDAY, FEBRUARY 5 - 10:00 - 11:00 AM**

Believe it or not, we are already working hard on the May - August 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!

## BRAIN TEASERS

**MONDAYS, JANUARY 4, 11, 18 & 25, FEBRUARY 1, 8 & 22, MARCH 1, 8, 15, 22 & 29 & APRIL 12, 19 & 26 - 10:00 - 10:30 AM**

*Note: No sessions on February 15 & April 5*

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

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

## GRATITUDE GROUP

**FRIDAY, MARCH 26 - 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!



# FEATURES

## TALENT SHOW

**TUESDAY, JANUARY 12 & WEDNESDAY, MARCH 10  
- 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!

## CURIOSITY CLUB

**MONDAY, JANUARY 11 & THURSDAY, MARCH 25 -  
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!

## BIOGRAPHIES

### HELEN REDDY

**THURSDAY, JANUARY 7 - 1:30 - 2:00 PM**

### CARRIE BEST

**THURSDAY, FEBRUARY 4 - 1:30 - 2:00 PM**

### ALEX TREBEK

**THURSDAY, MARCH 4 - 1:30 - 2:00 PM**

## SPELLING BEE

**FRIDAYS, JANUARY 15,  
FEBRUARY 12, MARCH  
12 & APRIL 9 - 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.

## CULINARY CORNER

**WEDNESDAY, JANUARY  
6 & THURSDAY, APRIL 29  
- 1:30 - 2:00 PM**

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!

## IDIOM ADDICTS, PLUS

**FRIDAYS, JANUARY 22,  
FEBRUARY 19, MARCH  
19 & APRIL 16 - 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.

# FEATURES

## 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!

### **TUESDAY, JANUARY 19 - 2:00 - 2:30 PM**

*Tom McGouran - Morning Show Host - 94.3 The Drive - Winnipeg's Home of Classic Rock*

### **TUESDAY, FEBRUARY 2 - 2:00 - 2:30 PM**

*Renee Rodgers - News Anchor - CTV News Winnipeg*

### **TUESDAY, FEBRUARY 16 - 2:00 - 2:30 PM**

*Holly Moore - Producer - APTN*

### **TUESDAY, MARCH 2 - 2:00 - 2:30 PM**

*Silvia Del Vecchio - Intake Worker - A & O: Support Services for Older Adults*

### **TUESDAY, MARCH 16 - 2:00 - 2:30 PM**

*Tom McGouran - Morning Show Host - 94.3 The Drive - Winnipeg's Home of Classic Rock*

### **TUESDAY, MARCH 30 - 2:00 - 2:30 PM**

*Jamie Kinaschuk - Social Worker - A & O: Support Services for Older Adults*

### **TUESDAY, APRIL 13 - 2:00 - 2:30 PM**

*Jordan Bonaparte - Host - Nighttime: Canadian Crime, Mysteries, and the Weird*

### **TUESDAY, APRIL 27 - 2:00 - 2:30 PM**

*Katherine Nelson - Social Worker - A & O: Support Services for Older Adults*

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

**WHAT'S THE VERDICT?**  
**TUESDAYS, JANUARY 12,**  
**FEBRUARY 16, MARCH 9**  
**& APRIL 20 - 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.

**GAME SHOW MANIA**  
**THURSDAYS, JANUARY**  
**14, FEBRUARY 11 & 25,**  
**MARCH 11 & APRIL 8 &**  
**22 - 2:00 - 2:30 PM**

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

**GOOD NEWS**  
**FRIDAY, JANUARY 8 -**  
**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.

**CELEBRITY NEWS**  
**TUESDAY, FEBRUARY 9 -**  
**1:30 - 2:00 PM**

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

# JANUARY 2021

Mon	Tue	Wed	Thu	Fri
				1 <b>NEW YEAR'S DAY OFFICE CLOSED</b>
4 Brain Teasers 10:00 - 10:30 AM	5 Poetry 10:00 - 10:30 AM	6 Chat Pack 10:00 - 10:30 AM  Culinary Corner 1:30 - 2:00 PM	7 Short Stories 10:00 - 10:30 AM  Biographies Helen Reddy 1:30 - 2:00 PM	8 Good News 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
11 Brain Teasers 10:00 - 10:30 AM  Curiosity Club 1:30 - 2:00 PM	12 What's the Verdict? 11:00 - 11:30 AM  Talent Show 2:00 - 2:45 PM	13 SCWW Welcome 10:00 - 10:30 AM  Did You Know? 1:30 - 2:00 PM	14 Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	15 Spelling Bee 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
18 Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	19 Celtic Music 11:00 AM - 12:00 PM  Celebrity Bingo Tom McGouran 2:00 - 2:30 PM	20 Southern Africa 10:00 - 11:00 AM  Passing on Memories 2:00 - 2:30 PM	21 Short Stories 10:00 - 10:30 AM  Travels of the World 2:00 - 3:00 PM	22 Idioms 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
25 Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	26 Written by Marge 10:00 - 11:00 AM  Sports Hall of Fame 2:00 - 3:00 PM	27 First Farmers 10:00 - 11:00 AM  Across the Miles 2:30 - 3:30 PM	28 Coffee Talk 10:00 - 10:30 AM  Fact or Fiction 2:00 - 3:00 PM	29 Music Therapy 11:00 - 11:30 AM  Meditation 1:00 - 1:45 PM

# FEBRUARY 2021

Mon	Tue	Wed	Thu	Fri
<b>1</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>2</b> Poetry 10:00 - 10:30 AM  Celebrity Bingo Renee Rodgers 2:00 - 2:30 PM	<b>3</b> ECC 10:00 - 11:00 AM  Did You Know? 1:30 - 2:00 PM	<b>4</b> Short Stories 10:00 - 10:30 AM  Biographies Carrie Best 1:30 - 2:00 PM	<b>5</b> Program Planning Meeting 10:00 - 11:00 AM  More Abandoned Manitoba 1:30 - 2:30 PM
<b>8</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>9</b> Marathons & Mountains 10:00 - 11:00 AM  Celebrity News 1:30 - 2:00 PM	<b>10</b> ECC 10:00 - 11:00 AM  Psychology Month 1:30 - 2:30 PM	<b>11</b> Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	<b>12</b> Spelling Bee 10:00 - 10:30 AM  Canadian Connections Valentine's Day 1:30 - 2:30 PM
<b>15</b> <b>LOUIS RIEL DAY</b>  <b>OFFICE CLOSED</b>	<b>16</b> What's the Verdict? 11:00 - 11:30 AM  Celebrity Bingo Holly Moore 2:00 - 2:30 PM	<b>17</b> ECC 10:00 - 11:00 AM  Did You Know? 1:30 - 2:00 PM	<b>18</b> Short Stories 10:00 - 10:30 AM  Travels of the World 2:00 - 3:00 PM	<b>19</b> Idioms 10:00 - 10:30 AM  CONNECT Program 1:30 - 3:00 PM
<b>22</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>23</b> Together at Tobans 10:00 - 11:00 AM  Black History Month 1:30 - 2:30 PM	<b>24</b> ECC 10:00 - 11:00 AM  Jokes 1:30 - 2:00 PM	<b>25</b> Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	<b>26</b> Art Therapy 10:00 - 11:00 AM  CONNECT Program 1:30 - 3:00 PM

# MARCH 2021

Mon	Tue	Wed	Thu	Fri
<p><b>1</b></p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p><b>2</b></p> <p>Poetry 10:00 - 10:30 AM</p> <p>Celebrity Bingo Silvia Del Vecchio 2:00 - 2:30 PM</p>	<p><b>3</b></p> <p>ECC 10:00 - 11:00 AM</p> <p>Did You Know? 1:30 - 2:00 PM</p>	<p><b>4</b></p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Biographies Alex Trebek 1:30 - 2:00 PM</p>	<p><b>5</b></p> <p>England &amp; Scotland 11:00 AM - 12:00 PM</p> <p>CONNECT Program 1:30 - 3:00 PM</p>
<p><b>8</b></p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p><b>9</b></p> <p>What's the Verdict? 11:00 - 11:30 AM</p> <p>Gardens at Assiniboine Park 1:30 - 2:30 PM</p>	<p><b>10</b></p> <p>ECC 10:00 - 11:00 AM</p> <p>Talent Show 2:00 - 2:45 PM</p>	<p><b>11</b></p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Game Show Mania 2:00 - 2:30 PM</p>	<p><b>12</b></p> <p>Spelling Bee 10:00 - 10:30 AM</p> <p>CONNECT Program 1:30 - 3:00 PM</p>
<p><b>15</b></p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p><b>16</b></p> <p>Early Churches 10:00 - 11:00 AM</p> <p>Celebrity Bingo Tom McGouran 2:00 - 2:30 PM</p>	<p><b>17</b></p> <p>ECC 10:00 - 11:00 AM</p> <p>St. Patrick's Day 1:30 - 2:30 PM</p>	<p><b>18</b></p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Travels of the World 2:00 - 3:00 PM</p>	<p><b>19</b></p> <p>Idioms 10:00 - 10:30 AM</p> <p>CONNECT Program 1:30 - 3:00 PM</p>
<p><b>22</b></p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p><b>23</b></p> <p>Nutrition Month 10:00 - 11:00 AM</p> <p>Lung Health 1:30 - 2:30 PM</p>	<p><b>24</b></p> <p>ECC 10:00 - 11:00 AM</p> <p>Did You Know? 1:30 - 2:00 PM</p>	<p><b>25</b></p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Curiosity Club 1:30 - 2:00 PM</p>	<p><b>26</b></p> <p>Gratitude Group 10:00 - 10:30 AM</p> <p>CONNECT Program 1:30 - 3:00 PM</p>
<p><b>29</b></p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p><b>30</b></p> <p>Written by Marge 10:00 - 11:00 AM</p> <p>Celebrity Bingo Jamie Kinaschuk 2:00 - 2:30 PM</p>	<p><b>31</b></p> <p>Environmental Musician 10:00 - 11:00 AM</p> <p>Chat Pack 1:30 - 2:00 PM</p>		

# APRIL 2021

Mon	Tue	Wed	Thu	Fri
			<p>1</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>April Fool's Day 1:30 - 2:00 PM</p>	<p>2</p> <p><b>GOOD FRIDAY</b></p> <p><b>OFFICE CLOSED</b></p>
<p>5</p> <p><b>EASTER MONDAY</b></p> <p><b>OFFICE CLOSED</b></p>	<p>6</p> <p>Poetry 10:00 - 10:30 AM</p> <p>Speaking of Bones 1:30 - 2:30 PM</p>	<p>7</p> <p>ECC 10:00 - 11:00 AM</p> <p>Did You Know? 1:30 - 2:00 PM</p>	<p>8</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Game Show Mania 2:00 - 2:30 PM</p>	<p>9</p> <p>Spelling Bee 10:00 - 10:30 AM</p> <p>Spanish Express 1:00 - 2:00 PM</p>
<p>12</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>13</p> <p>Maple Syrup 10:00 - 11:00 AM</p> <p>Celebrity Bingo Jordan Bonaparte 2:00 - 2:30 PM</p>	<p>14</p> <p>ECC 10:00 - 11:00 AM</p> <p>Jokes 1:30 - 2:00 PM</p>	<p>15</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Travels of the World 2:00 - 3:00 PM</p>	<p>16</p> <p>Idioms 10:00 - 10:30 AM</p> <p>Spanish Express 1:00 - 2:00 PM</p>
<p>19</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>20</p> <p>What's the Verdict? 11:00 - 11:30 AM</p> <p>Mexico 2:00 - 3:00 PM</p>	<p>21</p> <p>ECC 10:00 - 11:00 AM</p> <p>Did You Know? 1:30 - 2:00 PM</p>	<p>22</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Game Show Mania 2:00 - 2:30 PM</p>	<p>23</p> <p>Art Therapy 10:00 - 11:00 AM</p> <p>Spanish Express 1:00 - 2:00 PM</p>
<p>26</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>27</p> <p>Celtic Music 11:00 AM - 12:00 PM</p> <p>Celebrity Bingo Katherine Nelson 2:00 - 2:30 PM</p>	<p>28</p> <p>ECC 10:00 - 11:00 AM</p> <p>Across the Miles 2:30 - 3:30 PM</p>	<p>29</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Culinary Corner 1:30 - 2:00 PM</p>	<p>30</p> <p>Music Therapy 11:00 - 11:30 AM</p> <p>Spanish Express 1:00 - 2:00 PM</p>





**SENIOR CENTRE WITHOUT WALLS**  
**REGISTRATION WORKSHEET - JANUARY - APRIL 2021**



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
- Passing on Memories
- First Farmers
- More Abandoned Manitoba
- Sports Hall of Fame
- Gardens at Assiniboine Park
- Maple Syrup
- Environmental Musician
- Together at Tobans
- Fact or Fiction?
- Early Churches
- Celtic Music Voyage

**Travelogues**

- Southern Africa
- Marathons & Mountains
- Exploring Mexico
- England & Scotland
- Across the Miles
- Travels of the World

**Health & Wellness**

- Art Therapy
- Meditation Series
- March is Nutrition Month
- Lung Health
- Music Therapy
- February is Psychology Month
- Speaking of Bones
- CONNECT Program

**Observances & Celebrations**

- Canadian Connections - Valentine's Day
- St. Patrick's Day
- Black History Month
- April Fool's Day

**Languages**

- English Conversation Circle
- Spanish Express

**Book Journeys & Short Stories**

- Afternoon Book Club - The Little Old Lady Who Broke All the Rules
- Written by Marge
- Poetry Corner with Madde
- Short Stories

**Features**

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

**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