



SENIOR CENTRE WITHOUT WALLS

VOLUME 14
MAY - AUG
2021

IN THIS ISSUE

Frauds & Scams

National Indigenous Peoples Day

Welcome to the Well-Being Learning Centre

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

For more information or to register:

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

TABLE OF CONTENTS

Frequently Asked Questions	3
Presentation Series	4 - 6
Travelogues	7
Languages	8
Volunteer Spotlight	8
Health & Wellness	8 - 11
Observances & Celebrations	11 - 12
Book Journeys & Short Stories	12 - 13
Features	14 - 16
Calendars	17 - 20

***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.

SENIOR CENTRE WITHOUT WALLS

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

info@aosupportservices.ca

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 will provide you with a toll-free call-in number and passcode to access our programs. Should you require assistance calling in, please contact us and we will be happy to make alternative arrangements.

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, MAY 26 - 1:30 - 2:00 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.

COACHING FOR THE GOOD LIFE

TUESDAY, JULY 13 - 10:00 - 11:00 AM

Presenter: Christine Harapiak, Mediator/Coach, Second Story Mediation

Learn how life coaching strategies and the latest research on positive psychology can enhance your life.

We will develop:

- Your own circle of individual perspective (bring paper and pen – coloured if possible!)

And discuss:

- The benefit of a personal mission statement
- How to use coaching tools in your own life
- Positive psychology hacks that will enrich your life

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 30 & 31

TUESDAYS, MAY 25 &
AUGUST 24 - 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

TALKING ABOUT TECHNOLOGY

THURSDAY, JULY 29 - 1:30 - 2:30 PM

Presenter: Sara Parsons, A & O Volunteer Coordinator and Intake Worker

Digital devices can help you stay connected to friends and family, find important information, access services, and more. Join us for a conversation about how you can use technology in your day-to-day life. Have a smartphone or tablet and want to learn more about its features? We will also share resources to enhance your digital skills.

LET'S GET GARDENING

TUESDAY - MAY 18 - 1:30 - 2:30 PM

Presenter: Manitoba Master Gardeners Association (MMGA)

An overview of gardening options for older adults interested in vegetable and flower gardening from choosing what to grow, ensuring good growing conditions (soil, location), easy irrigation, and the best tools to use. MMGA will discuss best practices to more easily manage home gardens, container gardening, vertical gardening, and ensure safety while gardening.

GETTING YOUR GARDEN READY FOR WINTER

TUESDAY - AUGUST 10 - 1:30 - 2:30 PM

Presenter: Manitoba Master Gardeners Association (MMGA)

MMGA will provide best practices to get home or container gardens as well as trees and shrubs ready for winter. We'll discuss cleaning out finished plants, amending your soil for spring, harvesting and planting bulbs, watering in trees and shrubs, and putting together your plan for next spring.

FACT OR FICTION?

WEDNESDAY, AUGUST 18 - 10:00 - 11:00 AM

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.

CROSSINGS

THURSDAY, JULY 15 - 2:00 - 3:00 PM

Presenter: Kathryn Harper, SCWW Participant and Volunteer

From the harsh living conditions in small Scottish villages to the daily challenges of two world wars, leaving everything they were familiar with to find a better life – somewhere, Kathryn's family made treks between villages in 1941 and four crossings across the Atlantic Ocean from Scotland and Canada between 1951 and 1956.

PRESENTATION SERIES

RIVERVIEW HEALTH CENTRE

WEDNESDAY, JUNE 9 - 10:00 - 11:00 AM

Presenters: Cheryl Anne Lindsay, BRS, Recreation Facilitator, Riverview Health Centre & Chris Edwards, Recreation Facilitator: Respiratory and Long Term Ventilation Unit, Riverview Health Centre

What do royalty, polio epidemic, flu (aka Spanish flu), floods of devastating proportions and nurses in residence have to do with Riverview Health Centre? Come join us as we uncover the incredible history that began over a century ago in 1912 as a lone municipal hospital opened its doors on the banks of the Red River.

EXCHANGE DISTRICT

WEDNESDAY, JULY 7 - 10:00 - 11:00 AM

Presenter: Greg Agnew, Historian, Heritage Winnipeg Board Member

As the farms and towns out West grew, anything that was required was either made here or brought in and sold from here. We had 148 factories that produced china, clothes, shoes and boots, furniture, etc., and anything that was needed. Our Exchange District was the centre of it all. Let's explore its history and see the challenges we have today to keep it safe.

FRAUDS & SCAMS

TUESDAY, JUNE 2 - 10:00 - 11:00 AM

Presenter: Constable Garnie McIntyre, Winnipeg Police Service

Hello, my name is Constable Garnie McIntyre with the Winnipeg Police Service. Please join me in this information session regarding frauds and scams. At the end of this presentation, I hope you will have an awareness and understanding of a variety of fraud and scamming techniques that fraudsters are currently using. My goal is to help you become aware of and educated on ways to protect yourself from becoming a victim of fraud.

ICE-CREAM BASICS

FRIDAY, JUNE 4 - 10:00 - 11:00 AM

Presenter: John Thoroski, Dairy Plant Manager/ Instructor, University of Manitoba

Join in to hear John uncover the mystery behind this "cool" treat. He will talk about:

- Canadian regulations and how they influence the market
- Composition, ingredients and formulations for ice-cream and other popular frozen dairy products
- Specifics of making ice-cream and manufacturing processes
- Recent industry trends

TRAVELOGUES

VISITING AMSTERDAM

Hallo Senioren Zonder Muren (Hello Seniors Without Walls)

WEDNESDAY, MAY 26 - 10:00 - 11:00 AM

Presenter: Laura Isbister, SCWW Participant and Volunteer

I've been to Amsterdam, Holland's capital, several times over the years. In a compilation of my visits we'll travel along the city's canals and visit diamond dealers, museums, breweries and markets. We will savour the aroma of the local restaurants and tulip gardens. Canada has a strong relationship with Holland from the liberation of the country by the Canadian forces during WWII. Historically, the Dutch were great explorers and sailors and today we see how tourism continues to build on their society. Join me "senioren" as we say "hallo" to Amsterdam.

DISCOVERING MANITOBA

WEDNESDAY, JULY 28 - 10:00 - 11:00 AM

Presenters: Kelly Harapiak & Glen Resch

Sometimes the most beautiful destinations are in your own back yard! Join Kelly and Glen as they make their way through the many trails of Manitoba. From snowshoeing the river trail at Beaudry Park, hiking Spruce Woods Provincial Park (home to Manitoba's only natural sand dunes), all the way to Hunt Lake Trail in the Whiteshell where your reward is a cool dip in West Hawk Lake, and many more destinations. Join us as we share all of the lovely places Manitoba has to offer!

ACROSS THE MILES

WEDNESDAY, JULY 28 - 2:30 - 3:30 PM

Please note that a toll-free phone number and computer link will be provided.

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

CANADIAN CONNECTIONS

TUESDAY, JUNE 22 - 1:30 - 2:30 PM

Presenters: SCWW from Ottawa, Alberta, Moose Jaw & Manitoba

Please note that a toll-free phone number and computer link will be provided.

Connect with your peers joining us from other SCWW programs across Canada. Tune in for this great opportunity to share experiences, memories and for lively conversations on all manner of things.

LANGUAGES

**SENIOR IMMIGRANT SETTLEMENT SERVICES (SISS)
ENGLISH CONVERSATION CIRCLE (ECC)**
WEDNESDAYS, MAY 5, 12 & 19 - 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

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, practice their telephone conversation skills

HEALTH & WELLNESS

WELCOME TO THE WELL-BEING LEARNING CENTRE
TUESDAY, JUNE 8 - 11:00 AM - 12:00 PM

Presenter: Sheryl Giesbrecht, Manager, the Well-Being Learning Centre, CMHA Manitoba and Winnipeg

The Well-Being Learning Centre launched in 2017 as an educational approach to well-being and positive mental health. This presentation will describe the courses offered in the learning centre and the unique way that courses are created. Information regarding the courses for older adults will be highlighted.

VOLUNTEER SPOTLIGHT



ALICE EDMONDS

Alice, ten year old granddaughter of our presenter, Kathryn Harper, first joined in on reading Short Stories in September 2020. Alice has a passion for animals and nature, and also loves to read, sketch, paint and create her own stories.

It makes me very happy to read short stories and share cute jokes with this group. Your heart-warming words and laughter mean a lot to me. I hope to have even more fun this spring-summer sharing more short stories together.

HEALTH & WELLNESS

MUSIC THERAPY

Presenter: Cindy Bass, BMT, MTA

GUIDED IMAGERY SESSION WITH ACCREDITED MUSIC THERAPIST CINDY BASS

FRIDAY, JULY 30 - 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 **July 30** 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, AUGUST 27 - 11:00 - 11:30 AM

Accredited music therapist Cindy Bass will provide you with meaningful melodies when you tune in for this session on **August 27** 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!

GETTING THE MOST FROM YOUR HEALTH CARE APPOINTMENT

FRIDAY, AUGUST 6 - 11:00 AM - 12:00 PM

Presenter: Jackie Alves, Program Outreach Officer, South West Self-Management Program

Health care appointments can be stressful. Not feeling well, too much information and unfamiliar medical language make appointments challenging. Having to have these appointments virtually can also add to the stress!

The presentation focuses on what to do before, during and after an appointment and helps prepare and empower individuals to become actively involved in health care appointments and take charge of their health!

FOOD SAFETY

**TUESDAY, JULY 20 - 2:00
- 3:00 PM**

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

Have you ever heard of E. Coli, Salmonella, Listeria or Campylobacter? These are just a few of the many culprits that are responsible for foodborne illness, commonly known as “food poisoning.” Every year, more than four million Canadians become sick from eating food contaminated with bacteria or other pathogens. Join in to learn tips to keep your food safe in the kitchen, grocery store and on those hot summer picnics and BBQs.

HEALTH & WELLNESS

CONNECT PROGRAM FOR ADULTS 65+

FRIDAYS, MAY 21, MAY 28, JUNE 4, 11, 18 & 25 - 1:30 - 3:00 PM OR WEDNESDAYS, MAY 26, JUNE 2, 9, 16, 23 & 30 - 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.

ACTIVE FOR LIFE FROM HOME

TUESDAY, JUNE 22 - 10:00 - 10:45 AM

Presenter: Lisa Smyrichinsky, A & O SafetyAid Coordinator

It has never been more important to stay active at home! Sometimes it can be difficult to find fun ways to participate in physical activity without leaving your home. In this presentation, Lisa will share some tips to help integrate exercise into your daily life and strategies to stay consistent with a home exercise plan.

HORSES HEALING HUMANS

THURSDAY, MAY 27 - 1:30 - 2:30 PM

Presenter: Tara Reimer, Equine Specialist, Cloud 9 Ranch

Horses are very sensitive as prey animals. Every decision they make is to be safe and comfortable; the same is true of people. We learn a lot about ourselves and our coping behaviours when working with horses. Listen to what this looks like by hearing many stories from actual sessions.

HEALTH & WELLNESS

ART THERAPY: HEALING THROUGH CREATIVE EXPRESSION

FRIDAYS, JUNE 25 & JULY 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, MAY 7, 14, 21 & 28 - 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.

OBSERVANCES & CELEBRATIONS

MOTHER'S DAY

FRIDAY, MAY 7 - 10:00 - 10:30 AM

Mother's day is dedicated to celebrating the power of a mother. Our mothers teach us to have confidence and believe in ourselves. Join in and share your memories.

WORLD ELDER ABUSE AWARENESS DAY

TUESDAY, JUNE 15 - 10:00 - 11:00 AM

Presenter: Katherine Nelson, A & O Social Worker

In recognition of World Elder Abuse Awareness Day (WEAAD), A & O: Support Services for Older Adults is pleased to offer this "Elder Abuse Prevention Services" education session.

A & O will present information about the types of abuse, signs of abuse, prevention strategies and what community members can do in response to situations of Elder Abuse.

BOOK JOURNEYS & SHORT STORIES

Books and short stories are read aloud.

WRITTEN BY MARGE

TUESDAYS, JULY 27 & AUGUST 31 - 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, MAY 11 - 10:00 - 10:30 AM

TUESDAY, JUNE 1 - 10:00 - 10:00 AM

TUESDAY, JULY 6 - 10:00 - 10:30 AM

TUESDAY, AUGUST 10 - 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, MAY 13 & 27, JUNE 10 & 24, JULY 15 & 29 & AUGUST 12 & 26 - 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.

OBSERVANCES & CELEBRATIONS

FATHER'S DAY

FRIDAY, JUNE 18 - 1:30 - 2:00 PM

Fathers take care of us, help us to grow and continually make us feel like we're number one. Let's share why our dads are so special and honour them, together.

NATIONAL INDIGENOUS PEOPLES DAY

WEDNESDAY, JUNE 16 - 10:00 - 11:00 AM

Presenter: Vera Houle, Director, Community Relations, APTN

Please join in to learn about the unique culture and achievements of the Indigenous groups in celebration of National Indigenous Peoples Day.

CANADA DAY

WEDNESDAY JUNE 30 - 10:00 - 10:30 AM

Let's celebrate together! Share whatever makes you proud to be Canadian and have some great Canadian fun!

BOOK JOURNEYS & SHORT STORIES

Books and short stories are read aloud.

AFTERNOON BOOK CLUB #1: RUBY HOLLER BY SHARON CREECH

Please note that we will be reading two shorter books this term, starting with “Ruby Holler” and then “Feeding My Mother.” Dates listed include both books.

**MONDAYS, MAY 31, JUNE 7, 14, 21 & 28, JULY 5, 12, 19 & 26 & AUGUST 9, 16, 23 & 30
- 1:30 - 2:30 PM**

Presenter: Madeline Kirc, SCWW Participant and Volunteer

Note: No session on August 2

Brother and sister Dallas and Florida are the “trouble twins.” In their short thirteen years, they’ve passed through countless foster homes, only to return to their dreary orphanage, Boxton Creek Home.

Run by the Trepids, a greedy and strict couple, Boxton Creek seems impossible to escape. When Mr. Trepid informs the twins that they’ll be helping old Tiller and Sairy Morey go on separate adventures, Dallas and Florida are suspicious.

As the twins adjust to the natural beauty of the outdoors, help the Tillers prepare for their adventures, and foil a robbery, their ultimate search for freedom leads them home to Ruby Holler.

AFTERNOON BOOK CLUB #2: FEEDING MY MOTHER BY JANN ARDEN

“Feeding My Mother” is a frank, funny, inspirational and piercingly honest account of the transformation in Jann Arden's life that has turned her into the primary parent to her mom, who is in the grip of Alzheimer's.

Jann Arden moved into a house just across the way from her parents in rural Alberta to be close to them but also so they could be her refuge from the demands of the music business and a performing career. Funny how time works. Since her dad died in 2015, Jann cooks for her mom five or six times a week. Her mom finds comfort in her daughter's kitchen, not just in the delicious food but also just sitting with her as she cooks. And Jann finds some peace in caring for her mom, even as her mom slowly becomes a stranger.

The many people who are dealing with a loved one who is losing it will find inspiration and strength in Jann's wholehearted, loving response and her totally Jann take on the upside-down world of a daughter mothering her mother. “Feeding My Mother” is one heck of an affirmation that life just keeps on keeping on, and a wonderful example of how you have to roll with it.

FEATURES

JOKES, ETC.

WEDNESDAYS, MAY 12, JUNE 23, JULY 21 & AUGUST 18 - 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!

GRATITUDE GROUP

WEDNESDAYS, JUNE 23 & AUGUST 4 - 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!

CHAT PACK

TUESDAY, MAY 4 - 10:00 - 10:30 AM
WEDNESDAYS, JULY 14 & AUGUST 11 - 10:00 - 10:30 AM

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

- What does your ideal day look like?
- Would you rather have more time or more money?
- Who was or is your favourite role model?

DID YOU KNOW?

WEDNESDAYS, MAY 19, JUNE 2 & 16, JULY 14 & AUGUST 11 & 25 - 1:30 - 2:00 PM

- That rainbows at night exist
- That there are at least six people in the world who look exactly like you
- That a giraffe cleans its ears with its tongue

Join us for fun facts and trivia of all kinds!

WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

FRIDAY, JUNE 4 - 1:30 - 2:30 PM

Believe it or not, we are already working hard on the September - December 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, MAY 3, 10, 17 & 31, JUNE 7, 14, 21 & 28, JULY 5, 12, 19 & 26 & AUGUST 9, 16, 23 & 30 - 10:00 - 10:30 AM

Note: No sessions on May 24 & August 2

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

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

COFFEE TALK

THURSDAYS, MAY 6 & 20, JUNE 3 & 17, JULY 8 & 22 & AUGUST 5 & 19 - 10:00 - 10:30 AM

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

FEATURES

TALENT SHOW

WEDNESDAYS, JUNE 9 & AUGUST 4 - 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

FRIDAYS, MAY 14 & JULY 2 - 10:00 - 10:30 AM

TUESDAY, AUGUST 3 - 10:00 - 10:30 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! 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

MOTHER TERESA

THURSDAY, MAY 13 - 1:30 - 2:00 PM

CATHERINE O'HARA

THURSDAY, JUNE 3 - 1:30 - 2:00 PM

CHRIS HADFIELD

THURSDAY, JULY 8 - 1:30 - 2:00 PM

TERRY FOX

THURSDAY, AUGUST 5 - 1:30 - 2:00 PM

SPELLING BEE

FRIDAYS, MAY 21, JUNE 11, JULY 9 & AUGUST 13 - 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, JULY 21 & AUGUST 25 - 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!

IDIOM ADDICTS, PLUS

FRIDAYS, MAY 28, JUNE 18, JULY 16 & AUGUST 20 - 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

* NEW FEATURE * SING ALONG!

THURSDAY, JUNE 17 - 1:30 - 2:00 PM

Please join us as we sing along to some of your favourite songs from decades gone by. We will provide the lyrics; you provide your voice, or just sit back and enjoy the fun!

* NEW FEATURE * WHAT DOES YOUR NAME MEAN?

TUESDAY, JUNE 1 - 1:30 - 2:00 PM

One of the things that all people and places have in common is names. Have you ever asked yourself, "What does my name mean?" Join in and have fun finding out.

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!

We are giving our celebrities the summer off! We are hard at work booking celebrities for the fall!

TUESDAYS, MAY 25, JUNE 8 & 29, JULY 13 & 27 & AUGUST 17 – 2:00 – 2:30 PM

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

WHAT'S THE VERDICT?

TUESDAYS, MAY 18, JULY 20 & AUGUST 17 - 11:00 - 11:30 AM

TUESDAY, JUNE 29 - 11:00 AM - 12:00 PM

Please note this will be a one hour presentation on "The Canadian Constitution."

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, MAY 20, JUNE 10 & 24, JULY 22 & AUGUST 12 & 26 - 2:00 - 2:30 PM

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

GOOD NEWS

TUESDAYS, JULY 6 & AUGUST 24 - 1:30 - 2:00 PM

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.

MAY 2021

Mon	Tue	Wed	Thu	Fri
3 Brain Teasers 10:00 - 10:30 AM	4 Chat Pack 10:00 - 10:30 AM	5 ECC 10:00 - 11:00 AM	6 Coffee Talk 10:00 - 10:30 AM	7 Mother's Day 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
10 Brain Teasers 10:00 - 10:30 AM	11 Poetry 10:00 - 10:30 AM	12 ECC 10:00 - 11:00 AM Jokes 1:30 - 2:00 PM	13 Short Stories 10:00 - 10:30 AM Biographies Mother Teresa 1:30 - 2:00 PM	14 Curiosity Club 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
17 Brain Teasers 10:00 - 10:30 AM	18 What's the Verdict? 11:00 - 11:30 AM Gardening 1:30 - 2:30 PM	19 ECC 10:00 - 11:00 AM Did You Know? 1:30 - 2:00 PM	20 Coffee Talk 10:00 - 10:30 AM Game Show Mania 2:00 - 2:30 PM	21 Spelling Bee 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
24 VICTORIA DAY OFFICE CLOSED	25 Celtic Music 11:00 AM - 12:00 PM Celebrity Bingo 2:00 - 2:30 PM	26 Amsterdam 10:00 - 11:00 AM SCWW Welcome 1:30 - 2:00 PM	27 Short Stories 10:00 - 10:30 AM Horses 1:30 - 2:30 PM	28 Idioms 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
31 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM				

JUNE 2021

Mon	Tue	Wed	Thu	Fri
	1 Poetry 10:00 - 10:30 AM Names 1:30 - 2:00 PM	2 Frauds & Scams 10:00 - 11:00 AM Did You Know? 1:30 - 2:00 PM	3 Coffee Talk 10:00 - 10:30 AM Biographies Catherine O'Hara 1:30 - 2:00 PM	4 Ice-cream Basics 10:00 - 11:00 AM Program Planning Meeting 1:30 - 2:30 PM
7 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	8 Well-Being 11:00 AM - 12:00 PM Celebrity Bingo 2:00 - 2:30 PM	9 Riverview 10:00 - 11:00 AM Talent Show 2:00 - 2:45 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
14 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	15 WEAAD 10:00 - 11:00 AM Join us at A & O's 64th AGM 1:30 PM Zoom (Virtual)	16 Indigenous Day 10:00 - 11:00 AM Did You Know? 1:30 - 2:00 PM	17 Coffee Talk 10:00 - 10:30 AM Sing Along! 1:30 - 2:00 PM	18 Idioms 10:00 - 10:30 AM Father's Day 1:30 - 2:00 PM
21 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	22 Active for Life 10:00 - 10:45 AM Canadian Connections 1:30 - 2:30 PM	23 Gratitude Group 10:00 - 10:30 AM Jokes 1:30 - 2:00 PM	24 Short Stories 10:00 - 10:30 AM Game Show Mania 2:00 - 2:30 PM	25 Art Therapy 10:00 - 11:00 AM
28 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	29 What's the Verdict? Constitution 11:00 AM - 12:00 PM Celebrity Bingo 2:00 - 2:30 PM	30 Canada Day 10:00 - 10:30 AM		

JULY 2021

Mon	Tue	Wed	Thu	Fri
			1 CANADA DAY OFFICE CLOSED	2 Curiosity Club 10:00 - 10:30 AM
5 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	6 Poetry 10:00 - 10:30 AM Good News 1:30 - 2:00 PM	7 Exchange District 10:00 - 11:00 AM	8 Coffee Talk 10:00 - 10:30 AM Biographies Chris Hadfield 1:30 - 2:00 PM	9 Spelling Bee 10:00 - 10:30 AM
12 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	13 Life Coach 10:00 - 11:00 AM Celebrity Bingo 2:00 - 2:30 PM	14 Chat Pack 10:00 - 10:30 AM Did You Know? 1:30 - 2:00 PM	15 Short Stories 10:00 - 10:30 AM Crossings 2:00 - 3:00 PM	16 Idioms 10:00 - 10:30 AM
19 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	20 What's the Verdict? 11:00 - 11:30 AM Food Safety 2:00 - 3:00 PM	21 Culinary Corner 10:00 - 10:30 AM Jokes 1:30 - 2:00 PM	22 Coffee Talk 10:00 - 10:30 AM Game Show Mania 2:00 - 2:30 PM	23 Art Therapy 10:00 - 11:00 AM
26 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	27 Written by Marge 10:00 - 11:00 AM Celebrity Bingo 2:00 - 2:30 PM	28 Manitoba 10:00 - 11:00 AM Across the Miles 2:30 - 3:30 PM	29 Short Stories 10:00 - 10:30 AM Technology 1:30 - 2:30 PM	30 Music Therapy 11:00 - 11:30 AM

AUGUST 2021

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>TERRY FOX DAY</p> <p>OFFICE CLOSED</p>	<p>3</p> <p>Curiosity Club 10:00 - 10:30 AM</p>	<p>4</p> <p>Gratitude Group 10:00 - 10:30 AM</p> <p>Talent Show 2:00 - 2:45 PM</p>	<p>5</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Biographies Terry Fox 1:30 - 2:00 PM</p>	<p>6</p> <p>Health Care 11:00 AM - 12:00 PM</p>
<p>9</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>10</p> <p>Poetry 10:00 - 10:30 AM</p> <p>Gardening 1:30 - 2:30 PM</p>	<p>11</p> <p>Chat Pack 10:00 - 10:30 AM</p> <p>Did You Know? 1:30 - 2:00 PM</p>	<p>12</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Game Show Mania 2:00 - 2:30 PM</p>	<p>13</p> <p>Spelling Bee 10:00 - 10:30 AM</p>
<p>16</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>17</p> <p>What's the Verdict? 11:00 - 11:30 AM</p> <p>Celebrity Bingo 2:00 - 2:30 PM</p>	<p>18</p> <p>Fact or Fiction? 10:00 - 11:00 AM</p> <p>Jokes 1:30 - 2:00 PM</p>	<p>19</p> <p>Coffee Talk 10:00 - 10:30 AM</p>	<p>20</p> <p>Idioms 10:00 - 10:30 AM</p>
<p>23</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>24</p> <p>Celtic Music 11:00 AM - 12:00 PM</p> <p>Good News 1:30 - 2:00 PM</p>	<p>25</p> <p>Culinary Corner 10:00 - 10:30 AM</p> <p>Did You Know? 1:30 - 2:00 PM</p>	<p>26</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Game Show Mania 2:00 - 2:30 PM</p>	<p>27</p> <p>Music Therapy 11:00 - 11:30 AM</p>
<p>30</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>31</p> <p>Written by Marge 10:00 - 11:00 AM</p>			



SENIOR CENTRE WITHOUT WALLS

REGISTRATION WORKSHEET - MAY - AUGUST 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

Participants will be required to call themselves in for programming and will be provided a toll-free phone number and access code. You may be called into the program by us ONLY if you require assistance due to vision, physical or other health issues. Please contact us if this applies to you.

If a participant does not regularly attend programs for which they are registered, they will be taken off the registration and must contact us if they wish to join again.

Presentation Series

- Welcome to SCWW
- Coaching for the Good Life
- Celtic Music Voyage
- Talking About Technology
- Let's Get Gardening
- Getting Your Garden Ready for Winter
- Fact or Fiction?
- Crossings
- Riverview Health Centre
- Exchange District
- Frauds & Scams
- Ice-cream Basics

Travelogues

- Visiting Amsterdam
- Discovering Manitoba
- Across the Miles
- Canadian Connections

Languages

- English Conversation Circle

Health & Wellness

- Welcome to the Well-Being Learning Centre
- Music Therapy
- Getting the Most from Your Health Care Appointment
- Food Safety
- CONNECT Program
- Active for Life from Home
- Horses Healing Humans
- Art Therapy
- Meditation Series

Observances & Celebrations

- Mother's Day
- World Elder Abuse Awareness Day
- Father's Day
- National Indigenous Peoples Day
- Canada Day

Book Journeys & Short Stories

- Written by Marge
- Poetry Corner with Madde
- Short Stories
- Afternoon Book Club #1 - Ruby Holler
- Afternoon Book Club #2 - Feeding My Mother

Features

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

Email: info@aosupportservices.ca

Mail:

200-280 Smith St.

Winnipeg, MB R3C 1K2