



VOLUME 15  
SEPT- DEC  
2021

# SENIOR CENTRE WITHOUT WALLS

## IN THIS ISSUE

Assiniboine Park Zoo - Journey Through the Zoo Tour  
Anti-Racism Workshop  
Winnipeg Police Service - Personal Safety

### FREE TELEPHONE GROUP ACTIVITIES FOR MANITOBANS 55+

**\*Large  
print  
versions  
of this  
guide are  
available.**

For more information or to register:

204-956-6440 (Winnipeg)

1-888-333-3121 (Toll-free)

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

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

**\*NEW\*** All participants will be called in ten minutes prior to the program start time using our new audio conferencing system. Participants will also be provided with local and toll-free numbers should they need to call themselves in. Information about this new system and FAQs will be provided upon registration.

## FREQUENTLY ASKED QUESTIONS

### **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. All participants will be called in ten minutes prior to the program start time. Participants will also be provided with local and toll-free numbers should they need to call themselves in.

### **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.

## 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

## 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 22 - 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.

## ANTI-RACISM WORKSHOP TUESDAY, NOVEMBER 23 - 10:30 - 11:30 AM

*Presenter: Sandra Krahn, Education Coordinator, Manitoba Association of Rights and Liberties*

The anti-racism workshop aims to introduce participants to anti-racism, including a description of different levels of racism in society and examples of different types of interpersonal racism. The workshop will provide an opportunity for participants to discuss and ask questions about racism in the Winnipeg context.

## ASSINIBOINE PARK ZOO - JOURNEY THROUGH THE ZOO TOUR TUESDAY, NOVEMBER 2 - PM (TIME TBD)

From the Prairies through the Boreal Forest across the Tundra and out to the Churchill coastline - this tour highlights some of the key animals that call these habitats home. Exploring how each species has adapted to its environment, this program also explores how a changing climate is impacting these animals and what role a zoo can play in supporting a healthy future for all species.

## CELTIC MUSIC VOYAGE: PARTS 32 & 33 TUESDAYS, SEPTEMBER 21 & NOVEMBER 16 - 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.

## HOUSING OPTIONS FOR OLDER ADULTS FRIDAY, OCTOBER 1 - 10:00 - 11:00 AM

*Presenter: Silvia Visintin, Housing Consultant, A & O Housing Program*

Join us in a discussion of housing options for older adults. Learn about independent 55+ housing, assisted living, life lease projects, supportive housing and personal care homes.

# PRESENTATION SERIES

## MANITOBA POSSIBLE

FRIDAY, NOVEMBER 12 - 2:00 - 3:00 PM

*Presenter: Samuel Unrau, Coordinator, Training, Community Inclusion and Support Services*

Manitoba Possible is an organization who believes in an inclusive and accessible society for all. In this presentation, we will learn about the numerous services and programs offered by Manitoba Possible that work towards eliminating barriers in our community to facilitate full and equal participation in our communities.

## POWERS OF ATTORNEY, HEALTH CARE DIRECTIVES AND WILLS – AN OVERVIEW

THURSDAY, NOVEMBER 25 - 2:00 - 3:00 PM

*Presenter: Danielle Magnifico, Associate Lawyer, Boni Singbeil Stienstra LLP*

The presentation discusses the requirements to make valid Powers of Attorney, Health Care Directives and Wills in Manitoba, and further touches on the purpose and contents of each document.

## WINNIPEG POLICE SERVICE - PERSONAL SAFETY

THURSDAY, OCTOBER 21 - 2:00 - 3:00 PM

*Presenter: Constable Garnie McIntyre, Winnipeg Police Service*

Please join me for information sessions regarding your personal safety both when out and about and in your home. At the end of this presentation, I hope you will have an awareness and understanding of different techniques that will keep you and your family safe. My goal is to help you become aware of and educated on ways to protect yourself from becoming a victim.

## FACT OR FICTION?

TUESDAY, NOVEMBER 30  
- 1:30 - 2:30 PM

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

Have I ever lied to you? Let's look at some more facts in our city's history. You may think this is fiction, but I'll let you decide.

## ASTROLOGY

FRIDAY, NOVEMBER 5 -  
10:30 - 11:30 AM

*Presenter: Christine Wasnie, Manitoba Astrology Association*

Discover what your Sun Sign says about your positive traits and what makes you shine out in the world.

## GARDENING

FRIDAY, NOVEMBER 5 -  
1:30 - 2:30 PM

*Presenter: Manitoba Master Gardeners Association (MMGA)*

Please join us to learn about your fall garden, preservation and canning!

# PRESENTATION SERIES

## SAY CHEESE – MAKE MINE CHEDDAR!

THURSDAY, DECEMBER 16 - 2:00 - 3:00 PM

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

This will be a quick description of how to make cheddar cheese step by step, highlighting different types of cheddar. We'll also discuss specific manufacturing techniques and Canadian regulations that make cheddar cheese special and unique.

## OBSERVANCES & CELEBRATIONS

### CELTIC CHRISTMAS MUSIC

TUESDAY, DECEMBER 21 - 11:00 AM - 12:00 PM

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

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

### CANADIAN CONNECTIONS: HOLIDAY CELEBRATIONS

FRIDAY, DECEMBER 10 - 1:30 - 2:30 PM

*Presenters: SCWW from Ottawa, Moose Jaw, Surrey, Alberta and 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, traditions and memories of various holiday celebrations.

## SCHOOLS

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

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

Education was not for everyone in the beginning. Let's find out why and how it changed over the years.

## HISTORY OF HALLOWEEN

FRIDAY, OCTOBER 29 - 1:30 - 2:00 PM

*Presenter: Gillian Welsh, SCWW Participant and Volunteer*

## REMEMBRANCE DAY

WEDNESDAY, NOVEMBER 10 - 1:30 - 2:30 PM

*Presenter: Gillian Welsh, SCWW Participant and Volunteer*

# TRAVELOGUES

## WORLD LANDMARKS

WEDNESDAY, SEPTEMBER 29 - 2:00 - 3:00 PM

*Presenter: Laura Isbister, SCWW Participant and Volunteer*

I have been to some amazing places during my world travels and many of the man-made landmarks I have visited not only left me in awe, but also wondering how and why they were created. You are invited to join me for a trip around the globe as we hop, skip and jump across oceans and continents to see man-made landmarks that made my trips that much more memorable.

## NIAGARA FALLS

WEDNESDAY, NOVEMBER 24 - 1:30 - 2:30 PM

*Presenter: Carol Manishen, SCWW Participant and Volunteer*

Join us for a family visit to the honeymoon capital of the world, Niagara Falls, with its breathtaking, majestic thundering waters which are colourfully lit at night. It's always exciting to observe nature's beauty and power, regardless of the season or time of day.

## TASTES, TALES & TRAVELS OF THE WORLD

TUESDAYS, SEPTEMBER 14, OCTOBER 12,  
NOVEMBER 16 & DECEMBER 14 - 2:00 - 3:00 PM

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

More exciting tours for 2021! Stress-free travel – no masks required, no distancing, just sit back and relax. International travel features will also include exclusives from Dave Clayton in West Yorkshire, England.

## ISRAEL

WEDNESDAY, OCTOBER  
20 - 1:30 - 2:30 PM

*Presenters: Marianne and Todd Lamb*

Come with us to the Holy Land and experience the ancient cities and sites of Israel, Palestine and Jordan. Join us on our journey to other important cities and historical sites such as Bethlehem, Masada, the Dead Sea, the Sea of Galilee and witness baptisms in the Jordan River.

## ACROSS THE MILES

WEDNESDAY, OCTOBER  
27 - 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.

# HEALTH & WELLNESS

## MEDITATION SERIES

FRIDAYS, SEPTEMBER 3, 10, 17 & 24 - 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.

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

## ART THERAPY: HEALING THROUGH CREATIVE EXPRESSION

THURSDAY, SEPTEMBER 23 - 1:30 - 2:30 PM

FRIDAY, OCTOBER 15 - 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.

## GETTING THE MOST FROM YOUR HEALTH CARE APPOINTMENT

TUESDAY, OCTOBER 19 - 11:00 AM - 12:00 PM

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

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

## VOLUNTEER SPOTLIGHT



### MARY BANA

Mary Bana has been involved with Senior Centre Without Walls since 2015 presenting Spelling Bee, Idiom Addicts Plus, as well as travelogues on South Korea, Beijing and Ottawa.

When asked why she volunteers, she said: *"I get a lot of pleasure out of sharing my interests and making connections with new people."*

# HEALTH & WELLNESS

## VICTORIA LIFELINE - PREPARATION FOR AN INDEPENDENT FUTURE

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

*Presenter: Vicki Russenholt, Education Facilitator, Victoria Lifeline*

Join us to learn about what “tools” are in your tool kit and when to use them to age successfully. Vicki will provide examples of many “tools” that are available, one of them being Victoria Lifeline.

## MUSIC THERAPY

FRIDAYS, OCTOBER 8 & DECEMBER 3 - 11:00 - 11:30 AM

*Presenter: Cindy Bass, BMT, MTA*

On **October 8**, in this “guided imagery” session, there will be soothing background music to relax to with this meditative type of music therapy application.

On **December 3**, learn more about how to use recorded music therapeutically to match your mood and need of the day.

## REFLEXOLOGY

TUESDAY, OCTOBER 26 - 1:30 - 2:30 PM

*Presenter: Rositha Jeanson, RCRT/LCRT*

Reflexology is a gentle, non-invasive therapy that encourages the body to balance and heal itself. It involves applying finger or thumb pressure to specific points or reflexes on the hands and feet. Through the application of pressure on these reflexes, reflexology therapy can relieve tension, improve circulation and support the body’s efforts to function optimally.

## MENTAL HEALTH AND KLINIC RESOURCES FRIDAY, DECEMBER 3 - 1:30 - 2:30 PM

*Presenter: Vycki Atallah (she/her), Public Health and Education & MTIEC*

This workshop aims to provide participants with basic knowledge on the topic of mental health and mental illness. Participants will learn about the different aspects of mental health, coping strategies, and community resources. Mental health services and supports from Klinik Community Health will be emphasized.

## EQUINE THERAPY: PART 2

FRIDAY, NOVEMBER 19 - 1:30 - 2:30 PM

*Presenter: Tara Reimer, Equine Specialist, Cloud 9 Ranch*

Join us as we continue learning about Equine Therapy with Tara Reimer. 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.



## BOOK JOURNEYS & SHORT STORIES

*Books and short stories are read aloud.*

### AFTERNOON BOOK CLUB:

#### I AM MALALA BY MALALA YOUSAFZAI AND CHRISTINA LAMB

MONDAYS, SEPTEMBER 27, OCTOBER 4, 18 & 25,  
NOVEMBER 1, 8, 15, 22 & 29 & DECEMBER 6 & 13 - 1:30  
- 2:30 PM

*Presenter: Madeline Kirc, SCWW Participant and Volunteer*

*Note: No session on October 11*

“I Am Malala” is the remarkable tale of a family uprooted by global terrorism, of the fight for girls' education, of a father who, himself a school owner, championed and encouraged his daughter to write and attend school, and of brave parents who have a fierce love for their daughter in a society that prizes sons.

### SHORT STORIES

THURSDAYS, SEPTEMBER 9 & 23, OCTOBER 7 & 21,  
NOVEMBER 4 & 18 & DECEMBER 2 & 16 - 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.

### POETRY CORNER WITH MADDE

TUESDAYS,  
SEPTEMBER 7,  
OCTOBER 5, NOVEMBER  
2 & DECEMBER 7 - 10:00 -  
10:30 AM

*Presenter: Madeline Kirc,  
SCWW Participant and  
Volunteer*

### WRITTEN BY MARGE

TUESDAYS, SEPTEMBER  
28 & NOVEMBER 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 humourous.



Winnipeg Regional  
Health Authority  
*Caring for Health*

Office régional de la  
santé de Winnipeg  
*À l'écoute de notre santé*

The Senior Centre Without Walls program is funded by the Winnipeg Regional Health Authority and Manitoba Health, Seniors and Active Living as part of the Age-Friendly Manitoba Initiative.

# FEATURES

## JOKES

**WEDNESDAYS, SEPTEMBER 15, OCTOBER 13,  
NOVEMBER 17 & DECEMBER 15 - 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.

## GRATITUDE GROUP

**FRIDAYS, OCTOBER 15 & DECEMBER 17 - 1:30 -  
2:00 PM**

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

**WEDNESDAY, SEPTEMBER 1 - 10:00 - 10:30 AM  
& FRIDAY, DECEMBER 24 - 10:00 - 10:30 AM**

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

## DID YOU KNOW?

**WEDNESDAYS, SEPTEMBER 8, OCTOBER 6,  
NOVEMBER 3 & DECEMBER 8 - 1:30 - 2:00 PM**

Join us for fun facts and trivia of all kinds!

## TALENT SHOW

**FRIDAYS, OCTOBER 22 & NOVEMBER 26 - 2:00 -  
2:45 PM**

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!

## WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

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

We welcome you to share your ideas with us about what programs and activities you would like to take part in during our upcoming January - April 2021 guide. Your feedback and ideas are always appreciated!

## GOOD NEWS

**FRIDAYS, SEPTEMBER 3  
& NOVEMBER 12 - 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.

## COFFEE TALK

**THURSDAYS,  
SEPTEMBER 2, 16 &  
30, OCTOBER 14 &  
28, NOVEMBER 25 &  
DECEMBER 9 & 23 -  
10:00 - 10:30 AM**

*Note: No session on  
November 11*

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

# FEATURES

## SING ALONG!

**TUESDAY, OCTOBER 26 - 10:30 - 11:00 AM**

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!

## CURIOSITY CLUB

**FRIDAY, SEPTEMBER 10 - 10:00 - 10:30 AM &  
WEDNESDAY, DECEMBER 1 - 1:30 - 2:00 PM**

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.

## GAME SHOW MANIA

**THURSDAYS, SEPTEMBER 16, OCTOBER 14 & 28,  
NOVEMBER 18 & DECEMBER 9 - 2:00 - 2:30 PM**

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

## BIOGRAPHIES

### WHITNEY HOUSTON

**THURSDAY, SEPTEMBER 9 - 1:30 - 2:00 PM**

### JANN ARDEN

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

### TEMPLE GRANDIN

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

### IAN TYSON

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

## SPELLING BEE

**FRIDAYS, SEPTEMBER 17, OCTOBER 22,  
NOVEMBER 19 &  
DECEMBER 10 - 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

**FRIDAY, OCTOBER 8 - 1:30 - 2:00 PM &  
WEDNESDAY,  
DECEMBER 22 - 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, SEPTEMBER 24, OCTOBER 29,  
NOVEMBER 26 &  
DECEMBER 17 - 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.

# FEATURES

## BRAIN TEASERS

MONDAYS, SEPTEMBER 13, 20 & 27, OCTOBER 4, 18 & 25, NOVEMBER 1, 8, 15, 22 & 29 & DECEMBER 6, 13, & 20 - 10:00 - 10:30 AM

*Note: No sessions on September 6 & October 11*

## 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, SEPTEMBER 21 - 2:00 - 2:30 PM**

*Surprise Host*

**TUESDAY, OCTOBER 5 - 2:00 - 2:30 PM**

*Frank Stecky - Host of "Breaky with Stecky" - CJNU 93.7 FM - Nostalgia Radio*

**TUESDAY, OCTOBER 19 - 2:00 - 2:30 PM**

*Holly Moore - Executive Producer - APTN*

**TUESDAY, NOVEMBER 9 - 2:00 - 2:30 PM**

*Dilly - Host of "Mark and Dilly in the Morning" - Hot 100.5 FM*

**TUESDAY, NOVEMBER 23 - 2:00 - 2:30 PM &**

*Dilly - Host of "Mark and Dilly in the Morning" - Hot 100.5 FM*

**TUESDAY, DECEMBER 7 - 2:00 - 2:30 PM**

*Lyle Skinner - Host of "Prairie Ceilidh" (kay-lee) Radio Show - CKJS Radio 810 AM*

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

**WHAT'S THE VERDICT?  
TUESDAYS, SEPTEMBER  
14, OCTOBER 12 &  
DECEMBER 14 - 11:00 -  
11:30 AM**

**WHAT'S THE VERDICT?  
INDIGENOUS LAND  
RIGHTS AND TREATIES  
TUESDAY, NOVEMBER 9 -  
11:00 - 11:30 AM**

*Presenter: Andrew Torbiak,  
Associate, Tradition Law  
LLP, SCWW Volunteer*

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



# A&O

## VISION

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

## MISSION

A & O: Support Services  
for Older Adults  
improves the quality of  
life for Older Manitobans.

# SEPTEMBER 2021

Mon	Tue	Wed	Thu	Fri
		1 Chat Pack 10:00 - 10:30 AM	2 Coffee Talk 10:00 - 10:30 AM	3 Good News 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
6 <b>LABOUR DAY</b>  <b>OFFICE CLOSED</b>	7 Poetry 10:00 - 10:30 AM	8  Did You Know? 1:30 - 2:00 PM	9 Short Stories 10:00 - 10:30 AM  Biographies Whitney Houston 1:30 - 2:00 PM	10 Curiosity Club 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
13 Brain Teasers 10:00 - 10:30 AM	14 What's the Verdict? 11:00 - 11:30 AM  Travels of the World 2:00 - 3:00 PM	15  Jokes 1:30 - 2:00 PM	16 Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	17 Spelling Bee 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
20 Brain Teasers 10:00 - 10:30 AM	21 Celtic Music 11:00 AM - 12:00 PM  Celebrity Bingo Surprise Host 2:00 - 2:30 PM	22  SCWW Welcome 1:30 - 2:00 PM	23 Short Stories 10:00 - 10:30 AM  Art Therapy 1:30 - 2:30 PM	24 Idioms 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
27 Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	28 Written by Marge 10:00 - 11:00 AM  Victoria Lifeline 2:00 - 3:00 PM	29  World Landmarks 2:00 - 3:00 PM	30 Coffee Talk 10:00 - 10:30 AM  Schools 1:30 - 2:30 PM	

# OCTOBER 2021

Mon	Tue	Wed	Thu	Fri
				<b>1</b> Housing 10:00 - 11:00 AM  Program Planning Meeting 1:30 - 2:30 PM
<b>4</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>5</b> Poetry 10:00 - 10:30 AM  Celebrity Bingo Frank Stecky 2:00 - 2:30 PM	<b>6</b>   Did You Know? 1:30 - 2:00 PM	<b>7</b> Short Stories 10:00 - 10:30 AM  Biographies Jann Arden 1:30 - 2:00 PM	<b>8</b> Music Therapy 11:00 - 11:30 AM  Culinary Corner 1:30 - 2:00 PM
<b>11</b>  <b>THANKSGIVING DAY</b>  <b>OFFICE CLOSED</b>	<b>12</b> What's the Verdict? 11:00 - 11:30AM  Travels of the World 2:00 - 3:00 PM	<b>13</b>   Jokes 1:30 - 2:00 PM	<b>14</b> Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	<b>15</b> Art Therapy 10:00 - 11:00 AM  Gratitude Group 1:30 - 2:00 PM
<b>18</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>19</b> Health Care 11:00 AM - 12:00 PM  Celebrity Bingo Holly Moore 2:00 - 2:30 PM	<b>20</b>   Israel 1:30 - 2:30 PM	<b>21</b> Short Stories 10:00 - 10:30 AM  Winnipeg Police 2:00 - 3:00 PM	<b>22</b> Spelling Bee 10:00 - 10:30 AM  Talent Show 2:00 - 2:45 PM
<b>25</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>26</b> Sing Along! 10:30 - 11:00 AM  Reflexology 1:30 - 2:30 PM	<b>27</b>   Across the Miles 2:30 - 3:30 PM	<b>28</b> Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	<b>29</b> Idioms 10:00 - 10:30 AM  Halloween 1:30 - 2:00 PM

# NOVEMBER 2021

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>2</p> <p>Poetry 10:00 - 10:30 AM</p> <p>Assiniboine Zoo TBD</p>	<p>3</p> <p>Did You Know? 1:30 - 2:00 PM</p>	<p>4</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Biographies Temple Grandin 1:30 - 2:00 PM</p>	<p>5</p> <p>Astrology 10:30 - 11:30 AM</p> <p>Gardening 1:30 - 2:30 PM</p>
<p>8</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>9</p> <p>What's the Verdict? Indigenous Treaties 11:00 - 11:30 AM</p> <p>Celebrity Bingo Dilly 2:00 - 2:30 PM</p>	<p>10</p> <p>Remembrance Day 1:30 - 2:00 PM</p>	<p>11</p> <p><b>REMEMBRANCE DAY</b></p> <p><b>OFFICE CLOSED</b></p>	<p>12</p> <p>Good News 10:00 - 10:30 AM</p> <p>Manitoba Possible 2:00 - 3:00 PM</p>
<p>15</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>16</p> <p>Celtic Music 11:00 AM - 12:00 PM</p> <p>Travels of the World 2:00 - 3:00 PM</p>	<p>17</p> <p>Jokes 1:30 - 2:00 PM</p>	<p>18</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Game Show Mania 2:00 - 2:30 PM</p>	<p>19</p> <p>Spelling Bee 10:00 - 10:30 AM</p> <p>Equine Therapy 1:30 - 2:30 PM</p>
<p>22</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>23</p> <p>Anti-Racism 10:30 - 11:30 AM</p> <p>Celebrity Bingo Dilly 2:00 - 2:30 PM</p>	<p>24</p> <p>Niagara Falls 1:30 - 2:30 PM</p>	<p>25</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Powers of Attorney 2:00 - 3:00 PM</p>	<p>26</p> <p>Idioms 10:00 - 10:30AM</p> <p>Talent Show 2:00 - 2:45 PM</p>
<p>29</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>30</p> <p>Written by Marge 10:00 - 11:00 AM</p> <p>Fact or Fiction? 1:30 - 2:30 PM</p>			

# DECEMBER 2021

Mon	Tue	Wed	Thu	Fri
		1  Curiosity Club 1:30 - 2:00 PM	2 Short Stories 10:00 - 10:30 AM  Biographies Ian Tyson 1:30 - 2:00 PM	3 Music Therapy 11:00 - 11:30 AM  Klinik 1:30 - 2:30 PM
6 Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	7 Poetry 10:00 - 10:30 AM  Celebrity Bingo Lyle Skinner 2:00 - 2:30 PM	8  Did You Know? 1:30 - 2:00 PM	9 Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	10 Spelling Bee 10:00 - 10:30 AM  Canadian Connections 1:30 - 2:30 PM
13 Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	14 What's the Verdict? 11:00 - 11:30 AM  Travels of the World 2:00 - 3:00 PM	15 Jokes 1:30 - 2:00 PM	16 Short Stories 10:00 - 10:30 AM  Cheese 2:00 - 3:00 PM	17 Idioms 10:00 - 10:30 AM  Gratitude Group 1:30 - 2:00 PM
20 Brain Teasers 10:00 - 10:30 AM	21 Celtic Christmas 11:00 AM - 12:00 PM	22 Culinary Corner 10:00 - 10:30 AM	23 Coffee Talk 10:00 - 10:30 AM	24 Chat Pack 10:00 - 10:30 AM
27  <b>OFFICE CLOSED</b>	28  <b>OFFICE CLOSED</b>	29  <b>OFFICE CLOSED</b>	30  <b>OFFICE CLOSED</b>	31  <b>OFFICE CLOSED</b>





# SENIOR CENTRE WITHOUT WALLS



## REGISTRATION WORKSHEET - SEPTEMBER - DECEMBER 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

**\*NEW\*** All participants will be called in ten minutes prior to the program start time using our new audio conferencing system. Participants will also be provided with local and toll-free numbers should they need to call themselves in. Information about this new system and FAQs will be provided upon registration.

***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
- Anti-Racism Workshop
- Assiniboine Park Zoo
- Celtic Music Voyage
- Housing Options for Older Adults
- Manitoba Possible
- Powers of Attorney, Health Care Directives & Wills
- Personal Safety
- Fact or Fiction?
- Astrology
- Gardening
- Say Cheese
- Schools

### Observances & Celebrations

- Celtic Christmas Music
- Canadian Connections
- History of Halloween
- Remembrance Day

### Travelogues

- World Landmarks
- Niagara Falls
- Travels of the World
- Israel
- Across the Miles

### Health & Wellness

- Meditation Series
- Art Therapy
- Getting the Most from Your Health Care Appointment
- Victoria Lifeline
- Music Therapy
- Reflexology
- Mental Health & Clinic Resources
- Equine Therapy

### Book Journeys & Short Stories

- Afternoon Book Club - I Am Malala
- Short Stories
- Poetry Corner with Madde
- Written by Marge

### Features

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

**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



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+**.

**DATES:**    **Wednesdays, September 22 & 29 & October 6, 13, 20, & 27, 2021**  
**TIME:**     **1:30 - 3:00 p.m.**

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.