



VOLUME 16
JAN - APR
2022

SENIOR CENTRE WITHOUT WALLS

IN THIS ISSUE

Indigenous Ways of Being
Winnipeg Transit
Bereavement Education

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

FREE TELEPHONE GROUP ACTIVITIES FOR MANITOBANS 55+

For more information or to register:

204-956-6440 (Winnipeg)

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

info@aosupportservices.ca

200-207 Donald St., Winnipeg, MB R3C 1M5

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 a toll-free number 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 a toll-free number 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! TUESDAY, JANUARY 25 - 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.

WHAT YOU NEED TO KNOW ABOUT WINNIPEG TRANSIT

TUESDAY, FEBRUARY 1 - 10:00 - 11:00 AM

Presenter: Steven Dreger, Travel Trainer, Winnipeg Transit

Topics will include:

- Updates on Winnipeg Transit services (including Conventional Transit, On Request and Transit Plus)
- New Winnipeg Transit Initiatives
- Overview of accessibility features on Winnipeg Transit
- Overview of Winnipeg Transit Plus application and assessment Process

MANITOBA UNDERDOGS

FRIDAY, FEBRUARY 4 - 1:00 - 2:00 PM

Presenter: Megan Norton, Foster Coordinator, Manitoba Underdogs

Manitoba Underdogs Rescue is a non-profit dog rescue run 100% by volunteers focused on helping and rehoming unwanted dogs and strays. They have a strong passion to help Northern communities manage their dog population with access to vet services, resources and support. Meg will be talking about her work with the rescue in Northern communities, her role within the rescue and sharing some heartwarming stories about dogs in the care of the rescue.

INDIGENOUS WAYS OF BEING - SPIRITUALITY FRIDAY, MARCH 4 - 10:00 - 11:00 AM

*Presenter: Elder/Pastor
Norman Meade*

This will be a presentation on Indigenous beliefs on spirituality through the Medicine Wheel, Smudging, Circle of Courage and The Bible.

WHEELS

TUESDAY, FEBRUARY 8 -
2:00 - 3:00 PM

*Presenter: Kathryn Harper,
SCWW Participant and
Volunteer*

Collectors showcase their prized possessions of cars, old buses, motorcycles and such - anything on wheels.

CELTIC MUSIC VOYAGE TUESDAYS, JANUARY 18 & APRIL 19 - 11:00 AM - 12:00 PM

*Presenter: Lyle Skinner,
Host, 'Prairie Ceilidh' (kay-
lee) Radio Show, 92.7 FM
CKJS*

Join me for another hour of traditional and contemporary Celtic-influenced music from both sides of the Atlantic Ocean.

PRESENTATION SERIES

FACT OR FICTION?

THURSDAY, FEBRUARY 3 - 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. This particular presentation is about interesting people to know and a good mystery! What else can anyone ask for? Tune in and we'll have some fun.

THEATRE SERIES

WEDNESDAYS, MARCH 2 & 9 - 1:30 - 2:30 PM

Presenter: Greg Agnew, Historian, Heritage Winnipeg Board Member

March 2 - The early 1900s gave us a new way to look at pictures. "Moving pictures." What do you know about the history of them? When, how and who started them? Let's look back at the history of this glorious era.

March 9 - When and how did our moving pictures theatres start in our city? A look at the places and people that made us flock to the theatres. We had over 30 of them in their heyday. How many do you remember?

GRAND OLD DAYS OF GRAND BEACH

FRIDAY, APRIL 29 - 10:00 - 11:00 AM

Presenter: Cheryl Anne Lindsay, BRS, Recreation Facilitator, Riverview Health Centre

We'll take a ride on the "Moonlight Special" and stroll along the Boardwalk in the Grand Old Days of Grand Beach.

HEDGEHOGS

FRIDAY, APRIL 8 - 1:30 - 2:30 PM

Presenter: Kelsey Streber, B.S.W., R.S.W., Social Worker at A & O

What do hedgehogs eat? What is it like to own one? What time of the day do they come out to play? Join Kelsey to explore the wonderful world of hedgehogs!

VOLUNTEER SPOTLIGHT



LYLE SKINNER

Lyle has entertained Senior Centre Without Walls since 2016 with a variety of Celtic music presentations and hosting Celebrity Bingo.

"For me listening to music has always been an important part of each day to help me relax from the daily stresses of life. Volunteering with SCWW provides me with an opportunity to share some of the newer music that I love to listen to as well as to help take us back in time as we reminisce about music from our past."

TRAVELOGUES

NORTH: TO ALASKA AND THE YUKON **THURSDAY, JANUARY 27 - 2:00 - 3:00 PM**

Presenter: Laura Isbister, SCWW Participant and Volunteer

Join me on a cruise up the west coast of Canada to Alaska. We'll travel by ship, riverboat, train, helicopter, bus and foot from Anchorage to Whitehorse and finish in Fairbanks. We travel the Alaska Highway and take the legendary narrow gauge railroad via the White Horse Pass through Klondike country. We'll be in the Yukon for July 1 and back to Alaska for a July 4 salmon bake.

JAPAN **THURSDAY, APRIL 21 - 1:30 - 2:30 PM**

Presenter: Marianne and Todd Lamb

Let's hop aboard the Shinkansen and explore some of the regions of Japan. We will visit ancient temples and castles, stop by a sumo training studio and the famous Tokyo fish market. We will eat the most amazing sushi in some very unique restaurants. Then visit the snow monkeys of Nagano. We will visit the cities of Kyoto and Osaka and pay our respects in Hiroshima.

TASTES, TALES & TRAVELS OF THE WORLD **TUESDAYS, FEBRUARY 22, MARCH 22 & APRIL 19 - 2:00 - 3:00 PM**

Presenter: Kathryn Harper, SCWW Participant and Volunteer

More exciting tours for 2022! Stress-free travel – no masks required, no distancing, just sit back and relax. International travel features will also include exclusives from Dave Clayton, West Yorkshire, England.

ICELAND

TUESDAY, FEBRUARY 22
- 10:00 - 11:00 AM

Presenter: Cory Loewen, Nature and Adventure Photographer

Join me on a visual and story telling journey as I share an eight-day mountain bike trek through the mountains, streams, volcanoes and waterfalls of Iceland.

ACROSS THE MILES **WEDNESDAYS, JANUARY 26 & APRIL 27 - 2:30 - 3:30 PM**

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

Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations throughout Canada and the United States.

OBSERVANCES & CELEBRATIONS

ST. PATRICK'S DAY

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

Presenter: Lyle Skinner, Host, 'Prairie Ceilidh' (kay-lee) Radio Show, 92.7 FM CKJS

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!

CANADIAN CONNECTIONS: APRIL FOOL'S DAY

FRIDAY, APRIL 1 - 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.

April Fool's Day is widely recognized and celebrated in various countries as a day for tricks, pranks and jokes. Connect with your peers joining us from other SCWW programs across Canada. Tune in for this great opportunity to share experiences, traditions and memories and for lively conversation.



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.

HEALTH & WELLNESS

DO YOU HAVE AN E.R.I.K.?

TUESDAY, APRIL 5 - 1:30 - 2:15 PM

Presenter: Patti Berube, Seniors Resource Coordinator - Fort Garry

E.R.I.K. is an Emergency Response Information Kit and it can help save your life during a medical emergency. The bilingual kit includes forms regarding your medical history, medications, emergency contact information, an organ donor card and a Health Care Directive, outlining your wishes for treatment. Join in to learn more about this valuable program.

CARE AT HOME PHARMACY

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

Presenter: Teresa Giesbrecht, Care at Home Pharmacy

This is a discussion about pharmacist visits with clients in their home.

HEALTH & WELLNESS

MEDITATION SERIES

FRIDAYS, JANUARY 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.

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

FRIDAYS, FEBRUARY 11 & APRIL 1 - 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.

MUSIC THERAPY

FRIDAYS, MARCH 4 & APRIL 29 - 1:00 - 1:30 PM

Presenter: Cindy Bass, BMT, MTA

On **March 4**, in this "guided imagery" session, there will be soothing background music to relax to with this meditative type of music therapy application.

On **April 29**, learn more about how to use recorded music therapeutically to match your mood and need of the day.

**FEBRUARY IS
PSYCHOLOGY MONTH
WEDNESDAY,
FEBRUARY 9 -
1:30 - 2:30 PM**

Presenter: Dr. Colleen Millikin, C.Psych., Clinical Neuropsychologist, WRHA Clinical Health Psychology Program

This presentation is through Manitoba Psychological Society and will be about "Brain Health: Beyond Diet and Exercise."

CATARACTS AND EXPECTATIONS AFTER SURGERY

FRIDAY, MARCH 11 - 1:30 - 2:30 PM

Presenter: Dr. Luke Small, Optometrist, Armstrong & Small Eyecare Centre

We will be reviewing the pathology of cataract formation and progression and when one can expect to move forward with surgery. We will review surgical wait times in Manitoba as well as some expectations pre and post surgery. Finally, we'll be looking at the latest Intra-Ocular Lens (IOL) options that are available.

HEALTH & WELLNESS

MAKING AND KEEPING IMPORTANT CONNECTIONS

THURSDAYS - FEBRUARY 24, MARCH 10 & 24 -

1:30 - 2:30 PM

Presenter: Anita Adams B.S.W., R.S.W. & Maria Wasylkewycz B.S.W., M.S.W., R.S.W. - Social Workers at A & O

Note: Limit of 20 participants with commitment to attending all three sessions

Feb 24 A growing body of research shows that the need to connect socially with others is as fundamental as the need for food, water and shelter. Feeling socially connected, especially in an increasingly isolated world, is more important than ever. Join us in a discussion on the benefits of meaningful relationships, the negative impacts of loneliness and social isolation, and the development of effective strategies for cultivating new friendships.

March 10 Every person has a unique communication style - a way in which they interact with others and exchange information. Communication, however, is about more than the words that we use to convey messages. Let's talk about the different types and styles of communication, how to improve our listening skills, make small talk or start a conversation.

March 24 Your values are the things you hold dear, both in yourself and in other people. Setting realistic expectations for your friendships starts with finding people with similar values and then deciding which values you absolutely need to maintain in a friendship and which values you can live without. This final session will involve a discussion around realistic vs. unrealistic expectations in relationships, boundary setting, self-compassion, forgiveness and gratitude.

DENTAL HEALTH

TUESDAY, MARCH 29 -

10:00 - 11:00 AM

Presenter: Kristin Lind, RDH

Kristin Lind has 25 years of experience in dental hygiene and works for Dr. Phillip Pass. Kristin will walk you through your day-to-day hygiene and things you can do to keep your teeth healthy.

BEREAVEMENT EDUCATION

TUESDAY, JANUARY 25 -

1:30 - 2:30 PM

Presenter: Mike Goldberg, MA Gerontology, Community Outreach & Education Coordinator, Palliative Manitoba

Grief is the normal reaction to loss, but it is often a misunderstood phenomenon. In this presentation, we will discuss the fundamental ideas and challenges around the grieving process and how we can better support people who trust us with their stories of loss. We will also touch on the necessity of self-compassion to understanding grief and building resiliency when confronted with significant loss.

BOOK JOURNEYS & SHORT STORIES

Books and short stories are read aloud.

AFTERNOON BOOK CLUB:

THE LITTLE OLD LADY WHO STRUCK LUCKY AGAIN! BY CATHARINA INGELMAN-SUNDBERG

MONDAYS, JANUARY 24 & 31, FEBRUARY 7, 14 & 28,
MARCH 7, 14, 21 & 28 & APRIL 4, 11 & 25 - 1:30 - 2:30 PM

Presenter: Madeline Kirc, SCWW Participant and Volunteer

Note: No sessions on February 21 & April 18

In the sequel to internationally-bestselling Swedish author Catharina Ingelman-Sundberg's *The Little Old Lady Who Broke All The Rules*, the League of Pensioners are up to their old tricks, this time swindling the biggest Vegas casinos, outsmarting a gang of young robbers, and evading the Swedish police in the name of elderly pensioners everywhere!

SHORT STORIES

THURSDAYS, JANUARY 6 & 20, FEBRUARY 3 & 17,
MARCH 3, 17 & 31 & APRIL 14 & 28 - 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, JANUARY 11,
FEBRUARY 8, MARCH 8 &
APRIL 5 - 10:00 - 10:30 AM

*Presenter: Madeline Kirc,
SCWW Participant and
Volunteer*

THE ADVENTURES OF TOPSY

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

WEDNESDAY, MARCH 30
- 1:30 - 2:00 PM

THURSDAY, APRIL 7
- 1:30 - 2:00 PM

*Presenter: Jean Feliksiak,
SCWW Participant and
Volunteer*

Topsy - a silent companion, confidante and only link with home, family and friends across the ocean during the second World War and throughout the rest of Jean's life.



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

SING ALONG!

TUESDAY, MARCH 8 - 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!

CURIOSITY CLUB

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

THURSDAY, APRIL 28 - 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.

JOKES

WEDNESDAYS, JANUARY 19, FEBRUARY 23, MARCH 23 & APRIL 13 - 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.

BIOGRAPHIES

BUFFY SAINTE-MARIE

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

CHRISTOPER PLUMMER

THURSDAY, FEBRUARY 10 - 1:30 - 2:00 PM

ROY ROGERS & DALE EVANS

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

RICK MERCER

THURSDAY, APRIL 14 - 1:30 - 2:00 PM

WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

**FRIDAY, FEBRUARY 4 -
10:00 - 11:00 AM**

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!

GOOD NEWS

**FRIDAYS, JANUARY 14 &
MARCH 11 - 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

**TUESDAYS, JANUARY 4
& MARCH 1 - 10:00 -
10:30 AM**

**THURSDAYS, JANUARY
13 & 27, FEBRUARY 10
& 24, MARCH 10 & 24 &
APRIL 7 & 21 - 10:00 -
10:30 AM**

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

FEATURES

BRAIN TEASERS

MONDAYS, JANUARY 10, 17, 24 & 31, FEBRUARY 7, 14 & 28, MARCH 7, 14, 21 & 28, APRIL 4, 11 & 25 - 10:00 - 10:30 AM

Note: No sessions on February 21 & April 18

GRATITUDE GROUP

FRIDAYS, FEBRUARY 18 & APRIL 22 - 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, JANUARY 5 - 10:00 - 10:30 AM
THURSDAY, FEBRUARY 17 - 1:30 - 2:00 PM**

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

DID YOU KNOW?

WEDNESDAYS, JANUARY 12, FEBRUARY 16, MARCH 16 & APRIL 6 - 1:30 - 2:00 PM

Join us for fun facts and trivia of all kinds!

TALENT SHOW

FRIDAYS, FEBRUARY 25 & MARCH 25 - 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!

GAME SHOW MANIA

THURSDAYS, JANUARY 20 & MARCH 31 - 1:30 - 2:00 PM

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

SPELLING BEE

FRIDAYS, JANUARY 21, FEBRUARY 18, MARCH 18 & APRIL 8 - 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, FEBRUARY 11 - 1:30 - 2:00 PM
WEDNESDAY, APRIL 20 - 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 28, FEBRUARY 25, MARCH 25 & APRIL 22 - 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

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 18 - 2:00 - 2:30 PM

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

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

Trish Bennett - Senior Scope - Monthly Recipe Column 'Trish's Dishes'

TUESDAY, FEBRUARY 15 - 2:00 - 2:30 PM

Rick Roschuk - The Pros Know Expos On-Line Resource Hub for Older Adults

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

Joan C. - SCWW Participant and Volunteer

TUESDAY, MARCH 15 - 2:00 - 2:30 PM

Mark O. - SCWW Participant and Volunteer

TUESDAY, MARCH 29 - 2:00 - 2:30 PM

Madeline Kirc - SCWW Participant and Volunteer

TUESDAY, APRIL 12 - 2:00 - 2:30 PM

Laura Isbister - SCWW Participant and Volunteer

TUESDAY, APRIL 26 - 2:00 - 2:30 PM

Mark O. - SCWW Participant and Volunteer

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

WHAT'S THE VERDICT?

TUESDAY, JANUARY 11

- 1:30 - 2:00 PM

TUESDAYS, FEBRUARY

15, MARCH 15 & APRIL 12

- 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.

*** NEW FEATURE ***

LIVING YOUR BEST LIFE

TUESDAYS, MARCH 22 & APRIL 26 - 10:00 - 11:00 AM

Presenter: Madeline Kirc, SCWW Participant and Volunteer

Living your best life means being healthy and taking care of your mind and body. The better you treat your mind and body, the longer it will stay healthy and functioning well for you. This means you'll be able to live your best life even longer because you'll be in good health longer as you age. In the end, it's not the years in your life that count. It's the life in your years.

JANUARY 2022

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>IN LIEU OF NEW YEAR'S DAY</p> <p>OFFICE CLOSED</p>	<p>4</p> <p>Coffee Talk 10:00 - 10:30 AM</p>	<p>5</p> <p>Chat Pack 10:00 - 10:30 AM</p>	<p>6</p> <p>Short Stories 10:00 - 10:30 AM</p>	<p>7</p> <p>Curiosity Club 10:00 - 10:30 AM</p> <p>Meditation 1:00 - 1:45 PM</p>
<p>10</p> <p>Brain Teasers 10:00 - 10:30 AM</p>	<p>11</p> <p>Poetry 10:00 - 10:30 AM</p> <p>What's the Verdict? 1:30 - 2:00 PM</p>	<p>12</p> <p>Did You Know? 1:30 - 2:00 PM</p>	<p>13</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Biographies Buffy Sainte-Marie 1:30 - 2:00 PM</p>	<p>14</p> <p>Good News 10:00 - 10:30 AM</p> <p>Meditation 1:00 - 1:45 PM</p>
<p>17</p> <p>Brain Teasers 10:00 - 10:30 AM</p>	<p>18</p> <p>Celtic Music 11:00 AM - 12:00 PM</p> <p>Celebrity Bingo Mark Morris 2:00 - 2:30 PM</p>	<p>19</p> <p>Jokes 1:30 - 2:00 PM</p>	<p>20</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Game Show Mania 1:30 - 2:00 PM</p>	<p>21</p> <p>Spelling Bee 10:00 - 10:30 AM</p> <p>Meditation 1:00 - 1:45 PM</p>
<p>24</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>25</p> <p>SCWW Welcome 10:00 - 10:30 AM</p> <p>Bereavement 1:30 - 2:30 PM</p>	<p>26</p> <p>Across the Miles 2:30 - 3:30 PM</p>	<p>27</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Alaska/Yukon 2:00 - 3:00 PM</p>	<p>28</p> <p>Idioms 10:00 - 10:30 AM</p> <p>Meditation 1:00 - 1:45 PM</p>
<p>31</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>				

FEBRUARY 2022

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>Winnipeg Transit 10:00 - 11:00 AM</p> <p>Celebrity Bingo Trish Bennett 2:00 - 2:30 PM</p>	<p>2</p> <p>Care at Home Pharmacy 1:30 - 2:30 PM</p>	<p>3</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Fact or Fiction? 1:30 - 2:30 PM</p>	<p>4</p> <p>Program Planning Meeting 10:00 - 11:00 AM</p> <p>MB Underdogs 1:00 - 2:00 PM</p>
<p>7</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>8</p> <p>Poetry 10:00 - 10:30 AM</p> <p>Wheels 2:00 - 3:00 PM</p>	<p>9</p> <p>Psychology 1:30 - 2:30 PM</p>	<p>10</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Biographies Christopher Plummer 1:30 - 2:00 PM</p>	<p>11</p> <p>Art Therapy 10:00 - 11:00 AM</p> <p>Culinary Corner 1:30 - 2:00 PM</p>
<p>14</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>15</p> <p>What's the Verdict? 11:00 - 11:30 AM</p> <p>Celebrity Bingo Rick Roschuk 2:00 - 2:30 PM</p>	<p>16</p> <p>Did You Know? 1:30 - 2:00 PM</p>	<p>17</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Chat Pack 1:30 - 2:00 PM</p>	<p>18</p> <p>Spelling Bee 10:00 - 10:30 AM</p> <p>Gratitude Group 1:30 - 2:00 PM</p>
<p>21</p> <p>LOUIS RIEL DAY</p> <p>OFFICE CLOSED</p>	<p>22</p> <p>Iceland 10:00 - 11:00 PM</p> <p>Travels of the World 2:00 - 3:00 PM</p>	<p>23</p> <p>Jokes 1:30 - 2:00 PM</p>	<p>24</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Important Connections 1:30 - 2:30 PM</p>	<p>25</p> <p>Idioms 10:00 - 10:30 AM</p> <p>Talent Show 2:00 - 2:45 PM</p>
<p>28</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>				

MARCH 2022

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Celebrity Bingo Joan C. 2:00 - 2:30 PM</p>	<p>2</p> <p>Theatre 1:30 - 2:30 PM</p>	<p>3</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Biographies Roy Rogers & Dale Evans 1:30 - 2:00 PM</p>	<p>4</p> <p>Indigenous Spirituality 10:00 - 11:00 AM</p> <p>Music Therapy 1:00 - 1:30 PM</p>
<p>7</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>8</p> <p>Poetry 10:00 - 10:30 AM</p> <p>Sing Along! 1:30 - 2:00 PM</p>	<p>9</p> <p>Theatre 1:30 - 2:30 PM</p>	<p>10</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Important Connections 1:30 - 2:30 PM</p>	<p>11</p> <p>Good News 10:00 - 10:30 AM</p> <p>Cataracts 1:30 - 2:30 PM</p>
<p>14</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>15</p> <p>What's the Verdict? 11:00 - 11:30 AM</p> <p>Celebrity Bingo Mark O. 2:00 - 2:30 PM</p>	<p>16</p> <p>Did You Know? 1:30 - 2:00 PM</p>	<p>17</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>St. Patrick's Day 1:30 - 2:30 PM</p>	<p>18</p> <p>Spelling Bee 10:00 - 10:30 AM</p> <p>Topsy 1:30 - 2:00 PM</p>
<p>21</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>22</p> <p>Living Best Life 10:00 - 11:00 AM</p> <p>Travels of the World 2:00 - 3:00 PM</p>	<p>23</p> <p>Jokes 1:30 - 2:00 PM</p>	<p>24</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Important Connections 1:30 - 2:30 PM</p>	<p>25</p> <p>Idioms 10:00 - 10:30 AM</p> <p>Talent Show 2:00 - 2:45 PM</p>
<p>28</p> <p>Brain Teasers 10:00 - 10:30 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>29</p> <p>Dental Health 10:00 - 11:00 AM</p> <p>Celebrity Bingo Madeline Kirc 2:00 - 2:30 PM</p>	<p>30</p> <p>Topsy 1:30 - 2:00 PM</p>	<p>31</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Game Show Mania 1:30 - 2:00 PM</p>	

APRIL 2022

Mon	Tue	Wed	Thu	Fri
				1 Art Therapy 10:00 - 11:00 AM April Fool's Day 1:30 - 2:30 PM
4 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	5 Poetry 10:00 - 10:30 AM E.R.I.K. 1:30 - 2:15 PM	6 Did You Know? 1:30 - 2:00 PM	7 Coffee Talk 10:00 - 10:30 AM Topsy 1:30 - 2:00 PM	8 Spelling Bee 10:00 - 10:30 AM Hedgehogs 1:30 - 2:30 PM
11 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	12 What's the Verdict? 11:00 - 11:30 AM Celebrity Bingo Laura Isbister 2:00 - 2:30 PM	13 Jokes 1:30 - 2:00 PM	14 Short Stories 10:00 - 10:30 AM Biographies Rick Mercer 1:30 - 2:00 PM	15 GOOD FRIDAY OFFICE CLOSED
18 EASTER MONDAY OFFICE CLOSED	19 Celtic Music 11:00 AM - 12:00 PM Travels of the World 2:00 - 3:00 PM	20 Culinary Corner 1:30 - 2:00 PM	21 Coffee Talk 10:00 - 10:30 AM Japan 1:30 - 2:30 PM	22 Idioms 10:00 - 10:30 AM Gratitude Group 1:30 - 2:00 PM
25 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	26 Living Best Life 10:00 - 11:00 AM Celebrity Bingo Mark O. 2:00 - 2:30 PM	27 Across the Miles 2:30 - 3:30 PM	28 Short Stories 10:00 - 10:30 AM Curiosity Club 1:30 - 2:00 PM	29 Grand Beach 10:00 - 11:00 AM Music Therapy 1:00 - 1:30 PM



SENIOR CENTRE WITHOUT WALLS

REGISTRATION WORKSHEET - JANUARY - APRIL 2022



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 a toll-free number 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
- Winnipeg Transit
- Manitoba Underdogs
- Indigenous - Spirituality
- Wheels
- Celtic Music Voyage
- Fact or Fiction?
- Theatre Series
- Grand Beach
- Hedgehogs

Travelogues

- Alaska/Yukon
- Japan
- Travels of the World
- Iceland
- Across the Miles

Observances & Celebrations

- St. Patrick's Day
- Canadian Connections
- April Fool's Day

Health & Wellness

- E.R.I.K.
- Care at Home Pharmacy
- Meditation Series
- Art Therapy
- Music Therapy
- Psychology Month
- Cataracts
- Important Connections
- Dental Health
- Bereavement Education

Book Journeys & Short Stories

- Book Club - The Little Old Lady Who Struck Lucky Again!
- Short Stories
- Poetry
- Topsy

Features

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

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:

200-207 Donald St.

Winnipeg, MB R3C 1M5



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: Mondays, January 17 & 24 & February 7, 14 & 21, 2022
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.