



VOLUME 17
MAY - AUG
2022

SENIOR CENTRE WITHOUT WALLS

IN THIS ISSUE

BUFFALO GALS DRUM GROUP
PRIDE MONTH
WINNIPEG ART GALLERY: INUA

**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

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

All participants will be called in ten minutes prior to the program start time using our audio conferencing system. Participants will also be provided with a toll-free number should they need to call themselves in. Information about this 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, MAY 31 - 10:00 - 10:45 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.

FACT OR FICTION? WEDNESDAY, JUNE 8 - 10:00 - 11:00 AM

Presenter: Greg Agnew, Historian, President and Board Member, Heritage Winnipeg

Have I ever lied to you? Let's look at some more facts in our city's history. More interesting tales to tell! Let's keep our history alive and live it through these events.

WINNIPEG ART GALLERY: INUA FRIDAY, JUNE 3 - 10:00 - 11:00 AM

Presenter: INUA Facilitator, Winnipeg Art Gallery

INUA is the inaugural exhibition of Qaumajuq featuring contemporary and traditional artworks from across Inuit Nunangat and beyond. Participants will view images of artworks in INUA and learn about the histories and traditions behind various pieces.

1919 WINNIPEG GENERAL STRIKE WEDNESDAY, AUGUST 10 - 10:00 - 11:00 AM

Presenter: Greg Agnew, Historian, President and Board Member, Heritage Winnipeg

It's 1919: 16-hour work days, low pay, no benefits, no recognition. It can only go on for so long until enough is enough. Then it is confrontation time - STRIKE TIME!

IMPORTANCE OF VOLUNTEERING AND GIVING BACK TO COMMUNITY

**THURSDAY, JULY 14 -
1:30 - 2:30 PM**

Presenter: Gloria Makafui Dovah, Community Relations Coordinator, Volunteer Manitoba

Learn about how you can get involved and give back to your community! Volunteer Manitoba helps those who are looking for volunteer opportunities by posting positions on our website and working with non-profits and charities to spread the word about available positions in their organization. Our website has hundreds of new and exciting opportunities, with more being added weekly! Visit VolunteerManitoba.ca to learn more! We believe that volunteering provides an opportunity for all of us to share our knowledge and life experiences with our community.

PRESENTATION SERIES

EXPLORING THE ST. ANDREWS RECTORY

WEDNESDAY, JUNE 1 - 10:00 - 11:00 AM

Presenter: St. Andrews Rectory & Heritage Centre Staff

Come and explore the St. Andrews Rectory, a National Historic Site from the Red River Settlement era. These walls have witnessed centuries of Manitoba history; join our presenters to hear more about this unique style of architecture and the stories of the people who lived here!

ADVENTURES IN CONTAINER GARDENING

TUESDAY, MAY 24 - 10:00 - 11:00 AM

Presenter: Silvia Visintin, Housing Consultant, Housing Program, A & O: Support Services for Older Adults

As a self-taught gardener, I've planted flowers and vegetables in my city garden plots. I've also enjoyed using containers and planters. Join me in a discussion on how to grow flowers and vegetables in a container. Share your stories and experiences in potted gardens.

TRISH'S DISHES

WEDNESDAY, JUNE 29 - 10:00 - 11:00 AM

Presenter: Trish Bennett, Senior Scope, Monthly Recipe Column "Trish's Dishes"

Looking for something to lift your spirits and fill your tummy? Join me (Trish) as I share a favourite recipe and chat about the creation of this adventure that has become a monthly posting of my favourite homemade recipes, gadgets, and tips and tricks in the kitchen to make life easier and tastier! YUMMY!

CELTIC MUSIC VOYAGE

TUESDAYS, JUNE 28 &
AUGUST 23 - 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.

CRAIG STREET CATS

WEDNESDAY, MAY 25 -
1:30 - 2:30 PM

*Presenter: Lynne Scott,
Executive Director, Craig
Street Cats*

Please join us to learn about Craig Street Cats and their work with feral cat management. As the largest cat specific welfare agency in Winnipeg, learn what Craig Street Cats is doing to humanely reduce the free roaming cat population in the city, and advocate for change.

TRAVELOGUES

INCREDIBLE INDIA

THURSDAY, MAY 26 - 1:30 - 2:30 PM

Presenter: Laura Isbister, SCWW Participant and Volunteer

Home to 1.38 billion people. Intense, irresistible, interesting, imaginative, immense, industrious - just a few adjectives describing my travel in India; from the Taj Mahal to forts, palaces, temples and deserts. Experience a camel fair, ride an elephant, take a tuk tuk and go on a tiger safari. Immerse yourself in incredible India.

SOUTH DAKOTA

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

Presenter: Laura Isbister, SCWW Participant and Volunteer

Wild Bill Hickok, Calamity Jane and Wyatt Earp lived in the era of the Wild West. Crazy Horse and four presidents are immortalized on a mountain. The Badlands are a natural wonder. We can take this adventure together and swap stories of when you may have taken this road south years ago with the kids in the family car screaming, "Are we there yet?"

TASTES, TALES & TRAVELS OF THE WORLD

TUESDAYS, MAY 31, JUNE 14, JULY 12 & AUGUST 9 - 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.

CANADIAN CONNECTIONS

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

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.

ACROSS THE MILES

WEDNESDAY, JULY 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

BUFFALO GALS DRUM GROUP: NATIONAL INDIGENOUS PEOPLES DAY WEDNESDAY, JUNE 15 - 10:00 - 11:00 AM

Presenter: Raine Seivewright, Metis Woman, Member of the Buffalo Gals Drum Group

In celebration of National Indigenous Peoples Day, Raine will be sharing some teachings and songs surrounding the importance and history of drumming. Discussion is open to all kinds of questions you may have to learn more about First Nation culture.

Buffalo Gals drum group welcomes a diverse group of women. It provides women and their children with opportunities to learn how to use traditional Indigenous-style hand drumming and ceremonies as a way to connect to and express their spirituality, heal their spirit, and reclaim their voice and culture.

To book a performance by the Buffalo Gals Drum Group, please contact:

North End Women's Centre Phone No.: 204-589-7347

Email: buffalogals@newcentre.org

Website: newcentre.org



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.

PRIDE MONTH

**WEDNESDAY, JUNE 1 -
1:30 - 2:30 PM**

*Presenter: Ashley Smith,
Older Adult Program
Coordinator, Rainbow
Resource Centre*

Rainbow Resource Centre provides a spectrum of support for Manitoba and Northwestern Ontario's 2SLGBTQ+ community. Anchored by our Youth Program and Over the Rainbow Program (55+), we offer free short-term counselling, social support groups, classroom and GSA education/outreach, and diversity and inclusion training and consultations for workplaces. Ashley will be speaking about Over the Rainbow: he'll tell us about the life experience of 2SLGBTQ+ older adults, and what happens at Over The Rainbow.

CANADA DAY

**THURSDAY, JUNE 30 -
1:30 - 2:15 PM**

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

HEALTH & WELLNESS

ANXIETY: REAL, DISABLING, AND TREATABLE TUESDAY, MAY 24 - 1:30 - 2:30 PM

Presenter: Kendall McLean, MA, Public Education and Communications Coordinator, Anxiety Disorders Association of Manitoba (ADAM)

Anxiety is an area of concern for many people in Manitoba. This presentation will cover: what anxiety is, how to recognize it, as well as provide some tools and techniques for coping and managing it. Programs and services offered through ADAM will also be discussed.

MASSAGE THERAPY: AN INTRODUCTION WEDNESDAY, MAY 25 - 10:00 - 10:45 AM

Presenter: Nikki Spence, Massage Therapist and Director of Evolve College of Massage Therapy

Learn more about Massage Therapy from its seedy history to its current place within the physical therapies of healthcare. Discover some of the common techniques used in massage treatments and how these techniques can benefit your body and mind. Bring your most burning questions for a fun and informative presentation!

MUSIC THERAPY FRIDAYS, JUNE 24 & AUGUST 12 - 1:00 - 1:30 PM

Presenter: Cindy Bass, BMT, MTA

On **June 24**, in this “guided imagery” session, there will be soothing background music to relax to with this meditative type of music therapy application.

On **August 12**, learn more about how to use recorded music therapeutically to match your mood and need of the day.

MEDITATION SERIES FRIDAYS, MAY 6, 13, 20 & 27 - 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, JUNE 10 &
AUGUST 5 - 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.

VOLUNTEER SPOTLIGHT



D. Andrew Torbiak

Andrew has been a volunteer with Senior Centre Without Walls since 2016. He has won our interest in his “What’s the Verdict?” monthly sessions on famous or challenging cases from a legal perspective, as well as presenting on “Estate Planning.” He is a Partner at Tradition Law LLP.

“Volunteering with A & O gives me the opportunity once a month to sit down and have a discussion about prevailing legal issues. Believe it or not, this is not always so easy to arrange, even as a lawyer! I enjoy our conversations and the chance to hear from many different perspectives. Our talks shape the way I consider legal matters, and encourage me to stay sharp!”

HEALTH & WELLNESS

VISION LOSS REHABILITATION SERVICES

THURSDAY - JUNE 2 - 2:00 – 3:00 PM

Presenters: Anne Freitas, Certified Low Vision Therapist and Dani Diona, Low Vision – Occupational Therapist, Vision Loss Rehabilitation Canada (VLRC)

VLRC is a not-for-profit national healthcare organization and the leading provider of rehabilitation therapy and healthcare services for individuals with vision loss. If you or a loved one is experiencing new or worsening vision loss, learn how VLRC can assist.

BOOK JOURNEYS & SHORT STORIES

Books and short stories are read aloud.

AFTERNOON BOOK CLUB:

THE NO. 1 LADIES' DETECTIVE AGENCY

BY ALEXANDER MCCALL SMITH

MONDAYS, MAY 30, JUNE 6, 13, 20 & 27, JULY 4, 11, 18 & 25 & AUGUST 8, 15, 22 & 29 - 1:30 - 2:30 PM

Presenter: Madeline Kirc, SCWW Participant and Volunteer

Note: No session on August 1

This first novel in Alexander McCall Smith's widely acclaimed The No. 1 Ladies' Detective Agency series tells the story of the delightfully cunning and enormously engaging Precious Ramotswe, who is drawn to her profession to "help people with problems in their lives." Immediately upon setting up shop in a small storefront in Gaborone, she is hired to track down a missing husband, uncover a con man, and follow a wayward daughter. But the case that tugs at her heart, and lands her in danger, is a missing eleven-year-old boy, who may have been snatched by witchdoctors.

POETRY CORNER WITH MADDE

TUESDAYS, MAY 10, JUNE 7, JULY 5 & AUGUST 9 - 10:00 - 10:30 AM

Presenter: Madeline Kirc, SCWW Participant and Volunteer

SHORT STORIES

THURSDAYS, MAY 12 & 26, JUNE 9 & 23, JULY 7 & 21 & AUGUST 4 & 18 - 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.

WRITTEN BY MARGE

WEDNESDAYS, JUNE 22, JULY 20 & AUGUST 24 - 10:00 - 11:00 PM

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.



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

MUSICAL MEMORIES

TUESDAY, JUNE 28 - 1:30 - 2:00 PM

We'll bring the music, you bring the memories! Please join us as we listen (or sing along) to some of your favourite songs from decades gone by.

CURIOSITY CLUB

FRIDAY, MAY 6 - 10:00 - 10:45 AM

TUESDAY, JULY 26 - 10:00 - 10:45 AM

WEDNESDAY, AUGUST 17 - 10:00 - 10:45 AM

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, MAY 18, JUNE 22, JULY 20 & AUGUST 17 - 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.

GAME SHOW MANIA

THURSDAYS, MAY 19, JUNE 23, JULY 28 & AUGUST 18 - 1:30 - 2:15 PM

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

WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

FRIDAY, JUNE 3 - 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, in the next Program Guide. Your feedback and ideas are always appreciated!

GOOD NEWS

FRIDAYS, MAY 13 & JULY 29 - 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

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

THURSDAYS, MAY 5 & 19, JUNE 2, 16 & 30, JULY 14 & 28 & AUGUST 11 & 25 - 10:00 - 10:30 AM

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

FEATURES

BRAIN TEASERS

MONDAYS, MAY 2, 9, 16, & 30, JUNE 6, 13, 20 & 27, JULY 4, 11, 18 & 25 & AUGUST 8, 15, 22 & 29 - 10:00 - 11:00 AM

Note: No sessions on May 23 & August 1

GRATITUDE GROUP

FRIDAYS, JULY 8 & AUGUST 26 - 10:00 - 10:30 AM

Research shows that people who practice an attitude of gratitude consistently experience a host of benefits. Let's share all that we are grateful for!

CHAT PACK

TUESDAY, MAY 3 - 10:00 - 10:45 AM
WEDNESDAY, JULY 13 - 10:00 - 10:45 AM
WEDNESDAY, AUGUST 31 - 10:00 - 10:45 AM

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

DID YOU KNOW?

WEDNESDAYS, MAY 11, JUNE 15, JULY 13 & AUGUST 10 - 1:30 - 2:15 PM

Join us for fun facts and trivia of all kinds!

TALENT SHOW

THURSDAYS, JUNE 16 & JULY 21 - 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!

SPELLING BEE

FRIDAYS, MAY 20, JUNE 17, JULY 15 & AUGUST 12 - 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, MAY 4 - 1:30 - 2:00 PM
WEDNESDAY, JULY 6 - 10:00 - 10:30 AM
WEDNESDAY, AUGUST 3 - 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 27, JUNE 24, JULY 22 & AUGUST 19 - 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!

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

TUESDAYS, MAY 17, JUNE 7 & 21, JULY 5 & 19 & AUGUST 2 & 16 - 2:00 - 2:45 PM

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

BIOGRAPHIES

MARTIN SHORT

THURSDAY, MAY 12 - 1:30 - 2:15 PM

DOLLY PARTON

THURSDAY, JUNE 9 - 1:30 - 2:15 PM

WILLIAM SHATNER

THURSDAY, JULY 7 - 1:30 - 2:15 PM

CAST OF MURDOCH MYSTERIES

THURSDAY, AUGUST 11 - 1:30 - 2:15 PM

**WHAT'S THE VERDICT?
TUESDAY, MAY 17, JUNE
21, JULY 12 & AUGUST 16
- 11:00 - 11:45 AM**

*Presenter: Andrew Torbiak,
Partner, Tradition Law LLP
and SCWW Volunteer*

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

**LIVING YOUR BEST LIFE
TUESDAYS, JULY 19
& AUGUST 30 - 10:00 -
11:00 AM**

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.

MAY 2022

Mon	Tue	Wed	Thu	Fri
2 Brain Teasers 10:00 - 11:00 AM	3 Chat Pack 10:00 - 10:45 AM	4 Culinary Corner 1:30 - 2:00 PM	5 Coffee Talk 10:00 - 10:30 AM	6 Curiosity Club 10:00 - 10:45 AM Meditation 1:00 - 1:45 PM
9 Brain Teasers 10:00 - 11:00 AM	10 Poetry 10:00 - 10:30 AM	11 Did You Know? 1:30 - 2:15 PM	12 Short Stories 10:00 - 10:30 AM Biographies Martin Short 1:30 - 2:15 PM	13 Good News 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
16 Brain Teasers 10:00 - 11:00 AM	17 What's the Verdict? 11:00 - 11:45 AM Celebrity Bingo 2:00 - 2:45 PM	18 Jokes 1:30 - 2:00 PM	19 Coffee Talk 10:00 - 10:30 AM Game Show Mania 1:30 - 2:15 PM	20 Spelling Bee 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
23 VICTORIA DAY OFFICE CLOSED	24 Gardening 10:00 - 11:00 AM ADAM 1:30 - 2:30 PM	25 Massage Therapy 10:00 - 10:45 AM Craig Street Cats 1:30 - 2:30 PM	26 Short Stories 10:00 - 10:30 AM India 1:30 - 2:30 PM	27 Idioms 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
30 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	31 SCWW Welcome 10:00 - 10:45 AM Travels of the World 2:00 - 3:00 PM			

JUNE 2022

Mon	Tue	Wed	Thu	Fri
		1 St. Andrews 10:00 - 11:00 AM Pride Month 1:30 - 2:30 PM	2 Coffee Talk 10:00 - 10:30 AM Vision Loss Rehab 2:00 - 3:00 PM	3 Art Gallery: INUA 10:00 - 11:00 AM Program Planning Meeting 1:30 - 2:30 PM
6 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	7 Poetry 10:00 - 10:30 AM Celebrity Bingo 2:00 - 2:45 PM	8 Fact or Fiction? 10:00 - 11:00 AM	9 Short Stories 10:00 - 10:30 AM Biographies Dolly Parton 1:30 - 2:15 PM	10 Art Therapy 10:00 - 11:00 AM
13 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	14 Join us at A & O's 65th AGM 9:30 - 11:30 AM For information Call 204-956-6440 Travels of the World 2:00 - 3:00 PM	15 Buffalo Gals: Indigenous Day 10:00 - 11:00 AM Did You Know? 1:30 - 2:15 PM	16 Coffee Talk 10:00 - 10:30 AM Talent Show 2:00 - 2:45 PM	17 Spelling Bee 10:00 - 10:30 AM
20 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	21 What's the Verdict? 11:00 - 11:45 AM Celebrity Bingo 2:00 - 2:45 PM	22 Written by Marge 10:00 - 11:00 AM Jokes 1:30 - 2:00 PM	23 Short Stories 10:00 - 10:30 AM Game Show Mania 1:30 - 2:15 PM	24 Idioms 10:00 - 10:30 AM Music Therapy 1:00 - 1:30 PM
27 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	28 Celtic Music 11:00 AM - 12:00 PM Musical Memories 1:30 - 2:00 PM	29 Trish's Dishes 10:00 - 11:00 AM	30 Coffee Talk 10:00 - 10:30 AM Canada Day 1:30 - 2:15 PM	

JULY 2022

Mon	Tue	Wed	Thu	Fri
				1 CANADA DAY OFFICE CLOSED
4 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	5 Poetry 10:00 - 10:30 AM Celebrity Bingo 2:00 - 2:45 PM	6 Culinary Corner 10:00 - 10:30 AM	7 Short Stories 10:00 - 10:30 AM Biographies William Shatner 1:30 - 2:15 PM	8 Gratitude Group 10:00 - 10:30 AM Canadian Connections 1:30 - 2:30 PM
11 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	12 What's the Verdict? 11:00 - 11:45 AM Travels of the World 2:00 - 3:00 PM	13 Chat Pack 10:00 - 10:45 AM Did You Know? 1:30 - 2:15 PM	14 Coffee Talk 10:00 - 10:30 AM Volunteer Manitoba 1:30 - 2:30 PM	15 Spelling Bee 10:00 - 10:30 AM
18 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	19 Living Your Best Life 10:00 - 11:00 AM Celebrity Bingo 2:00 - 2:45 PM	20 Written by Marge 10:00 - 11:00 AM Jokes 1:30 - 2:00 PM	21 Short Stories 10:00 - 10:30 AM Talent Show 2:00 - 2:45 PM	22 Idioms 10:00 - 10:30 AM
25 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	26 Curiosity Club 10:00 - 10:45 AM South Dakota 1:30 - 2:30 PM	27 Across the Miles 2:30 - 3:30 PM	28 Coffee Talk 10:00 - 10:30 AM Game Show Mania 1:30 - 2:15 PM	29 Good News 10:00 - 10:30 AM

AUGUST 2022

Mon	Tue	Wed	Thu	Fri
1 TERRY FOX DAY OFFICE CLOSED	2 Coffee Talk 10:00 - 10:30 AM Celebrity Bingo 2:00 - 2:45 PM	3 Culinary Corner 10:00 - 10:30 AM	4 Short Stories 10:00 - 10:30 AM	5 Art Therapy 10:00 - 11:00 AM
8 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	9 Poetry 10:00 - 10:30 AM Travels of the World 2:00 - 3:00 PM	10 1919 Winnipeg Strike 10:00 - 11:00 AM Did You Know? 1:30 - 2:15 PM	11 Coffee Talk 10:00 - 10:30 AM Biographies Murdoch Mysteries 1:30 - 2:15 PM	12 Spelling Bee 10:00 - 10:30 AM Music Therapy 1:00 - 1:30 PM
15 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	16 What's the Verdict? 11:00 - 11:45 AM Celebrity Bingo 2:00 - 2:45 PM	17 Curiosity Club 10:00 - 10:45 AM Jokes 1:30 - 2:00 PM	18 Short Stories 10:00 - 10:30 AM Game Show Mania 1:30 - 2:15 PM	19 Idioms 10:00 - 10:30 AM
22 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	23 Celtic Music 11:00 AM - 12:00 PM	24 Written by Marge 10:00 - 11:00 AM	25 Coffee Talk 10:00 - 10:30 AM	26 Gratitude Group 10:00 - 10:30 AM
29 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	30 Living Your Best Life 10:00 - 11:00 AM	31 Chat Pack 10:00 - 10:45 AM		



SENIOR CENTRE WITHOUT WALLS

REGISTRATION WORKSHEET - MAY - AUGUST 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

All participants will be called in ten minutes prior to the program start time using our audio conferencing system. Participants will also be provided with a toll-free number should they need to call themselves in. Information about this 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
- Fact or Fiction?
- Winnipeg Art Gallery: INUA
- 1919 Winnipeg General Strike
- Volunteer Manitoba
- St. Andrews Rectory
- Container Gardening
- Trish's Dishes
- Celtic Music Voyage
- Craig Street Cats

Travelogues

- Incredible India
- South Dakota
- Travels of the World
- Canadian Connections
- Across the Miles

Observances &

Celebrations

- Buffalo Gals: Indigenous Day
- Pride Month
- Canada Day

Health & Wellness

- Anxiety
- Massage Therapy
- Music Therapy
- Meditation Series
- Art Therapy
- Vision Loss

Book Journeys & Short Stories

- Book Club - The No. 1 Ladies' Detective Agency
- Poetry
- Short Stories
- Written by Marge

Features

- Musical Memories
- Curiosity Club
- Jokes
- Game Show Mania
- Program Planning Meeting
- Good News
- Coffee Talk
- Brain Teasers
- Gratitude Group
- Chat Pack
- Did You Know?
- Talent Show
- Spelling Bee
- Culinary Corner
- Idiom Addicts, Plus
- Celebrity Bingo
- Biographies
- 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)

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