



VOLUME 18
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SENIOR CENTRE WITHOUT WALLS

IN THIS ISSUE

ROLE OF THE POLICE CANINE IN LAW ENFORCEMENT
INDIGENOUS HISTORY & HEALTH FOR OLDER ADULTS
HEARING: HEAR WHAT MATTERS TO YOU

***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

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, SEPTEMBER 27 - 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? TUESDAY, SEPTEMBER 27 - 1:30 - 2:30 PM

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.

READY WINNIPEG – PERSONAL PREPAREDNESS FOR OLDER ADULTS THURSDAY, NOVEMBER 3 - 10:00 - 11:00 AM

Presenter: Winnipeg Fire Paramedic Service's Office of Emergency Management

- What do you do in case of an Emergency?
- Are you prepared for a power failure if it may last more than 24 hours?
- Where would you go if you are displaced from your home due to evacuation orders?

Join us for our Personal Preparedness Presentation where we answer these questions and more. We will go over how to prepare emergency plans, emergency exits and emergency kits, as well as answer any questions you may have regarding what to do in certain situations and much more.

THE ROYAL HOUSE OF WINDSOR WEDNESDAY, NOVEMBER 9 - 1:30 - 2:30 PM

*Presenter: Ann Foster,
Host of "Vulgar History"
Podcast*

Queen Elizabeth II is the fourth British monarch from the House of Windsor, previously known as the House of Saxe-Coburg and Gotha. Learn how the British monarchy made its way from the famous Tudor dynasty to the modern-day Windsors, and the many connections Queen Elizabeth II and her heirs have to previous dynasties.

SELKIRK SETTLERS THURSDAY, OCTOBER 27 - 1:30 - 2:30 PM

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

Who were they? Where did they come from? Why did they come? How hard was it for them? Let's explore.

PRESENTATION SERIES

THE ROLE OF THE POLICE CANINE IN LAW ENFORCEMENT

THURSDAY, NOVEMBER 3 - 1:30 - 2:30 PM

Presenter: Brian Timmerman, WPS Canine Unit, Retired

From the pick of the litter, to becoming a loyal and fearless partner, the police canine has an extremely active role in today's stressful law enforcement environment. There is the myth and reality regarding these four-legged crime fighters and it is an interesting story that follows the canine officer and their police dog. A retired canine police officer will go into detail as to what makes a good police dog and the type of training that goes into each of the four-legged heroes.

INDIGENOUS HISTORY AND HEALTH FOR OLDER ADULTS

TUESDAY, SEPTEMBER 6 - 1:30 - 2:30 PM

Presenter: Brian Rice, PhD, University of Manitoba Faculty of Kinesiology and Recreation Management

This presentation will explore how to learn about Indigenous history in Winnipeg as an older adult while staying healthy and fit.

TRISH'S DISHES

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

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

Looking for something to lift your spirits and fill your tummy? Join me 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!

PROTECT YOURSELF FROM FRAUDS AND SCAMS

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

Presenter: Trish Bennett

This presentation is jammed full of information on how to keep yourself, your family, and your money safe. Being with RBC (Royal Bank) for over 37 years, I have seen far too many people become a victim. The best way to protect against the latest scams is to be informed. Please join me, Trish Bennett ("Trish's Dishes") as I share tips to protect and prevent this from happening to you!

CELTIC MUSIC VOYAGE
TUESDAYS, OCTOBER 11 & NOVEMBER 8 - 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

THE STORIES BEHIND THE SONGS

WEDNESDAY, SEPTEMBER 28 - 1:30 - 2:30 PM &
THURSDAY, OCTOBER 20 - 1:30 - 2:30 PM

Presenter: Rob Lutes, Singer-Songwriter, Musician and Musical Educator

Songs provide the backdrop to our lives and bring richness to our experiences. Studies show that music also helps create a sense of belonging, promotes overall positive health, reduces stress and, according to many studies, can enhance memory and mood. These two workshops are designed to break isolation and bring enjoyment to older adults through the sharing of musical memories and the fascinating stories behind songs they know and love. Join Rob as he takes us on a guided tour of the history of popular music, during these two time periods in music.

September 28: Early American Songs and Spirituals (1750 - 1850)

October 20: Tin Pan Alley and the Birth of the Popular Music Industry

WHO CAN YOU TRUST WITH YOUR FINANCIAL AFFAIRS?

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

Presenters: Jason Roy, Senior Investigator and Arian Poushangi, Legal Counsel, Manitoba Financial Service Agency

Jason and Arian will talk about common investment frauds and scams, share information on what financial abuse looks like and help you understand what steps you can take today, including naming a Trusted Contact Person (TCP) to protect yourself from becoming a victim of investment fraudsters.

PUZZLING MADE EASY
TUESDAY, OCTOBER 11 -
2:00 - 3:00 PM

Presenter: Kathryn Harper, SCWW Participant and Volunteer

Learn some tips and strategies to make your puzzling smoother and more interesting, and share some of your own.

TEACHINGS OF THE SACRED TREE – INDIGENOUS AND BIBLICAL PERSPECTIVES

FRIDAY, OCTOBER 7 -
10:00 - 11:00 AM

Presenter: Elder/Pastor Norman Meade

During this presentation, we will learn from traditional spiritual teachers, as well as biblical teachings, about the Tree of Life.



A&O

MISSION

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

OBSERVANCES & CELEBRATIONS

CELTIC CHRISTMAS MUSIC

TUESDAY, DECEMBER 20 - 11:00 AM - 12:00 PM

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

The Celtic lands are home to some of the most beautiful Christmas music in the world. Join in 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.

CHRISTMAS AROUND THE WORLD

THURSDAY, DECEMBER 8 - 1:30 - 2:30 PM

Presenter: Dr. Gerry Bowler is a Canadian historian, specializing in the intersection of popular culture and religion

A tour of the many, many ways the world's most celebrated holiday is marked around the planet: strange customs, wonderful food, a line-up of magical gift-bringers. You'll learn the parts played by kings, witches, gnomes, camels, and cribs, and discover where turkeys get drunk for Christmas and what that carp is doing in your bathtub.

VOLUNTEER SPOTLIGHT

MARIANNE AND TODD LAMB

Marianne and Todd have been volunteers with Senior Centre Without Walls since 2020. They have "taken" us with them on their travels to different lands, with their amazing stories.

"We were honoured and pleasantly surprised when SCWW asked us to do a few travelogues for them. What fun! So far, we have explored the Camino de Santiago, Japan, and the Holy Land with the participants from SCWW. We are always so pleased to share our stories and to hear the stories of the participants."

REMEMBRANCE DAY

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

Presenter: Dr. Gerry Bowler is a Canadian historian, specializing in the intersection of popular culture and religion

A history of how and why we celebrate Canada's war dead, and the importance of memory.

HALLOWEEN: WARNING – BE PREPARED TO BE SCARED!

FRIDAY, OCTOBER 28 -
1:30 - 2:30 PM

Join in, if you dare, to listen to some dark, eerie stories. Share tales of your own. But be careful and hope that a monster doesn't grab your feet!



BOOK JOURNEYS & SHORT STORIES

Books and short stories are read aloud.

AFTERNOON BOOK CLUB:

THE VINYL CAFE CELEBRATES BY STUART MCLEAN

MONDAYS, SEPTEMBER 26, OCTOBER 3, 17, 24 & 31,
NOVEMBER 7, 14, 21 & 28 & DECEMBER 5, 12 & 19 -
1:30 - 2:30 PM

Presenter: Madeline Kirc, SCWW Participant and Volunteer

Note: No session on October 10

From Canada's much-missed, nationally bestselling storyteller, ten never-before-published stories and ten classic favourites perfect for old fans and Vinyl Cafe newcomers alike.

From the unforgettable Christmas classic “Dave Cooks the Turkey” to the tender tribute to ice-cream-loving, potato-sitting Arthur the dog in “Morte d’Arthur”; from the joys and challenges of marriage in “The Canoe Trip” to the celebration of childhood adventure in “The Waterslide”.

From the beginning of life (the hilarious “Labour Pains”) to the end (the touching “Love Never Ends”) and all the moments—big and small—in between, these stories remind us that there are occasions to celebrate every day.

SHORT STORIES

THURSDAYS, SEPTEMBER 1, 15 & 29,
OCTOBER 13 & 27, NOVEMBER 10 & 24 &
DECEMBER 8 & 22 – 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 6,
OCTOBER 4,
NOVEMBER 1 &
DECEMBER 6 - 10:00 -
10:30 AM

*Presenter: Madeline Kirc,
SCWW Participant and
Volunteer*

WRITTEN BY MARGE

TUESDAY, NOVEMBER 29
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.

REFLECTIONS BY DEBORAH

FRIDAY, NOVEMBER 4
1:30 - 2:15 PM

*Presenter: Deborah
Haliburton, SCWW
Participant and Volunteer*

Deborah, a published author, will be sharing some of her poetry reflecting on her life experiences on love, emotions, spirituality and people she’s met.

TRAVELOGUES

TASTES, TALES & TRAVELS OF THE WORLD

TUESDAYS, OCTOBER 25, NOVEMBER 15 &
DECEMBER 13 - 2:00 - 3:00 PM

Presenter: Kathryn Harper, SCWW Participant and Volunteer

Fall travels will take us to many new places, including more exclusives from Dave Clayton, West Yorkshire, England. Get yourself comfy. All restrictions are lifted for these travels.

ST. LUCIA

TUESDAY, NOVEMBER 29 - 1:30 - 2:30 PM

Presenter: Laura Isbister, SCWW Participant and Volunteer

St. Lucia is home to the Pitons, an iconic landmark that is a clue to the island's volcanic origins. The island is a showcase of tropical flora and fauna from its rainforest to its clear tropical waters. Hikers can visit the Sulphur Springs and see and smell the bubbling mud pots followed with shopping in urban centres sprinkled along its coastline. The island's colourful pirate history has resulted in a rich mix of Caribbean, African, English and French cultures and food just waiting for you to experience before returning to our all-inclusive resort.

CANADIAN CONNECTIONS

FRIDAY, DECEMBER 16 - 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,
OCTOBER 26 - 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.

MOROCCO

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

Presenter: Marianne and Todd Lamb

Please join us as we explore the mysterious land of Morocco. We will drink mint tea in the Djemaa el-Fna market in Marrakech as we watch the merchants getting ready for the day. We will ride camels into the Sahara desert and sleep under the stars. We will visit the blue City of Chefchaouen and we will take a trip to the sea resort town of Essaouira. Any trip to Morocco would not be complete without a visit to Rick's Cafe in Casablanca. We hope you'll come along to sip the tea and see the sights.

HEALTH & WELLNESS

MUSIC THERAPY

FRIDAYS, OCTOBER 21 & NOVEMBER 18 - 1:00 - 1:30 PM

Presenter: Cindy Bass, BMT, MTA

On **October 21**, in this “guided imagery” session, there will be soothing background music to relax to with this meditative type of music therapy application.

On **November 18**, learn more about how to use recorded music therapeutically to match your mood and need of the day.

END OF LIFE PLANNING

THURSDAY, SEPTEMBER 22 - 1:30 - 2:30 PM

Presenter: Dorothy Stephens, BN, Advance Care Planning Educator, Dying With Dignity Canada (Winnipeg Chapter)

We are all going to die, but we do not all want the same type of health care at the end of our lives. Dying With Dignity works to ensure that people are aware of all the care options available to them, and that they know how to access the type of care they want, in order to avoid unwanted suffering at the end of life.

UNDERSTANDING ARTHRITIS

WEDNESDAY, SEPTEMBER 21 - 2:00 - 3:00 PM

Presenter: Gilles Fournier, Arthritis Society Volunteer

Join us for this interactive arthritis information session, providing you with an overview of arthritis, symptom management and insight into treatments and self-management strategies to fight the fire of arthritis. Whether you are newly diagnosed with arthritis, unsure if you have arthritis, or have been living with arthritis for many years, you'll benefit from the evidence-based information and strategies that will help you live well.

MEDITATION SERIES

FRIDAYS, SEPTEMBER 2, 9, 16 & 23 - 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, OCTOBER 28 & DECEMBER 2 - 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.

HEALTH & WELLNESS

HOME MODIFICATIONS FOR SAFE LIVING IN PLACE THURSDAY, OCTOBER 13 - 2:00 - 3:00 PM

Presenter: Marnie Courage is the CEO and Occupational Therapist of Enabling Access Inc., in Winnipeg. Marnie comes with over 20 years of experience in conducting home assessments, providing aging in place and accessibility consultation across Canada.

This presentation outlines the top five cost-effective home modifications to keep you living safely at home as you age. Learn how to increase the value of your home with smart and esthetic modifications that increase safety and independence for you and future occupants. Considerations for adaptive design, construction and occupational therapist consultation will be shared.

HEARING: HEAR WHAT MATTERS TO YOU TUESDAY, SEPTEMBER 20 - 10:00 - 11:00 AM

Presenter: Mackenzie Dewar, Au.D., M.A., Doctor of Audiology and Registered Audiologist

We get our teeth checked and our eyes checked but why not our ears? Hearing helps us communicate with our loved ones, it keeps our brains active and helps prevent things like cognitive decline! This presentation will cover: when to get a hearing test and what to expect from an audiology visit. We will chat about hearing aids and how to get used to them as well as strategies to communicate with people that have a hearing loss.

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

WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

FRIDAY, OCTOBER 7 - 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!

WHAT'S THE VERDICT? TUESDAYS, SEPTEMBER 13, OCTOBER 18, NOVEMBER 15 & DECEMBER 13 - 11:00 - 11:45 AM

Presenter: Kyla Kavanagh, Associate, Wolseley Law LLP and SCWW Volunteer

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

GOOD NEWS FRIDAYS, SEPTEMBER 9 & NOVEMBER 4 - 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.

FEATURES

MUSICAL MEMORIES

TUESDAY, NOVEMBER 1 - 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.

TALENT SHOW

FRIDAYS, NOVEMBER 25 - 2:00 - 2:45 PM &
DECEMBER 23 - 10:00 - 10:45 AM

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!

JOKES

WEDNESDAYS, SEPTEMBER 14, OCTOBER 19,
NOVEMBER 23 & DECEMBER 14 - 1:30 - 2:00 PM

Let's hear it for some good, clean jokes and stories that will tickle your funny bone. We will get you going with a selection of jokes and invite you to share your own.

GRATITUDE GROUP

FRIDAY, OCTOBER 14 - 1:30 - 2:00 PM &
WEDNESDAY, DECEMBER 21 - 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

MONDAY, SEPTEMBER 19 - 1:30 - 2:15 PM

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

DID YOU KNOW?

WEDNESDAYS, SEPTEMBER 7, OCTOBER 12,
NOVEMBER 16 & DECEMBER 7 - 1:30 - 2:15 PM

Join us for fun facts and trivia of all kinds!

SPELLING

BEE FRIDAYS,
SEPTEMBER 16,
OCTOBER 14,
NOVEMBER 18 &
DECEMBER 9 - 10:00 -
10:30 AM

*Presenter: Mary Bana,
SCWW Volunteer*

A fun and interactive program reminiscent of the Spelling Bees of your school years. Have fun, improve your vocabulary and mental sharpness.

COFFEE TALK

THURSDAYS,
SEPTEMBER 8 & 22,
OCTOBER 6 & 20,
NOVEMBER 17, &
DECEMBER 1 & 15 - 10:00
- 10:30 AM

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

IDIOM ADDICTS, PLUS

FRIDAYS,
SEPTEMBER 23,
OCTOBER 21,
NOVEMBER 25 &
DECEMBER 16 - 10:00 -
10:30 AM

*Presenter: Mary Bana,
SCWW Volunteer*

Join the conversation and learn about the origins of words and expressions in the English language.

FEATURES

GAME SHOW MANIA

THURSDAYS, SEPTEMBER 15, NOVEMBER 17 & DECEMBER 15 - 1:30 - 2:15 PM

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

BRAIN TEASERS

MONDAYS, SEPTEMBER 12, 19, & 26, OCTOBER 3, 17, 24 & 31, NOVEMBER 7, 14, 21 & 28 & DECEMBER 5, 12 & 19 - 10:00 - 11:00 AM *Note: No session on October 10*

BIOGRAPHIES

THURSDAYS, 1:30 - 2:15 PM

LUCILLE BALL - SEPTEMBER 8

JOYCE KILMER - OCTOBER 6

ANNE MURRAY - DECEMBER 1

CELEBRITY BINGO

TUESDAYS, 2:00 - 2:45 PM

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!

SEPTEMBER 20 - *Mark Morris - Host of "Mark and Dilly in the Morning" - Hot 100.5 FM*

OCTOBER 4 - *Dilly - Host of "Mark and Dilly in the Morning" - Hot 100.5 FM*

OCTOBER 18 - *Shelley Cook, Columnist, Manager of Reader Bridge Project, Winnipeg Free Press*

NOVEMBER 8

NOVEMBER 22

DECEMBER 6 - *Lyle Skinner, Host, 'Prairie Ceildh' (kay-lee) Radio Show, 92.7 FM CKJS*

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

CULINARY CORNER

**WEDNESDAY,
OCTOBER 5 - 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!

CURIOSITY CLUB

**FRIDAY, SEPTEMBER 2 -
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.

LIVING YOUR BEST LIFE

**TUESDAYS, OCTOBER 25
& NOVEMBER 22 - 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 they 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.

SEPTEMBER 2022

Mon	Tue	Wed	Thu	Fri
			1 Short Stories 10:00 - 10:30 AM	2 Curiosity Club 10:00 - 10:45 AM Meditation 1:00 - 1:45 PM
5 LABOUR DAY OFFICE CLOSED	6 Poetry 10:00 - 10:30 AM Indigenous History 1:30 - 2:30 PM	7 Did You Know? 1:30 - 2:15 PM	8 Coffee Talk 10:00 - 10:30 AM Biographies Lucille Ball 1:30 - 2:15 PM	9 Good News 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
12 Brain Teasers 10:00 - 11:00 AM	13 What's the Verdict? 11:00 - 11:45 AM	14 Jokes 1:30 - 2:00 PM	15 Short Stories 10:00 - 10:30 AM Game Show Mania 1:30 - 2:15 PM	16 Spelling Bee 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
19 Brain Teasers 10:00 - 11:00 AM Chat Pack 1:30 - 2:15 PM	20 Hearing 10:00 - 11:00 AM Celebrity Bingo Mark Morris 2:00 - 2:45 PM	21 Arthritis 2:00 - 3:00 PM	22 Coffee Talk 10:00 - 10:30 AM End of Life Planning 1:30 - 2:30 PM	23 Idioms 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
26 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	27 SCWW Welcome 10:00 - 10:45 AM Fact or Fiction? 1:30 - 2:30 PM	28 Stories Behind the Songs 1:30 - 2:30 PM	29 Short Stories 10:00 - 10:30 AM Morocco 1:30 - 2:30 PM	30 NATIONAL DAY FOR TRUTH & RECONCILIATION OFFICE CLOSED

OCTOBER 2022

Mon	Tue	Wed	Thu	Fri
3 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	4 Poetry 10:00 - 10:30 AM Celebrity Bingo Dilly 2:00 - 2:45 PM	5 Culinary Corner 1:30 - 2:00 PM	6 Coffee Talk 10:00 - 10:30 AM Biographies Joyce Kilmer 1:30 - 2:15 PM	7 Sacred Tree 10:00 - 11:00 AM Program Planning Meeting 1:30 - 2:30 PM
10 THANKSGIVING OFFICE CLOSED	11 Celtic Music 11:00 AM - 12:00 PM Puzzling 2:00 - 3:00 PM	12 Did You Know? 1:30 - 2:15 PM	13 Short Stories 10:00 - 10:30 AM Aging in Place 2:00 - 3:00 PM	14 Spelling Bee 10:00 - 10:30 AM Gratitude Group 1:30 - 2:00 PM
17 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	18 What's the Verdict? 11:00 - 11:45 AM Celebrity Bingo Shelley Cook 2:00 - 2:45 PM	19 Jokes 1:30 - 2:00 PM	20 Coffee Talk 10:00 - 10:30 AM Stories Behind the Songs 1:30 - 2:30 PM	21 Idioms 10:00 - 10:30 AM Music Therapy 1:00 - 1:30 PM
24 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	25 Living Your Best Life 10:00 - 11:00 AM Travels of the World 2:00 - 3:00 PM	26 Across the Miles 2:30 - 3:30 PM	27 Short Stories 10:00 - 10:30 AM Selkirk Settlers 1:30 - 2:30 PM	28 Art Therapy 10:00 - 11:00 AM Halloween 1:30 - 2:30 PM
31 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM				

NOVEMBER 2022

Mon	Tue	Wed	Thu	Fri
	1 Poetry 10:00 - 10:30 AM Musical Memories 1:30 - 2:00 PM	2 Frauds & Scams 1:30 - 2:30 PM	3 Personal Preparedness 10:00 - 11:00 AM Canine Unit 1:30 - 2:30 PM	4 Good News 10:00 - 10:30 AM Reflections 1:30 - 2:15 PM
7 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	8 Celtic Music 11:00 AM - 12:00 PM Celebrity Bingo 2:00 - 2:45 PM	9 House of Windsor 1:30 - 2:30 PM	10 Short Stories 10:00 - 10:30 AM Remembrance Day 1:30 - 2:30 PM	11 REMEMBRANCE DAY OFFICE CLOSED
14 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	15 What's the Verdict? 11:00 - 11:45 AM Travels of the World 2:00 - 3:00 PM	16 Did You Know? 1:30 - 2:15 PM	17 Coffee Talk 10:00 - 10:30 AM Game Show Mania 1:30 - 2:15 PM	18 Spelling Bee 10:00 - 10:30 AM Music Therapy 1:00 - 1:30 PM
21 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	22 Living Your Best Life 10:00 - 11:00 AM Celebrity Bingo 2:00 - 2:45 PM	23 Jokes 1:30 - 2:00 PM	24 Short Stories 10:00 - 10:30 AM Financial Affairs 1:30 - 2:30 PM	25 Idioms 10:00 - 10:30 AM Talent Show 2:00 - 2:45 PM
28 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	29 Written by Marge 10:00 - 11:00 AM St. Lucia 1:30 - 2:30 PM	30 Trish's Dishes 1:30 - 2:30 PM		

DECEMBER 2022

Mon	Tue	Wed	Thu	Fri
			<p>1 Coffee Talk 10:00 - 10:30 AM</p> <p>Biographies Anne Murray 1:30 - 2:15 PM</p>	<p>2 Art Therapy 10:00 - 11:00 AM</p>
<p>5 Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>6 Poetry 10:00 - 10:30 AM</p> <p>Celebrity Bingo Lyle Skinner 2:00 - 2:45 PM</p>	<p>7 Did You Know? 1:30 - 2:15 PM</p>	<p>8 Short Stories 10:00 - 10:30 AM</p> <p>Christmas Around the World 1:30 - 2:30 PM</p>	<p>9 Spelling Bee 10:00 - 10:30 AM</p>
<p>12 Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>13 What's the Verdict? 11:00 - 11:45 AM</p> <p>Travels of the World 2:00 - 3:00 PM</p>	<p>14 Jokes 1:30 - 2:00 PM</p>	<p>15 Coffee Talk 10:00 - 10:30 AM</p> <p>Game Show Mania 1:30 - 2:15 PM</p>	<p>16 Idioms 10:00 - 10:30 AM</p> <p>Canadian Connections 1:30 - 2:30 PM</p>
<p>19 Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>20 Celtic Christmas Music 11:00 AM - 12:00 PM</p>	<p>21 Gratitude Group 10:00 - 10:30 AM</p>	<p>22 Short Stories 10:00 - 10:30 AM</p>	<p>23 Talent Show 10:00 - 10:45 AM</p>
<p>26 OFFICE CLOSED</p>	<p>27 OFFICE CLOSED</p>	<p>28 OFFICE CLOSED</p>	<p>29 OFFICE CLOSED</p>	<p>30 OFFICE CLOSED</p>



SENIOR CENTRE WITHOUT WALLS



REGISTRATION WORKSHEET - SEPTEMBER - DECEMBER 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?
- Ready Winnipeg - Personal Preparedness
- Royal House of Windsor
- Selkirk Settlers
- Canine Unit
- Indigenous History
- Trish's Dishes
- Frauds & Scams
- Celtic Music Voyage
- The Stories Behind the Songs
- Financial Affairs
- Puzzling Made Easy
- Sacred Tree

Observances & Celebrations

- Celtic Christmas Music
- Christmas Around the World
- Remembrance Day
- Halloween

Book Journeys & Short Stories

- Book Club - The Vinyl Cafe Celebrates
- Short Stories
- Poetry
- Written by Marge
- Reflections by Deborah

Travelogues

- Travels of the World
- St. Lucia
- Canadian Connections
- Across the Miles
- Morocco

Health & Wellness

- Music Therapy
- End of Life Planning
- Understanding Arthritis
- Meditation Series
- Art Therapy
- Aging in Place
- Hearing

Features

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