



VOLUME 19
JAN - APR
2023

SENIOR CENTRE WITHOUT WALLS

IN THIS ISSUE

MYTHS, FACTS AND QUESTIONS ABOUT HOMELESSNESS

PHARMACY AND MEDICATION SAFETY

PLANNING FOR YOUR FUTURE:
WHAT YOU NEED TO KNOW ABOUT CPP, OAS AND GIS

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! WEDNESDAY, JANUARY 18 - 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, JANUARY 31 - 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.

PLANNING FOR YOUR FUTURE: WHAT YOU NEED TO KNOW ABOUT CPP, OAS AND GIS FRIDAY, FEBRUARY 3 - 10:00 - 11:00 AM

Presenter: Brianna Delaney, Citizen Services Specialist, Citizen Services Branch, Service Canada, Government of Canada

Please join us for a one-hour information session from Service Canada. We will be discussing the Old Age Security Program (OAS) and the Canada Pension Plan (CPP). OAS is financed from the Government of Canada general tax revenues and is available to Canadians at age 65 based on their residency in Canada. The CPP is a contribution-based plan that people pay into when they work, and can be accessed as early as age 60. We will discuss some of the lesser known benefits and provisions provided by OAS and CPP. By the end of the presentation, you will understand all the ways to access service through Service Canada, and will be provided with the website links, forms and contact phone numbers you need to apply for your pension.

CANADIAN PACIFIC RAILWAY

WEDNESDAY, MARCH 29
- 1:30 - 2:30 PM

Presenter: Greg Agnew, Historian, Heritage Winnipeg Board Member

The railway arrives and the city thrives! Let's see why and what happened to put Winnipeg on the map.

THE TUDORS WEDNESDAY, MARCH 8 - 1:30 - 2:30 PM

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

The Tudors are one of the most famous dynasties in English history. Learn about the fascinating people who lived and reigned, including Henry VIII, Anne Boleyn, Elizabeth I and Lady Jane Grey.



A&O

MISSION

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

PRESENTATION SERIES

CPP DISABILITY

FRIDAY, MARCH 10 - 10:00 - 11:00 AM

Presenter: Brianna Delaney, Citizen Services Specialist, Citizen Services Branch, Service Canada, Government of Canada

Please join us for a one-hour information session from Service Canada. We will be discussing CPP Disability, which is the single largest long-term disability insurance provider in Canada in terms of caseload and benefits paid. Canada Pension Plan Disability (CPPD) benefits are designed to provide partial income replacement to eligible CPP contributors who are under age 65 with a severe and prolonged disability, as defined in the Canada Pension Plan legislation. There are two benefits available under CPPD. The disability pension is provided to individuals who meet the eligibility requirements and are not yet receiving a retirement pension. The post-retirement disability benefit is provided to individuals who are found to be disabled after the start of their retirement pension. We will discuss eligibility for CPPD and provide all attendees with the website links, forms and contact phone numbers needed to apply.

TRISH'S DISHES

TUESDAY, FEBRUARY 28 - 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!

CELTIC MUSIC VOYAGE
TUESDAYS, JANUARY 24
& APRIL 18 - 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.

MEN'S SHEDS

FRIDAY, MARCH 3 - 1:30 -
2:30 PM

Presenter: Doug Mackie,
Director, Men's Sheds
Manitoba Inc.

Join Doug Mackie to talk about the activities offered at Men's Sheds. He will also share his true life adventures about his riding on an elephant, being charged by a rhinoceros, meeting one of the first men to climb and survive Mount Everest and other travel stories!

PRESENTATION SERIES

MYTHS, FACTS AND QUESTIONS ABOUT HOMELESSNESS

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

Presenter: Anastasia Ziprick, Director of Development, Main Street Project Inc.

There are many pervasive myths that people believe about homelessness. This misinformation is problematic because it further adds to the stigmatization of a group of people that is already marginalized by society. In this presentation we will deconstruct these myths and supply facts about why homelessness exists and how we can address it. We will also answer common questions about what people can do to help.

THE STORIES BEHIND THE SONGS: TWO WORKSHOPS

THURSDAYS, MARCH 23 & APRIL 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 seniors 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:

March 23: More Early American Songs (1850 - 1900)

April 20: Tin Pan Alley - Part 2

BOOK JOURNEYS & SHORT STORIES

FOR THE LOVE OF A SISTER

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

Presenter: Kathryn Harper, SCWW Participant and Volunteer

My sister, Margaret, died unexpectedly in 2006. I was her primary daytime caregiver for the 3 months that she lived after diagnosis. She was the most extraordinary woman, encouraging all of us not only at the end of her life, but throughout our lives. Ten years later, I began to write a tribute to her life. Caring for her was one of the most rewarding experiences I have ever had. I wanted to share that with others, so the book was born. Other than myself, no one really knew about her beginnings. I finished the book in November 2022, had it printed and presented to her children, grandchildren, extended family and close friends for Christmas.

BOOK JOURNEYS & SHORT STORIES

Books and short stories are read aloud.

AFTERNOON BOOK CLUB: MAJOR PETTIGREW'S LAST STAND BY HELEN SIMONSON

MONDAYS, JANUARY 30, FEBRUARY 6, 13 & 27,
MARCH 6, 13, 20 & 27 & APRIL 3, 17 & 24 - 1:30 - 2:30 PM

*Presenter: Madeline Kirc, SCWW Participant and
Volunteer*

Note: No sessions on February 20 & April 10

Written with a delightfully dry sense of humour and the wisdom of a born storyteller, "Major Pettigrew's Last Stand" explore the risks one takes when pursuing happiness in the face of family obligation and tradition. When retired Major Pettigrew strikes up an unlikely friendship with Mrs. Ali, the Pakistani village shopkeeper, he is drawn out of his regimented world and forced to confront the realities of life in the twenty-first century. Brought together by a shared love of literature and the loss of their respective spouses, the Major and Mrs. Ali soon find their friendship on the cusp of blossoming into something more. But although the Major was actually born in Lahore, and Mrs. Ali was born in Cambridge, village society insists on embracing him as the quintessential local and her as a permanent foreigner. The Major has always taken special pride in the village, but will he be forced to choose between the place he calls home and a future with Mrs. Ali?

SHORT STORIES

THURSDAYS, JANUARY 12 & 26, FEBRUARY 9 & 23,
MARCH 9 & 23 & APRIL 13 & 27 - 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

TUESDAY, JANUARY 10 -
10:00 - 10:30 AM

TUESDAY, FEBRUARY 7 -
10:00 - 10:30 PM

TUESDAY, MARCH 7 -
10:00 - 10:30 AM

TUESDAY, APRIL 4 -
10:00 - 10:30 AM

*Presenter: Madeline Kirc,
SCWW Participant and
Volunteer*

I believe that poetry is a celebrated composition of great beauty; a piece of art with emotional sincerity and intensity; a graceful expression showing imagination and deep feeling with beautiful and elegant quality. Poetry can nourish your soul and enlighten your mind. As well, poetry can evoke real images and emotions that touch our hearts.

WRITTEN BY MARGE

TUESDAYS, MARCH 21 &
APRIL 25 - 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.

OBSERVANCES & CELEBRATIONS

ROBERT “RABBIE” BURNS DAY

WEDNESDAY, JANUARY 25 - 10:00 - 10:30 AM

Presenter: Kathryn Harper, SCWW Participant and Volunteer

Robert Burns (1759 - 1796), Scotland's Bard (highly esteemed poet) has written some of the most beautiful, whimsical and inspirational songs and poems, many of which are known worldwide. Auld Lang Syne, My Love Is Like A Red Red Rose, Afton Water, Bonnie Doon. January 25th commemorates his birthday and is celebrated all over the world on this very day.

VALENTINE'S DAY HISTORY AND TRADITIONS

TUESDAY, FEBRUARY 14 - 1:30 AM - 2:15 PM

Presenter: Joan Curran, SCWW Participant and Volunteer

What is this day of love? We will learn and talk about certain Valentine's Day traditions starting with its somewhat dark history and how it evolved into its present day form. You may be surprised by snippets from history.

We will answer questions like:

- How did Valentine's Day originate?
- Where did Cupid come from?
- Why do we give flowers and candy?

Let's explore some of the traditions of Valentine's Day together. We will also talk about your favourites and your very special Valentine's Day memories.

BLACK HISTORY MONTH

THURSDAY, FEBRUARY 2

- 1:30 - 2:30 PM

Presenter: Ray Berryman

In observance of “Black History Month,” Ray Berryman’s presentation will be about Africville, his mother’s home town. Africville was a small community predominantly African Nova Scotians, located near Halifax, and existed from the early 1800s to the 1960s.


ST. PATRICK'S DAY

FRIDAY, MARCH 17 -

2:00 - 3:00 PM

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

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!

The agency is grateful for funding received from  Bell Let's Talk in support of the Senior Centre Without Walls program.

TRAVELOGUES

TASTES, TALES & TRAVELS OF THE WORLD

TUESDAYS, JANUARY 24, MARCH 14 & APRIL 11

- 2:00 - 3:00 PM

FRIDAY, FEBRUARY 10 - 2:00 - 3:00 PM

Presenter: Kathryn Harper, SCWW Participant and Volunteer

Winter travels will take us to many new places, including an exclusive from Dave Clayton, West Yorkshire, England. Get yourself comfy and cozy. All restrictions are lifted for these.

NORTHEASTERN UNITED STATES

TUESDAY, APRIL 25 - 1:30 - 2:30 PM

Presenter: Laura Isbister, SCWW Participant and Volunteer

Laura takes us on her travels through the Northeastern United States, with stops in Philadelphia (Liberty Bell), Boston (Paul Revere), Amish country in Pennsylvania, Washington, D.C. (Smithsonian Museum and Arlington Cemetery) and ending her tour with a stop in New York City at Ground Zero followed by an evening watching Macy's July 4th fireworks on the Hudson River.

CANADIAN CONNECTIONS

FRIDAY, APRIL 14 - 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

WEDNESDAYS,
JANUARY 25 & APRIL 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.

DRUMHELLER: T-REXES, HADROSAURS AND TRICERATOPS - OH MY!

TUESDAY, MARCH 28 -
1:30 - 2:30 PM

*Presenter: Lori Pickerl,
A & O Social Worker*

In this SCWW walls presentation, we'll explore that a trip to Drumheller entails more than just dinosaurs: The Royal Tyrell Museum, Atlas Coal Mine and Hoodoos. Learn some cool facts as we dive back in time.

HEALTH & WELLNESS

MUSIC THERAPY

MONDAY, JANUARY 23 - 1:00 - 1:30 PM & FRIDAY, APRIL 28 - 1:00 - 1:30 PM

Presenter: Cindy Bass, BMT, MTA

On **January 23**, in this “guided imagery” session, there will be soothing background music to relax to with this meditative type of music therapy application.

On **April 28**, learn more about how to use recorded music therapeutically to match your mood and need of the day.

PHARMACY AND MEDICATION SAFETY

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

Presenter: Robyn Small, BScPharm, Certificate in Travel Health

Pharmacists are accessible and vital members of your healthcare team. In this presentation you will learn about how to correctly take and store your medications as well as what to do in case of an error.

We will discuss some common interactions with prescription drugs and over the counter medications and then leave ample time for questions.

FEBRUARY IS PSYCHOLOGY MONTH

TUESDAY, FEBRUARY 28 - 10:00 - 11:00 AM

Presenter: Dr. Kristin Reynolds, Clinical Psychologist, University of Manitoba

Join the Manitoba Psychological Society for a discussion about emotional health and wellness for older adults. Topics will include loneliness, social isolation, and co-occurring health problems.

ART THERAPY: HEALING THROUGH CREATIVE EXPRESSION

WEDNESDAY, MARCH 29 - 10:00 - 11:00 AM & FRIDAY, APRIL 28 - 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.

HOME CARE PROGRAMS AND SERVICES

WEDNESDAY, FEBRUARY 22 - 1:30 - 2:30 PM

Presenter: Brenda Dunlop, BSc.-HNS, RD, Case Management Specialist, WRHA Home Care Program Support Team

This presentation will provide general information on Home Care programs and services offered, including who is eligible and how to apply.

Please note that those who already have Home Care and have individual concerns will be advised to contact their Case Coordinator to address those concerns.

FEATURES

WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

FRIDAY, FEBRUARY 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!

GAME SHOW MANIA

THURSDAYS, JANUARY 19, FEBRUARY 23, MARCH 16 & APRIL 13 - 2:00 - 2:15 PM

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

DID YOU KNOW?

WEDNESDAYS, JANUARY 11, FEBRUARY 8, MARCH 15 & APRIL 5 - 1:30 - 2:15 PM

Join us for fun facts and trivia of all kinds!

WHAT'S THE VERDICT?

TUESDAYS, JANUARY 17, FEBRUARY 14, MARCH 14 & APRIL 11 - 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, JANUARY 13 & MARCH 3 - 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.

HEALTH & WELLNESS

MEDITATION SERIES

FRIDAYS, JANUARY 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.

UNDERSTANDING THYROID DISEASE

THURSDAY, APRIL 27 - 2:00 - 3:00 PM

Presenter: Donna Miniely, M.A., M.Ed., Past President and Patient Advocate Volunteer, Thyroid Foundation of Canada

Learn about the thyroid gland; signs and symptoms of various forms of thyroid disease; as well as testing, diagnosis and treatments for thyroid disease.

FEATURES

TALENT SHOW

FRIDAYS, FEBRUARY 24 & APRIL 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!

JOKES, ETC.

**WEDNESDAYS, JANUARY 18, FEBRUARY 15,
MARCH 22 & APRIL 12 - 1:30 - 2:00 PM**

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

GRATITUDE GROUP

**FRIDAY, FEBRUARY 24 - 10:00 - 10:30 AM &
WEDNESDAY, APRIL 19 - 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

**TUESDAY, JANUARY 3 - 10:00 - 10:45 AM
FRIDAY, FEBRUARY 17 - 1:30 - 2:15 PM**

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

* NEW FEATURE * MOVIE TIME

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

Presenter: Kathryn Harper, SCWW Participant and Volunteer

Sharing thoughts and highlights from some of my favourite movies. Participants are welcome to share their favourites as well. Let's have fun reminiscing and reliving these special moments from the big screen.

SPELLING BEE

**FRIDAYS, JANUARY
20, FEBRUARY 10,
MARCH 17 & APRIL 14 -
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.

CURIOSITY CLUB

**WEDNESDAYS,
JANUARY 4 -
10:00 - 10:45 AM &
FEBRUARY 1 -
1:30 - 2:15 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.

IDIOM ADDICTS, PLUS

**FRIDAYS, JANUARY
27, FEBRUARY 17,
MARCH 24 & APRIL 21 -
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, JANUARY 9, 16, 23 & 30, FEBRUARY 6, 13 & 27, MARCH 6, 13, 20 & 27 & APRIL 3, 17 & 24 - 10:00 - 11:00 AM *No sessions on February 20 & April 10*

BIOGRAPHIES

THURSDAYS, 1:30 - 2:15 PM

GISELE MACKENZIE - JANUARY 12

OSCAR PETERSON - FEBRUARY 9

OLIVIA NEWTON-JOHN - MARCH 9

LORETTA LYNN - APRIL 6

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!

JANUARY 17

FEBRUARY 7 - *Renee Rodgers - News Anchor, CTV News Winnipeg*

FEBRUARY 21 - *Kathryn Harper - SCWW Participant and Volunteer*

MARCH 7 - *Lloyd the Intern (LTI) - Co-host of the Ace Burpee Show, 103.1 Virgin Radio*

MARCH 21

APRIL 4 - *Chrissy Troy - Co-host of the Ace Burpee Show, 103.1 Virgin Radio*

APRIL 18

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

CULINARY CORNER

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

FRIDAY, MARCH 24 - 1:30 - 2:15 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!

COFFEE TALK

THURSDAYS, JANUARY 5 & 19, FEBRUARY 2 & 16, MARCH 2 & 16 & APRIL 6 & 20 - 10:00 - 10:30 AM

WEDNESDAY, JANUARY 11 - 10:00 - 10:30 AM

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

LIVING YOUR BEST LIFE

TUESDAYS, FEBRUARY 21 & MARCH 28 - 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.

JANUARY 2023

Mon	Tue	Wed	Thu	Fri
	3 Chat Pack 10:00 - 10:45 AM	4 Curiosity Club 10:00 - 10:45 AM	5 Coffee Talk 10:00 - 10:30 AM	6 Culinary Corner 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 Coffee Talk 10:00 - 10:30 AM Did You Know? 1:30 - 2:15 PM	12 Short Stories 10:00 - 10:30 AM Biographies Gisele Mackenzie 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 SCWW Welcome 10:00 - 10:45 AM 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 Brain Teasers 10:00 - 11:00 AM Music Therapy 1:00 - 1:30 PM	24 Celtic Music 11:00 AM - 12:00 PM Travels of the World 2:00 - 3:00 PM	25 Robert Burns Day 10:00 - 10:30 AM Across the Miles 2:30 - 3:30 PM	26 Short Stories 10:00 - 10:30 AM Main Street Project Homelessness 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 Fact or Fiction? 10:00 - 11:00 AM			

FEBRUARY 2023

Mon	Tue	Wed	Thu	Fri
		1 Curiosity Club 1:30 - 2:15 PM	2 Coffee Talk 10:00 - 10:30 AM Black History Month 1:30 - 2:30 PM	3 CPP / OAS / GIS 10:00 - 11:00 AM Program Planning 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 Renee Rodgers 2:00 - 2:45 PM	8 Did You Know? 1:30 - 2:15 PM	9 Short Stories 10:00 - 10:30 AM Biographies Oscar Peterson 1:30-2:15 PM	10 Spelling Bee 10:00 - 10:30 AM Travels of the World 2:00 - 3:00 PM
13 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	14 What's the Verdict? 11:00 - 11:45 AM Valentine's Day 1:30 - 2:15 PM	15 Jokes 1:30 - 2:00 PM	16 Coffee Talk 10:00 - 10:30 AM Love of a Sister 2:00 - 3:00 PM	17 Idioms 10:00 - 10:30 AM Chat Pack 1:30 - 2:15 PM
20 LOUIS RIEL DAY OFFICE CLOSED	21 Living Your Best Life 10:00 - 11:00 AM Celebrity Bingo Kathryn Harper 2:00 - 2:45 PM	22 Home Care 1:30 - 2:30 PM	23 Short Stories 10:00 - 10:30 AM Game Show Mania 1:30 - 2:15 PM	24 Gratitude Group 10:00 - 10:30 AM Talent Show 2:00 - 2:45 PM
27 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	28 Psychology Month 10:00 - 11:00 AM Trish's Dishes 1:30 - 2:30 PM			

MARCH 2023

Mon	Tue	Wed	Thu	Fri
		1 Pharmacy 1:30 - 2:30 PM	2 Coffee Talk 10:00 - 10:30 AM Movie Time 2:00 - 3:00 PM	3 Good News 10:00 - 10:30 AM Men's Sheds 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 Lloyd the Intern 2:00 - 2:45 PM	8 Tudors 1:30 - 2:30 PM	9 Short Stories 10:00 - 10:30 AM Biographies Olivia Newton-John 1:30 - 2:15 PM	10 CPP Disability 10:00 - 11:00 AM
13 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	14 What's the Verdict? 11:00 - 11:45 AM Travels of the World 2:00 - 3:00 PM	15 Did You Know? 1:30 - 2:15 PM	16 Coffee Talk 10:00 - 10:30 AM Game Show Mania 1:30 - 2:15 PM	17 Spelling Bee 10:00 - 10:30 AM St. Patrick's Day 2:00 - 3:00 PM
20 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	21 Written by Marge 10:00 - 11:00 AM Celebrity Bingo 2:00 - 2:45 PM	22 Jokes 1:30 - 2:00 PM	23 Short Stories 10:00 - 10:30 AM Stories Behind the Songs 1:30 - 2:30 PM	24 Idioms 10:00 - 10:30 AM Culinary Corner 1:30 - 2:15 PM
27 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	28 Living Your Best Life 10:00 - 11:00 AM Drumheller 1:30 - 2:30 PM	29 Art Therapy 10:00 - 11:00 AM CPR 1:30 - 2:30 PM	30	

APRIL 2023

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 Chrissy Troy 2:00 - 2:45 PM	5 Did You Know? 1:30 - 2:15 PM	6 Coffee Talk 10:00 - 10:30 AM Biographies Loretta Lynn 1:30 - 2:15 PM	7 GOOD FRIDAY OFFICE CLOSED
10 EASTER MONDAY OFFICE CLOSED	11 What's the Verdict? 11:00 - 11:45 AM Travels of the World 2:00 - 3:00 PM	12 Jokes 1:30 - 2:00 PM	13 Short Stories 10:00 - 10:30 AM Game Show Mania 1:30 - 2:15 PM	14 Spelling Bee 10:00 - 10:30 AM Canadian Connections 1:30 - 2:30 PM
17 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	18 Celtic Music 11:00 AM - 12:00 PM Celebrity Bingo 2:00 - 2:45 PM	19 Gratitude Group 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 Talent Show 2:00 - 2:45 PM
24 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	25 Written by Marge 10:00 - 11:00 AM Northeastern U.S. 1:30 - 2:30 PM	26 Across the Miles 2:30 - 3:30 PM	27 Short Stories 10:00 - 10:30 AM Thyroid 2:00 - 3:00 PM	28 Art Therapy 10:00 - 11:00 AM Music Therapy 1:00 - 1:30 PM

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.



Winnipeg Regional Health Authority
Caring for Health
Office régional de la santé de Winnipeg
À l'écoute de notre santé



SENIOR CENTRE WITHOUT WALLS

REGISTRATION WORKSHEET - JANUARY - APRIL 2023



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?
- Planning for your Future
CPP/ OAS / GIS
- Canadian Pacific Railway
- The Tudors
- CPP Disability
- Trish's Dishes
- Celtic Music Voyage
- Men's Sheds
- Myths, Facts & Questions
about Homelessness
- The Stories Behind the Songs

Book Journeys & Short Stories

- For the Love of a Sister
- Book Club - Major Pettigrew's
Last Stand
- Short Stories
- Poetry
- Written by Marge

Observances & Celebrations

- Robert Burns Day
- Valentine's Day
- Black History Month
- St. Patrick's Day

Travelogues

- Travels of the World
- Northeastern United States
- Canadian Connections
- Across the Miles
- Drumheller

Health & Wellness

- Music Therapy
- Pharmacy & Medication
Safety
- February is Psychology Month
- Art Therapy
- Home Care Programs and
Services
- Meditation Series
- Understanding Thyroid
Disease

Features

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

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

Email:
info@aosupportservices.ca



Reimagine Aging

Aging – the worst of times or the best of times?

Program details

The Centre on Aging is hosting a six-week community program, to help individuals reimagine their own aging. The program will take place every Tuesday at 3:00 p.m., beginning on January 24, 2023 and will run until February 28, 2023. Meetings will be approximately 90 minutes, and will include opportunities for learning, discussion, and activities.

For more information, email: rethinkaging@umanitoba.ca or call Dallas Murphy at 204-474-8731.

Program description

We live in a very youth-oriented society. People are constantly bombarded by messages that celebrate youth and are negative about aging and older people. This program will help you reimagine your own aging and discover your own value in older adulthood. This program hopes to provide you with an opportunity to learn and discuss these negative messages about aging, how they might affect you or others, and how you might challenge them. We hope that your participation in this program will result in positive changes in how you think about your own aging and aging in general.