



VOLUME 20  
MAY - AUG  
2023

# SENIOR CENTRE WITHOUT WALLS

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RE-THINK YOUR OWN AGING

NATIONAL INDIGENOUS PEOPLES DAY

SAVING MONEY AT THE GROCERY STORE

FREE TELEPHONE GROUP  
ACTIVITIES FOR MANITOBANS 55+

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

For more information or to register:

204-956-6440 (Winnipeg)

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

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

200-207 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, MAY 24 - 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, AUGUST 23 - 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.

## MOVIE TIME TUESDAY, JULY 4 - 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.

## A BEGINNER'S GUIDE TO STARTING A FRESHWATER FISH TANK TUESDAY, AUGUST 22 - 1:30 - 2:30 PM

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

Lori will share her recent experience in getting started and common beginner's mistakes she encountered in setting up a freshwater fish tank.

## CITY PARKS

**TUESDAY, MAY 30 - 1:30 - 2:30 PM**

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

People were working 12 to 14 hours a day for the businessmen of the city. Only Sunday was a day off to rest. As time progressed their hours went down to 10 hours a day in a lot of cases. More time to relax. But what to do? Let's explore the "Parks" that gave a rest haven for those new found hours.

## CLASSIC POETS

**TUESDAY, JULY 25 - 10:00 - 11:00 AM**

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

We are familiar with the names of classic poets and perhaps even some of their poems. Learn how and why they wrote these particular poems and why they became so renowned.

# PRESENTATION SERIES

## INTRODUCTION TO TECHNOLOGY

WEDNESDAY, JUNE 14 - 10:00 - 11:00 AM

*Presenter: Josef Quintana, Community Connector, A & O: Support Services for Older Adults*

Are you interested in learning about technology but unsure where to start? Look no further, this SCWW presentation provides you the basic knowledge and insight into the Digital World. Learn what the differences are between foundational topics such as computers and mobile devices, emailing and texting and several other examples. Technology is evolving and you are too!

## TRISH'S DISHES

TUESDAY, JUNE 27 - 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!

## ESCAPE FROM ALCATRAZ

THURSDAY, MAY 25 - 1:30 - 2:15 PM

*Presenter: Joan Curran, SCWW Participant and Volunteer*

Alcatraz. Built on rock and surrounded by water, it was supposed to be an inescapable fortress, but in 1962, three prisoners defied all odds and made it off the island. Tune in to hear the incredible story of how these brave and brilliant men did it. And yes, it's just like in the movies!

## CELTIC MUSIC VOYAGE

TUESDAYS, MAY 23 &  
AUGUST 15 - 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.

## THE WARS OF THE ROSES

WEDNESDAY, JULY 12 -  
1:30 - 2:30 PM

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

Beginning in 1455, a series of Civil Wars occurred in England. The rival factions were cousins: the Yorks and the Lancasters. Famous events from this era include the disappearance of the Princes in the Tower, and familiar names include Richard III and Elizabeth Woodville. The wars ended in 1487, when the York and Lancaster houses were united behind the new Tudor dynasty.

## BOOK JOURNEYS & SHORT STORIES

*Books and short stories are read aloud.*

### AFTERNOON BOOK CLUB: GRANDMA PREFERRED STEAK AND OTHER TALES BY GREGORY CLARK

**MONDAYS, MAY 29, JUNE 5, 12, 19 & 26, JULY 10, 17, 24 & 31 & AUGUST 14, 21 & 28 - 1:30 - 2:30 PM**

*Presenter: Madeline Kirc, SCWW Participant and Volunteer*

*Note: No sessions on July 3 & August 7*

Enjoy this collection of tales taken from a special body of Gregory Clark's work identified as "The Packsack," a feature that appeared daily in many Canadian newspapers for fourteen years.

### SHORT STORIES

**THURSDAYS, MAY 11 & 25, JUNE 8 & 22, JULY 6 & 20 & AUGUST 3, 17 & 31 - 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 28, JULY 26 & AUGUST 30 - 10:00 - 11:00 AM**

*Presenter: Marge Barker, SCWW Participant and Volunteer*

I hope that you enjoy this collection of writings, both fiction and real life told by Marge Barker. Some stories have mystery, some adventure, some are serious and some are humorous.

### FOR THE LOVE OF A SISTER

**WEDNESDAY, AUGUST 8 - 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.

## OBSERVANCES & CELEBRATIONS

### WORLD ELDER ABUSE AWARENESS DAY (WEADD) THURSDAY, JUNE 15 - 1:30 - 2:30 PM

*Presenter: Tiffaney Pass, Social Worker, A & O: Support Services for Older Adults*

WEAAD is marked each year on June 15. It is an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue. In this presentation, we will discuss what abuse is and the different forms Elder Abuse can take. We will have a chance to explore why Elder Abuse goes unreported, and how A & O can help.

### NATIONAL INDIGENOUS PEOPLES DAY WEDNESDAY, JUNE 21 - 10:00 - 11:00 AM

*Presenter: Vera Houle, Director, Community Relations, APTN*

Please join in to learn about the unique culture and achievements of the indigenous groups in celebration of National Indigenous Peoples Day.

### CANADA DAY FRIDAY, JUNE 30 - 10:00 - 10:45 AM

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

## BOOK JOURNEYS & SHORT STORIES

### POETRY CORNER WITH MADDE

TUESDAY, MAY 9 - 10:00  
- 10:30 AM

TUESDAY, JUNE 6 - 10:00  
- 10:30 PM

TUESDAY, JULY 11 - 10:00  
- 10:30 AM

TUESDAY, AUGUST 1 -  
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.

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



# TRAVELOGUES

## TASTES, TALES & TRAVELS OF THE WORLD TUESDAYS, MAY 23 & JULY 18 - 2:00 - 3:00 PM

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

Summer 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 travels.

## SOUTHERN AFRICA THURSDAY, JUNE 29 - 1:30 - 2:30 PM

*Presenter: Laura Isbister, SCWW Participant and Volunteer*

Travel with me from Winnipeg to southern Africa. We'll travel by helicopter, road vehicle, safari jeep, boat and rail through Zambia, Botswana, Zimbabwe, Mozambique, Swaziland and South Africa. Experience a safari up close – elephants, lions, rhinos, hippos and giraffes. Get a taste of the scenery, wildlife, people, culture and history of this amazing continent.

## CANADIAN CONNECTIONS FRIDAY, JULY 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 WEDNESDAY, JULY 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.

## ICELAND - A TRAVELOGUE WITH A DIFFERENCE

WEDNESDAY, JULY 5 -  
10:00 - 11:00 AM

*Presenter: Richard Castro, SCWW Volunteer*

Follow in the footsteps of the Vikings as you embark on a field trip to Iceland with Richard.



**A&O**

### MISSION

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

# HEALTH & WELLNESS

## MENTAL HEALTH EDUCATION RESOURCE CENTRE OF MANITOBA

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

*Presenter: Sarah Vinck, Resource Coordinator, Mental Health Education Resource Centre of Manitoba (MHERC)*

Our goal is to connect Manitobans to information and opportunities to learn more about the ever-evolving topic of mental health. Learn more about the services we offer, how to access them and how they can benefit you and others in your life.

## SAVING MONEY AT THE GROCERY STORE

TUESDAY, MAY 30 - 10:00 - 11:00 AM

*Presenter: Lorna Shaw, Registered Dietician, Healthy Aging Resource Team Facilitator, Winnipeg Regional Health Authority*

When a package of instant noodle soup costs 25 cents a package, it can be hard to justify eating a balanced nutritious meal. Healthy foods help to nourish your body, mind and soul, so are worth the investment. Rising food costs, 'shrinkflation' and fixed incomes can make this a challenge! Fortunately, many of the cheapest foods in the grocery store are actually the best for you. Learn strategies to eat well and spend less.

## POLIO

TUESDAY, AUGUST 29 - 10:00 - 11:00 AM

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

Join Kathryn as she shares her personal experience of having had polio and some updates on the current status of polio in the world.

## RE-THINK YOUR OWN AGING

WEDNESDAY, MAY 31 - 1:30 - 2:30 PM

*Presenter: Michelle M. Porter, PhD, Professor, Faculty of Kinesiology and Recreation Management, Director, Centre on Aging, University of Manitoba*

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 presentation will help you re-think aging. It will provide you with an opportunity to learn about ageism, how it might affect you or others, and how you might challenge its negative effects.

## BEREAVEMENT

WEDNESDAY, JUNE 7 - 10:00 - 11:30 AM

*Presenter: Katherine Nelson-Thomson, Social Worker, A & O: Support Services for Older Adults*

Join Social Worker, Katherine Nelson-Thomson, for this one and a half hour conversation about grief, loss and bereavement; what they are and where to go for help.



# HEALTH & WELLNESS

## MUSIC THERAPY

FRIDAYS, JUNE 9 & AUGUST 25 - 1:00 - 1:30 PM

*Presenter: Cindy Bass, BMT, MTA*

On **June 9**, in this “guided imagery” session, there will be soothing background music to relax to with this meditative type of music therapy application.

On **August 25**, learn more about how to use recorded music therapeutically to match your mood and need of the day.

## SURVEY ON SOCIAL ISOLATION AND LONELINESS IN OLDER ADULTS (65+)

WEDNESDAY, MAY 31 - 10:00 - 11:00 AM OR  
THURSDAY, JUNE 1 - 1:30 - 2:30 PM

**Please note: This program is limited to 10 participants - who are committed to attending and completing the survey**

*Presenter: Lisa Tinley, Community Outreach and Engagement Coordinator, Canadian Coalition for Seniors' Mental Health*

The Canadian Coalition for Seniors' Mental Health (CCSMH) will be conducting a survey on social isolation and loneliness in older adults. If you are 65 years of age or older, or are the unpaid care partner of someone 65+, please consider participating in the survey. The presenter will be conducting a focus group to ask survey questions and record survey answers. All responses will be anonymous.

## ART THERAPY: HEALING THROUGH CREATIVE EXPRESSION

FRIDAYS, JULY 14 &  
AUGUST 25 - 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.

## MEDITATION SERIES

FRIDAYS, MAY 5, 12, 19 &  
26 - 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.*

# FEATURES

## WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

FRIDAY, JUNE 2 - 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 for the next Program Guide. Your feedback and ideas are always appreciated!

## GAME SHOW MANIA

THURSDAYS, MAY 18, JUNE 22, JULY 20 & AUGUST 10 - 1:30 - 2:15 PM

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

## DID YOU KNOW?

WEDNESDAYS, MAY 10, JUNE 7, JULY 5 & AUGUST 2 - 1:30 - 2:15 PM

Join us for fun facts and trivia of all kinds!

## WHAT'S THE VERDICT?

TUESDAYS, MAY 16, JUNE 20, JULY 18 & AUGUST 8 - 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, MAY 5 & JULY 7 - 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.

## SPELLING BEE

FRIDAYS, MAY 19, JUNE 9, JULY 21 & AUGUST 11 - 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, MAY 3 & JUNE 21 - 1:30 - 2:15 PM & AUGUST 16 - 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.

## CULINARY CORNER

FRIDAY, MAY 12 - 10:00 - 10:45 AM  
THURSDAY, JULY 6 - 1:30 - 2:15 PM  
WEDNESDAY, AUGUST 16 - 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!

# FEATURES

## TALENT SHOW

FRIDAY, JUNE 23 - 1:30 - 2:15 PM

THURSDAY, AUGUST 17 - 1:30 - 2:15 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, MAY 17, JUNE 14, JULY 19 & AUGUST 9 - 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

FRIDAYS, JUNE 2 & AUGUST 4 - 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

TUESDAYS, MAY 2 - 10:00 - 10:45 AM & JUNE 13 - 2:00 - 2:45 PM

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

## \* NEW FEATURE \* GARDEN MEMORIES

WEDNESDAY, MAY 17 - 10:00 - 10:30 AM

Join in and share your gardening tips and memories.

## IDIOM ADDICTS, PLUS

FRIDAYS, MAY 26, JUNE 16, JULY 28 & AUGUST 18 - 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.

## COFFEE TALK

THURSDAYS, MAY 4 & 18, JUNE 1, 15 & 29, JULY 13 & 27 & AUGUST 10 & 24 - 10:00 - 10:30 AM

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

## LIVING YOUR BEST LIFE

TUESDAYS, JUNE 27 & AUGUST 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.

# FEATURES

## BIOGRAPHIES

THURSDAYS, 1:30 - 2:15 PM

LEONARD COHEN - MAY 11

VOLODYMYR ZELENSKY - JUNE 8

BOBBY HULL - JULY 13

BETTE DAVIS - AUGUST 3

## BRAIN TEASERS

MONDAYS, MAY 1, 8, 15  
& 29, JUNE 5, 12, 19 &  
26, JULY 10, 17, 24 & 31  
& AUGUST 14, 21 & 28 -  
10:00 - 11:00 AM

*Note: No sessions on  
May 22, July 3 & August 7*

## CELEBRITY BINGO

TUESDAYS, MAY 16, JUNE 6 & 20, JULY 11 & 25 & AUGUST 15 - 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!

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

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

# VOLUNTEER SPOTLIGHT

## KATHRYN HARPER

Kathryn has been involved with Senior Centre Without Walls as a participant and volunteer since May 2018, during which time she has presented on a multitude of varied topics. Kathryn will be continuing with *Short Stories* and *Tastes, Tales and Travels of the World* for the spring and summer 2023 term, as well as present on *Classic Poets*, *Polio* and excerpts from her own writings.

*"My passions for reading, writing and love of public speaking, have been perfectly blended in SCWW. I've discovered places that I've never been to, people I've never met, and ideas that have laid dormant. This weaving and blending of something I love to do, and so freely sharing it with others, taking them to lands unknown and reading stories that evoke their own memories, is one of the most rewarding experiences I've ever encountered."*



# MAY 2023

Mon	Tue	Wed	Thu	Fri
1 Brain Teasers 10:00 - 11:00 AM	2 Chat Pack 10:00 - 10:45 AM	3  Curiosity Club 1:30 - 2:15 PM	4 Coffee Talk 10:00 - 10:30 AM	5 Good News 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
8 Brain Teasers 10:00 - 11:00 AM	9 Poetry 10:00 - 10:30 AM	10  Did You Know? 1:30 - 2:15 PM	11 Short Stories 10:00 - 10:30 AM  Biographies Leonard Cohen 1:30 - 2:15 PM	12 Culinary Corner 10:00 - 10:45 AM  Meditation 1:00 - 1:45 PM
15 Brain Teasers 10:00 - 11:00 AM	16 What's the Verdict? 11:00 - 11:45 AM  Celebrity Bingo 2:00 - 2:45 PM	17 Garden Memories 10:00 - 10:30 AM  Jokes 1:30 - 2:00 PM	18 Coffee Talk 10:00 - 10:30 AM  Game Show Mania 1:30 - 2:15 PM	19 Spelling Bee 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
22 <b>VICTORIA DAY</b>  <b>OFFICE CLOSED</b>	23 Celtic Music 11:00 AM - 12:00 PM  Travels of the World 2:00 - 3:00 PM	24 SCWW Welcome 10:00 - 10:45 AM  MHERC 1:30 - 2:30 PM	25 Short Stories 10:00 - 10:30 AM  Alcatraz 1:30 - 2:15 PM	26 Idioms 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
29 Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	30 Saving on Groceries 10:00 - 11:00 AM  City Parks 1:30 - 2:30 PM	31 Survey Social Isolation & Loneliness 10:00 - 11:00 AM  Re-think Aging 1:30 - 2:30 PM		

# JUNE 2023

Mon	Tue	Wed	Thu	Fri
			<b>1</b> Coffee Talk 10:00 - 10:30 AM  Survey Social Isolation & Loneliness 1:30 - 2:30 PM	<b>2</b> Gratitude Group 10:00 - 10:30 AM  Program Planning 1:30 - 2:30 PM
<b>5</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>6</b> Poetry 10:00 - 10:30 AM  Celebrity Bingo 2:00 - 2:45 PM	<b>7</b> Bereavement 10:00 - 11:30 AM  Did You Know? 1:30 - 2:15 PM	<b>8</b> Short Stories 10:00 - 10:30 AM  Biographies Volodymyr Zelensky 1:30 - 2:15 PM	<b>9</b> Spelling Bee 10:00 - 10:30 AM  Music Therapy 1:00 - 1:30 PM
<b>12</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>13</b> <b>A &amp; O's 66th            ANNUAL GENERAL            MEETING</b>  Chat Pack 2:00 - 2:45 PM	<b>14</b> Technology 10:00 - 11:00 AM  Jokes 1:30 - 2:00 PM	<b>15</b> Coffee Talk 10:00 - 10:30 AM  WEAAD 1:30 - 2:30 PM	<b>16</b> Idioms 10:00 - 10:30 AM
<b>19</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>20</b> What's the Verdict? 11:00 - 11:45 AM  Celebrity Bingo 2:00 - 2:45 PM	<b>21</b> Indigenous Day 10:00 - 11:00 AM  Curiosity Club 1:30 - 2:15 PM	<b>22</b> Short Stories 10:00 - 10:30 AM  Game Show Mania 1:30 - 2:15 PM	<b>23</b> Talent Show 1:30 - 2:15 PM
<b>26</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>27</b> Living Your Best Life 10:00 - 11:00 AM  Trish's Dishes 1:30 - 2:30 PM	<b>28</b> Written by Marge 10:00 - 11:00 AM	<b>29</b> Coffee Talk 10:00 - 10:30 AM  Southern Africa 1:30 - 2:30 PM	<b>30</b> Canada Day 10:00 - 10:45 AM



# JULY 2023

Mon	Tue	Wed	Thu	Fri
<b>3</b> <b>In lieu of CANADA DAY</b>  <b>OFFICE CLOSED</b>	<b>4</b>  Movie Time 2:00 - 3:00 PM	<b>5</b> Iceland 10:00 - 11:00 AM  Did You Know? 1:30 - 2:15 PM	<b>6</b> Short Stories 10:00 - 10:30 AM  Culinary Corner 1:30 - 2:15 PM	<b>7</b> Good News 10:00 - 10:30 AM
<b>10</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>11</b> Poetry 10:00 - 10:30 AM  Celebrity Bingo 2:00 - 2:45 PM	<b>12</b>  Wars of the Roses 1:30 - 2:30 PM	<b>13</b> Coffee Talk 10:00 - 10:30 AM  Biographies Bobby Hull 1:30 - 2:15 PM	<b>14</b> Art Therapy 10:00 - 11:00 AM  Canadian Connections 1:30 - 2:30 PM
<b>17</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>18</b> What's the Verdict? 11:00 - 11:45 AM  Travels of the World 2:00 - 3:00 PM	<b>19</b>  Jokes 1:30 - 2:00 PM	<b>20</b> Short Stories 10:00 - 10:30 AM  Game Show Mania 1:30 - 2:15 PM	<b>21</b> Spelling Bee 10:00 - 10:30 AM
<b>24</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>25</b> Classic Poets 10:00 - 11:00 AM  Celebrity Bingo 2:00 - 2:45 PM	<b>26</b> Written by Marge 10:00 - 11:00 AM  Across the Miles 2:30 - 3:30 PM	<b>27</b> Coffee Talk 10:00 - 10:30 AM	<b>28</b> Idioms 10:00 - 10:30 AM
<b>31</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM				

# AUGUST 2023

Mon	Tue	Wed	Thu	Fri
	<b>1</b> Poetry 10:00 - 10:30 AM	<b>2</b>  Did You Know? 1:30 - 2:15 PM	<b>3</b> Short Stories 10:00 - 10:30 AM  Biographies Bette Davis 1:30 - 2:15 PM	<b>4</b> Gratitude Group 10:00 - 10:30 AM
<b>7</b> <b>TERRY FOX DAY</b>  <b>OFFICE CLOSED</b>	<b>8</b> What's the Verdict? 11:00 - 11:45 AM  Love of a Sister 2:00 - 3:00 PM	<b>9</b>  Jokes 1:30 - 2:00 PM	<b>10</b> Coffee Talk 10:00 - 10:30 AM  Game Show Mania 1:30 - 2:15 PM	<b>11</b> Spelling Bee 10:00 - 10:30 AM
<b>14</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>15</b> Celtic Music 11:00 AM - 12:00 PM  Celebrity Bingo 2:00 - 2:45 PM	<b>16</b> Curiosity Club 10:00 - 10:45 AM  Culinary Corner 1:30 - 2:15 PM	<b>17</b> Short Stories 10:00 - 10:30 AM  Talent Show 1:30 - 2:15 PM	<b>18</b> Idioms 10:00 - 10:30 AM
<b>21</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>22</b> Living Your Best Life 10:00 - 11:00 AM  Fish Tank 1:30 - 2:30 PM	<b>23</b> Fact or Fiction? 10:00 - 11:00 AM	<b>24</b> Coffee Talk 10:00 - 10:30 AM	<b>25</b> Art Therapy 10:00 - 11:00 AM  Music Therapy 1:00 - 1:30 PM
<b>28</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>29</b> Polio 10:00 - 11:00 AM	<b>30</b> Written by Marge 10:00 - 11:00 AM	<b>31</b> Short Stories 10:00 - 10:30 AM	



# SENIOR CENTRE WITHOUT WALLS

## REGISTRATION WORKSHEET - MAY - AUGUST 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?
- Movie Time
- Fish Tank
- City Parks
- Classic Poets
- Introduction to Technology
- Trish's Dishes
- Escape from Alcatraz
- Celtic Music Voyage
- The Wars of the Roses

### Book Journeys & Short Stories

- Book Club - Grandma Preferred Steak & Other Tales
- Short Stories
- Written by Marge
- For the Love of a Sister
- Poetry Corner with Madde

### Observances & Celebrations

- WEAAD
- Indigenous Peoples Day
- Canada Day

### Travelogues

- Travels of the World
- Southern Africa
- Canadian Connections
- Across the Miles
- Iceland

### Health & Wellness

- MHERC
- Saving Money at the Grocery Store
- Polio
- Re-think Aging
- Bereavement
- Music Therapy
- May 31 - Survey on Social Isolation
- June 1 - Survey on Social Isolation
- Art Therapy
- Meditation Series

### Features

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

**You may register at any time during the session.  
Pick the best method for you:**

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](mailto:info@aosupportservices.ca)



**A&O**

Support Services for Older Adults



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LIFESTYLES EXPO

**VIRTUAL EXPO**

**Tuesday, May 30, 2023**

**9:30AM - 3:30 PM**

FOR MORE INFORMATION

**(204) 956-6440**

***aosupportservices.ca***