



VOLUME 24
SEPT - DEC
2024

SENIOR CENTRE WITHOUT WALLS

IN THIS ISSUE

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THE FORKS WARMING HUTS

SENIORS RESOURCE FINDERS

***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! WEDNESDAY, SEPTEMBER 18 - 1:30 - 2:15 PM

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.

MUNICIPALITY SERIES: FORT GARRY & ST. VITAL TUESDAY, NOVEMBER 26 - 1:30 - 2:30 PM

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

Our Municipalities before we amalgamated were distinct. Kildonan split into 4 Kildonans, St. Boniface did the same. Where did St. Vital and Fort Garry come from? It may surprise you. As we know, nothing remains the same for long, so let's investigate and see if we can find the answer!

STORIES BEHIND THE SONGS THURSDAY, OCTOBER 31 - 1:30 - 2:30 PM

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

In the late 19th century, a new genre of music began to emerge in the hills of Appalachia - a combination of old-time music and blues mixed with other influences. First known commercially as "hillbilly" music, it would come over time to be known as Country.

In this workshop, Rob Lutes will tell stories and perform songs to take us from the earliest days of country music through what many consider its golden age, the 1950s, and its further evolution in the 1960s and '70s.

OF MYTH AND MAGIC: THE LIFE AND TIMES OF HARRY HOUDINI

**THURSDAY, NOVEMBER
7 - 1:30 - 2:30 PM**

*Presenter: Joan Curran,
SCWW Participant &
Volunteer*

Known for his daring and exciting stunts, Harry Houdini developed a reputation first as a magician, and later for his heart-stopping and death-defying escapes which drew huge crowds and branded him as a true showman.

We will explore the journey from his humble beginnings to his life as a unique and unrivaled celebrity who became recognized throughout the world.

FACT OR FICTION?

**TUESDAY, SEPTEMBER
24 - 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.

PRESENTATION SERIES

THE FORKS WARMING HUTS

TUESDAY, NOVEMBER 19 - 10:00 - 11:00 AM

Presenter: Peter Hargraves, MAA, OAA, RAIC. Team lead at Sputnik Architecture Inc.

Peter brings his experience from over 20 years working in North American centres including Portland, Toronto, Montreal, in Winnipeg. Peter tries to live in a way that shows the potential of living sustainably, completing projects linked to health care, education facilities, housing and community services. Join Peter as he takes us behind the scenes of The Forks Warming Huts.

ENTREPRENEURSHIP

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

Presenter: Brian Owen, Retired Professor, Asper School of Business, University of Manitoba; Retired owner of a public affairs research company; Singer/ Songwriter/ Performer - see website Owenzen.com/Music

Brian Owen taught a course in Entrepreneurship at the Asper School of Business. In 1982, he started a public opinion polling business, while working with his wife in managing her restaurant business.

He will explore what entrepreneurial activity is, and the factors that might differentiate successful from less successful entrepreneurial activities.

MOVIE TIME

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

Presenter: Kathryn Harper, SCWW Participant & 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.

FOOD SERIES: CHEESE!

WEDNESDAY, OCTOBER 16 - 1:30 - 2:30 PM

Presenter: Maisy Nguyen - Program Assistant, A & O: Support Services for Older Adults

Whether you're a cheese enthusiast or just curious to learn more, this session is designed for those who relish life's finer things. Just FYI, it includes a good simple grilled cheese sandwich! We will talk about various types of cheeses from around the globe, and how to pair them. Grab your favorite crackers and enjoy!

THE HISTORY OF ROCK

TUESDAY, SEPTEMBER 10 - 1:00 - 2:00 PM

Presenter: John Einarson, award-winning author and music historian

Examine the Post-World War II social conditions that led to the growth of rock 'n' roll in the 1950s. Explore the key events and cultural changes that gave birth to this exciting new music. Hear about the major artists who pioneered rockabilly and doo-wop music from The Golden Age of Rock 'n' Roll.

PRESENTATION SERIES

TRISH'S DISHES

TUESDAY, DECEMBER 10 - 10:00 - 11:00 AM

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!

CLASSIC AUTHORS

TUESDAY, DECEMBER 3 - 1:30 - 2:30 PM

Presenter: Kathryn Harper, SCWW Participant & Volunteer

We've heard about some Classic Poets in past programs, but did you know that many of them also wrote books and plays? Lewis Carroll and Rudyard Kipling are just a couple of examples. Join us and hear more about these talented Classic writers.

HEALTH & WELLNESS

SAFE AND HEALTHY HOME FOR SENIORS

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

Presenters: Trisha Robbins, Director of Accessibility Services, March of Dimes Canada & Lisa Slipetz, Coordinator of Accessibility Services, March of Dimes Canada

Funded by the Manitoba Government Department of Health, Seniors and Long-Term Care, this program has funding for basic and essential devices/adaptations for those facing barriers in their homes.

Join to learn more about the Program Guidelines and Eligibility Criteria.

REMINISCING WITH ROSIE

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

Presenter: Rossita Schau, Retired Chef

Remember what a dollar would buy back in the 50's? Join me as we reminisce about the cost of food, cars, houses in the good old days and as well, I will share with you a delicious recipe from way back when.

WORLD POLIO DAY

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

Presenter: Kathryn Harper, SCWW Participant & Volunteer

Many lives did not end with the onset of Polio, now considered an unknown/rare disease. Hear inspiring stories of people from all walks of life, as well as current statistics.

HEALTH & WELLNESS

SENIORS RESOURCE FINDERS

THURSDAY, NOVEMBER 28 - 1:30 - 2:30 PM

Presenter: Patti Berube, Seniors Resource Coordinator - Fort Garry

Seniors Resource Finders (SRF) help link and refer adults 55+ to community supports, programs and services. Whether it is recreational, volunteer opportunities, exercise programs, or supports to help you meet your needs in daily life, it can be hard to know where to go. SRF's can talk to you about resources available in your area.

FIRE SAFETY IN THE HOME

WEDNESDAY, NOVEMBER 13 - 1:30 - 2:30 PM

Presenter: Leigh Gruener, Public Education Officer, Winnipeg Fire Department

Do you have a fire escape plan that considers your physical abilities? Do you have smoke alarms, CO alarms, fire extinguishers and an outside meeting place? Are there behaviours that you can change to reduce the possibility of fire in your home? Join to discuss the importance of home fire safety.

FRAUDS AND SCAMS

TUESDAY, OCTOBER 8 - 10:00 - 10:30 AM

WEDNESDAY, DECEMBER 18 - 1:30 - 2:00 PM

In this ever-changing world, it is important to know what the latest tactics are. Join us to stay on top of the trends.

On **OCTOBER 8** join Brianna Delaney, Citizen Services Specialist with Service Canada, to learn about the latest in Frauds and Scams.

On **December 18** we will be discussing technology-based frauds and scams (eg. Smart phone or email scams).

MUSIC THERAPY

**FRIDAYS, OCTOBER 18
& NOVEMBER 15 - 1:00 - 1:30 PM**

Presenter: Cindy Bass, BMT, MTA

On **October 18**, in this "guided imagery" session, there will be soothing background music to relax to with this meditative type of music therapy application.

On **November 15** learn more about how to use recorded music therapeutically to match your mood and need of the day.

ART THERAPY

**FRIDAYS, OCTOBER 25 &
DECEMBER 6 - 2:30 - 3:30 PM**

Presenter: Gillian King, Art Therapist and Visual Artist

Art therapy is a mental health practice that uses creative art-making processes to facilitate personal expression, enhance communication, and promote empowerment. This therapeutic approach fosters emotional well-being and self-discovery through creativity and connection. Art supplies will be mailed to participants prior to the start of sessions.

HEALTH & WELLNESS

THE CANADIAN DENTAL CARE PLAN

**MONDAY, SEPTEMBER 16 - 1:30 - 2:30 PM &
THURSDAY, DECEMBER 12 - 10:00 - 11:00 AM**

Presenter: Vicky Williams, Service Canada

Oral health is important for our overall well-being. The Canadian Dental Care Plan (CDCP) will help ease financial barriers to accessing oral health care for eligible Canadian residents.

Come join us and learn more about this new benefit with Service Canada.

HEALTHY HABITS FOR A HEALTHY BRAIN

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

Presenter: Linda Brown, Executive Director, Active Aging in Manitoba

AAIM in collaboration with the Alzheimer Society of Manitoba created a presentation on healthy habits that can contribute to a healthy brain and a positive outlook. Mental Well-being ...a state in which an individual realizes their own abilities, coping with normal stresses of life, working productively and fruitfully, and making a contribution to their community.

A & O - PROGRAMS & SERVICES

WEDNESDAY, NOVEMBER 20 - 1:30 - 2:30 PM

*Presenter: Katherine Nelson-Thompson, BA, BSW, RSW,
A & O: Support Services for Older Adults*

A & O: Support Services for Older Adults is a not-for-profit organization that provides specialized services for older Manitobans across the province. The goal of these programs is to empower and support older adults in the community. Let's go beyond Senior Centre Without Walls and see what else the agency has to offer!

MEDITATION SERIES

**FRIDAYS, SEPTEMBER 6,
13, 27 & OCTOBER 4 - 1:00
- 1:45 PM**

*Presenter: Pamela Thrift
Phone: 204-898-4513
Email: pamelathrift@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.

A & O - SUPPORT FOR CAREGIVERS

WEDNESDAY, OCTOBER 23 - 1:30 - 2:30 PM

*Presenter: Jamie Kinaschuk, BSW, RSW,
A & O: Support Services for Older Adults*

A & O provides support services for caregivers through telephone support, one-on-one sessions, and support groups. This program aims to give caregivers a place to share their experiences and support each other. Join in to learn more from our staff!

TRAVELOGUES

TASTES, TALES & TRAVELS OF THE WORLD TUESDAYS, OCTOBER 1 & NOVEMBER 12 & DECEMBER 17 - 2:00 - 3:00 PM

Presenter: Kathryn Harper, SCWW Participant and Volunteer

Autumn travels will take us near and far, including an exclusive from Dave Clayton, Landscape & Wildlife Photographer from West Yorkshire, England. Get yourself comfy and cozy. Your only passport requirement is to register with SCWW.

CAMPING IN MANITOBA FRIDAY, NOVEMBER 1 - 1:30 - 2:30 PM

Presenter: Stacey Paton, Program Assistant, A & O

From backcountry to lakefront, from waterfalls to hiking trails, join us as we explore Manitoba's beautiful provincial parks. S'mores not required, but highly recommended.

CANADIAN CONNECTIONS FRIDAY, NOVEMBER 8 - 1:00 - 2:00 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, SEPTEMBER 25 - 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 U.S.

THE NETHERLANDS, ITALY & SWEDEN

FRIDAY, NOVEMBER 22 -
1:30 - 2:30 PM

Presenter: Yevgeniy Yegorov, Program Coordinator, SISS, A & O

Join us as we explore my recent vacation to Europe, highlighting the vibrant culture and scenic landscapes of the Netherlands, Italy, and Sweden. I will share captivating experiences from Amsterdam's canals, Florence's and Milan's historic landmarks, and Uppsala's stunning architecture.

BOOK JOURNEYS & SHORT STORIES

CREATIVE WRITING
TUESDAY, OCTOBER 15 -
2:00 - 3:00 PM

Presenter: Kathryn Harper, SCWW Participant and Volunteer

Take some quiet time to close your eyes and reflect on these creative concepts. Listen to what the image is saying. Although they can be quite challenging and contrary to how we might normally view them, there is no right or wrong. You'll be amazed at what you can write.

OBSERVANCES & CELEBRATIONS

TRUTH AND RECONCILIATION

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

Presenter: Sandra Bender, Community Engagement and Education Program Coordinator, NCTR

Sandra will cover residential school history, the legal fallout of the Indian Residential Schools Settlement Agreement (IRSSA), the Truth and Reconciliation Commission (TRC), and the National Centre for Truth and Reconciliation (NCTR).

We will explore the ongoing impacts of the residential school system, such as intergenerational trauma, child welfare system, justice system, forced sterilizations of Indigenous women, MMWIG, food & housing insecurity, and suicide rates.

We will then turn to reconciliation and active allyship in practice, like how to confront and combat residential school denialism.

CHRISTMAS CLASSICS

FRIDAY, DECEMBER 6 - 10:00 - 11:00 AM

Presenter: Brian Owen, Retired Professor, Singer/ Songwriter/ Performer - see website Owenzen.com/Music

Please join Brian as he will be discussing his interest in music as it relates to older adults. He will sing Christmas classics from his released album, getting us ready for the holiday season!

HALLOWEEN

THURSDAY, OCTOBER 31 - 10:00 - 10:30 AM

REMEMBRANCE DAY

FRIDAY, NOVEMBER 8 - 10:00 - 10:30 AM

BOOK JOURNEYS & SHORT STORIES

SHORT STORIES

THURSDAYS,
SEPTEMBER 12 & 26,
OCTOBER 10 & 24,
NOVEMBER 7 & 21,
DECEMBER 5 & 19 - 10:00
- 10:30 AM

*Presenter: 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
3, OCTOBER 1,
NOVEMBER 5 &
DECEMBER 3 - 10:00 -
10:30 AM

*Presenter: Madeline Kirc,
SCWW Participant &
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 evoke real images and emotions that touch our hearts.

FEATURES

WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

WEDNESDAY, OCTOBER 2 - 1:30 - 3:00 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!

WHAT'S THE VERDICT?

**TUESDAYS, SEPTEMBER 10, OCTOBER 15,
NOVEMBER 12 & DECEMBER 17 - 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 27 & NOVEMBER 1 -
10:00 - 10:30 AM**

Presenter: Madeline Kirc, SCWW Participant and Volunteer

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.

RADIO STATION 207

**WEDNESDAYS, SEPTEMBER 11 & NOVEMBER 6 -
1:30 - 2:00 PM, FRIDAY, OCTOBER 11 - 1:30 - 2:00 PM
THURSDAY, DECEMBER 5 - 1:30 - 2:00 PM**

Welcome to your nostalgic oasis for music enthusiasts! Our station brings you a diverse mix of beloved melodies and contemporary favorites, curated to seasoned listeners like you. We will take song requests both beforehand and on the spot, plus there will be a session for a pre-made billboard chart.

BOOK JOURNEYS & SHORT STORIES

AFTERNOON BOOK CLUB: THE UNLIKELY PILGRIMAGE OF HAROLD FRY BY RACHEL JOYCE

**MONDAYS, SEPTEMBER 23, OCTOBER 7, 21 & 28,
NOVEMBER 4, 18 & 25 &
DECEMBER 2, 9, 16 & 23 -
1:30 - 2:30 PM**

*Note: No sessions on
September 30, October
14, November 11 &
December 30*

Meet Harold Fry. He lives in a small English village with his wife who seems irritated by almost everything he does.

One morning a letter arrives written in a shaky scrawl, from a woman he hasn't heard from in twenty years. Queenie Hennessy is in hospice and is writing to say goodbye. Before Harold replies, an encounter convinces him that he must deliver his message in person.

Determined to walk six hundred miles to the hospice, Harold believes that as long as he walks, Queenie will live.

FEATURES

TALENT SHOW

THURSDAY, OCTOBER 17 - 1:30 - 2:00 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!

CHAT PACK

**WEDNESDAY SEPTEMBER 4 - 10:00 - 10:45 AM &
WEDNESDAY, DECEMBER 11 - 1:30 - 2:15 PM &
THURSDAY, SEPTEMBER 26 - 1:30 - 2:15 PM**

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

LIVING YOUR BEST LIFE

TUESDAYS, SEPTEMBER 24 & OCTOBER 29 - 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.

GAME SHOW MANIA

THURSDAYS, SEPTEMBER 19 & NOVEMBER 21 - 1:30 - 2:15 PM & WEDNESDAY, DECEMBER 4 - 1:30 - 2:15 PM

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

WAY WITH WORDS

WEDNESDAYS, OCTOBER 9 & NOVEMBER 27 - 1:30 - 2:00 PM & FRIDAY, DECEMBER 13 - 1:30 - 2:00 PM

Players test their word skills in two ways: by making words that match given letters or rhymes, and by figuring out clues based on word meanings. It's a game that challenges your vocabulary and thinking ability, making each round fun and competitive.

SPELLING BEE

FRIDAYS, SEPTEMBER 13, OCTOBER 11, NOVEMBER 15 & DECEMBER 13 - 10:00 - 10:30 AM

Presenter: Mary Bana, SCWW Volunteer

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

CULINARY CORNER

FRIDAYS, OCTOBER 25 - 10:00 - 10:30 AM & DECEMBER 20 - 1:30 - 2:00 PM

Tune in to share culinary life hacks that will make your life in the kitchen easier! We will also discuss and explore different food customs! Our own SCWW cookbook will be waiting for your collective inputs!

IDIOM ADDICTS, PLUS

FRIDAYS, SEPTEMBER 20, OCTOBER 18, NOVEMBER 22 & DECEMBER 20 - 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

COFFEE TALK

**THURSDAYS, SEPTEMBER 5 & 19, OCTOBER 3 & 17,
NOVEMBER 14 & 28 - 10:00 - 10:45 AM**

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

THE EVOLUTION OF USEFUL THINGS

**TUESDAYS, SEPTEMBER 17 & DECEMBER 24 - 10:00
- 11:00 AM**

How everyday artifacts - From forks and pins to paper clips and zippers - came to be as they are. Join us as we learn about the things we use every day!

BRAIN TEASERS

**MONDAYS, SEPTEMBER 9, 16 & 23, OCTOBER 7, 21 &
28, NOVEMBER 4, 18 & 25 & DECEMBER 2, 9, 16 & 23 -
10:00 - 11:00 AM**

*Note: No sessions on September 2 & 30, October 14,
November 11 & December 30*

CELEBRITY BINGO

**TUESDAYS, SEPTEMBER 17, OCTOBER 8 & 22,
NOVEMBER 5 & 19, DECEMBER 10 & 24 - 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 17 - Ainsley McPhail, CTV

OCTOBER 8 & 22 - Terri Apostle, CTV

NOVEMBER 5 - Doug Andrews, CJNU 93.7 FM

NOVEMBER 19 - Frank Stecky, CJNU 93.7 FM

DECEMBER 10 & 24 - Mark Olfert, SCWW Participant
and Volunteer

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

CURIOSITY CLUB

**FRIDAY, SEPTEMBER
6 - 10:00 - 10:45 AM &
THURSDAY, DECEMBER
19 - 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.

GRATITUDE GROUP

**FRIDAYS, OCTOBER 4 &
NOVEMBER 29 - 10:00 -
10:30 AM**

*Presenter: Madeline Kirc,
SCWW Participant and
Volunteer*

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!

BIOGRAPHIES

THURSDAYS - 1:30 - 2:00 PM

RAY ST. GERMAIN

- SEPTEMBER 12

BARBARA ANN SCOTT

- OCTOBER 10

SARAH MCLACHLAN

- NOVEMBER 14

CHANTAL KREVIUZUK

- DECEMBER 12

SEPTEMBER 2024

Mon	Tue	Wed	Thu	Fri
2 LABOUR DAY OFFICE CLOSED	3 Poetry 10:00 - 10:30 AM	4 Chat Pack 10:00 - 10:45 AM	5 Coffee Talk 10:00 - 10:45 AM	6 Curiosity Club 10:00 - 10:45 AM Meditation 1:00 - 1:45 PM
9 Brain Teasers 10:00 - 11:00 AM	10 What's the Verdict? 11:00 - 11:45 AM The History of Rock 1:00 - 2:00 PM	11 Radio Station 207 1:30 - 2:00 PM	12 Short Stories 10:00 - 10:30 AM Biographies Ray St. Germain 1:30 - 2:00 PM	13 Spelling Bee 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
16 Brain Teasers 10:00 - 11:00 AM Canadian Dental Care Plan (1) 1:30 - 2:30 PM	17 Evolution of Useful Things 10:00 - 11:00 AM Celebrity Bingo Ainsley McPhail 2:00 - 2:45 PM	18 Welcom to SCWW 1:30 - 2:15 PM	19 Coffee Talk 10:00 - 10:45 AM Game Show Mania 1:30 - 2:15 PM	20 Idioms 10:00 - 10:30 AM
23 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	24 Living Your Best Life 10:00 - 11:00 AM Fact or Fiction? 1:30 - 2:30 PM	25 Across the Miles 2:30 - 3:30 PM	26 Short Stories 10:00 - 10:30 AM Chat Pack 1:30 - 2:15 PM	27 Good News 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
30 NATIONAL DAY FOR TRUTH & RECONCILIATION OFFICE CLOSED	<hr/> <p>The Senior Centre Without Walls program is funded by the Winnipeg Regional Health Authority and Manitoba Health, Seniors and Long-term Care as part of the Age-Friendly Manitoba Initiative.</p>			



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé



OCTOBER 2024

Mon	Tue	Wed	Thu	Fri
	1 Poetry 10:00 - 10:30 AM Travels of the World 2:00 - 3:00 PM	2 Program Planning Meeting 1:30 - 3:00 PM	3 Coffee Talk 10:00 - 10:45 AM Truth & Reconciliation 1:30 - 2:30 PM	4 Gratitude Group 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
7 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	8 Frauds and Scams 10:00 - 10:30 AM Celebrity Bingo Terri Apostle 2:00 - 2:45 PM	9 Way with Words 1:30 - 2:00 PM	10 Short Stories 10:00 - 10:30 AM Biographies - Barbara Ann Scott 1:30 - 2:00 PM	11 Spelling Bee 10:00 - 10:30 AM Radio Station 207 1:30 - 2:00 PM
14 THANKSGIVING DAY OFFICE CLOSED	15 What's the Verdict? 11:00 - 11:45 AM Creative Writing 2:00 - 3:00 PM	16 Food Series: Cheese 1:30 - 2:30 PM	17 Coffee Talk 10:00 - 10:45 AM Talent Show 1:30 - 2:00 PM	18 Idioms 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 Healthy Brain 10:00 - 11:00 AM Celebrity Bingo Terri Apostle 2:00 - 2:45 PM	23 A & O - Support for Caregivers 1:30 - 2:30 PM	24 Short Stories 10:00 - 10:30 AM World Polio Day 1:30 - 2:30 PM	25 Culinary Corner 10:00 - 10:30 AM Art Therapy 2:30 - 3:30 PM
28 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	29 Living Your Best Life 10:00 - 11:00 AM Movie Time 1:30 - 2:30 PM	30 Reminiscing with Rosie 1:30 - 2:30 PM	31 Halloween 10:00 - 10:30 AM Stories Behind the Songs 1:30 - 2:30 PM	

NOVEMBER 2024

Mon	Tue	Wed	Thu	Fri
				1 Good News 10:00 - 10:30 AM Camping in Manitoba 1:30 - 2:30 PM
4 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	5 Poetry 10:00 - 10:30 AM Celebrity Bingo Doug Andrews 2:00 - 2:45 PM	6 Radio Station 207 1:30 - 2:00 PM	7 Short Stories 10:00 - 10:30 AM Harry Houdini 1:30 - 2:30 PM	8 Remembrance Day 10:00 - 10:30 AM Canadian Connections 1:00 - 2:00 PM
11 REMEMBRANCE DAY OFFICE CLOSED	12 What's the Verdict? 11:00 - 11:45 AM Travels of the World 2:00 - 3:00 PM	13 Fire Safety 1:30 - 2:30 PM	14 Coffee Talk 10:00 - 10:45 AM Biographies Sarah McLachlan 1:30 - 2:00 PM	15 Spelling Bee 10:00 - 10:30 AM Music Therapy 1:00 - 1:30 PM
18 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	19 Warming Huts 10:00 - 11:00 AM Celebrity Bingo Frank Stecky 2:00 - 2:45 PM	20 A & O General Presentation 1:30 - 2:30 PM	21 Short Stories 10:00 - 10:30 AM Game Show Mania 1:30 - 2:15 PM	22 Idioms 10:00 - 10:30 AM Travelogue: The Netherlands, Italy & Sweden 1:30 - 2:30 PM
25 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	26 Entrepreneurship 10:00 - 11:00 AM Municipality Series: Fort Gary & St. Vital 1:30 - 2:30 PM	27 Way with Words 1:30 - 2:00 PM	28 Coffee Talk 10:00 - 10:45 AM Seniors Resource Finders 1:30 - 2:30 PM	29 Gratitude Group 10:00 - 10:30 AM Safe & Healthy Home for Seniors 1:30 - 2:30 PM

DECEMBER 2024

Mon	Tue	Wed	Thu	Fri
2 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	3 Poetry 10:00 - 10:30 AM Classic Authors 1:30 - 2:30 PM	4 Game Show Mania 1:30 PM - 2:15 PM	5 Short Stories 10:00 - 10:30 AM Radio Station 207 1:30 - 2:30 PM	6 Christmas Classics 10:00 - 11:00 AM Art Therapy 2:30 - 3:30 PM
9 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	10 Trish's Dishes 10:00 - 11:00 AM Celebrity Bingo Mark Olfert 2:00 - 2:45 PM	11 Chat Pack 1:30 - 2:15 PM	12 Canadian Dental Care Plan (2) 10:00 - 11:00 AM Biographies Chantal Kreviazuk 1:30 - 2:00 PM	13 Spelling Bee 10:00 - 10:30 AM Way with Words 1:30 - 2:00 PM
16 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	17 What's the Verdict? 11:00 - 11:45 AM Travels of the World 2:00 - 3:00 PM	18 Frauds & Scams 1:30 - 2:00 PM	19 Short Stories 10:00 - 10:30 AM Curiosity Club 1:30 - 2:15 PM	20 Idioms 10:00 - 10:30 AM Culinary Corner 1:30 - 2:00 PM
23 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	24 Evolution of Useful Things 10:00 - 11:00 AM Celebrity Bingo Mark Olfert 2:00 - 2:45 PM	25 CHRISTMAS DAY OFFICE CLOSED	26 BOXING DAY OFFICE CLOSED	27 OFFICE CLOSED
30 OFFICE CLOSED	31 OFFICE CLOSED			



SENIOR CENTRE WITHOUT WALLS



REGISTRATION WORKSHEET - SEPTEMBER - DECEMBER 2024

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
- ☐ Municipality Series: Fort Garry & St. Vital
- ☐ Stories Behind Songs
- ☐ Harry Houdini
- ☐ Fact or Fiction?
- ☐ The Forks Warming Huts
- ☐ Entrepreneurship
- ☐ Movie Time
- ☐ Food Series: Cheese!
- ☐ The History of Rock
- ☐ Trish's Dishes
- ☐ Classic Authors
- ☐ Reminiscing with Rosie

Health & Wellness

- ☐ Safe & Healthy Home
- ☐ World Polio Day
- ☐ Seniors Resource Finders
- ☐ Fire Safety
- ☐ Frauds & Scams
- ☐ Music Therapy
- ☐ Art Therapy
- ☐ Canadian Dental Care Plan
- ☐ Healthy Brain
- ☐ A & O Programs & Services
- ☐ Meditation Series
- ☐ A & O Support for Caregivers

Travelogues

- ☐ Travels of the World
- ☐ Camping in Manitoba
- ☐ Canadian Connections
- ☐ Across the Miles
- ☐ The Netherlands, Italy & Sweden

Book Journeys & Short Stories

- ☐ Creative Writing
- ☐ Short Stories
- ☐ Poetry Corner with Madde
- ☐ Book Club - The Unlikely Pilgrimage of Harold Fry

Observances & Celebrations

- ☐ Truth & Reconciliation
- ☐ Christmas Classics
- ☐ Halloween
- ☐ Remembrance Day

Features

- ☐ Program Planning Meeting
- ☐ What's the Verdict?
- ☐ Good News
- ☐ Radio Station 207
- ☐ Talent Show
- ☐ Chat Pack
- ☐ Living Your Best Life
- ☐ Game Show Mania
- ☐ Way with Words
- ☐ Spelling Bee
- ☐ Culinary Corner
- ☐ Idiom Addicts, Plus
- ☐ Coffee Talk
- ☐ The Evolution of Useful Things
- ☐ Brain Teasers
- ☐ Celebrity Bingo
- ☐ Curiosity Club
- ☐ Gratitude Group
- ☐ Biographies

**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

Email: info@aosupportservices.ca

Mail:

200-207 Donald St.

Winnipeg, MB R3C 1M5



HOW YOU CAN MAKE A DIFFERENCE

HELP SUPPORT OLDER ADULTS IN MANITOBA

A & O relies heavily on community support to ensure these services continue to be available for older Manitobans today and in the future. Donations to this vital social service agency assist in many ways, from helping to provide innovative programs and services to making research projects and specialized initiatives possible.

GIVE BACK TO A & O

You can support the Agency in several ways:

- **Donate \$25 or more and receive a tax receipt**
- **Make a donation in honour or memory of someone**
- **Contribute to the Endowment Fund**
- **Designate your donation towards any of our programs**

Please visit our website or call A & O for more information.

ENDOWMENT FUND

The A & O Endowment Fund was established to provide a permanent foundation for the future. The fund is managed by The Winnipeg Foundation. The interest will be used to provide programming and services to older Manitobans today and in the future.



SUPPORT OLDER ADULTS AND GIVE TODAY.

Make a donation by calling A & O at (204) 956-6440 or e-mailing info@aosupportservices.ca, or donate online at aosupportservices.ca!