



SENIORS' CENTRE WITHOUT WALLS

Fall 2017 Program Schedule



Art by Mary Whale

SENIORS' CENTRE WITHOUT WALLS

September to December 2017 Program Schedule

Are you someone who...

Finds it hard to leave home for extended periods of time?

Would like to stay socially connected and enjoys talking to people?

Would like to participate in fun activities and/or educational, health and wellness programs?

Now you can do this from the comfort of your own home with the Seniors' Centre Without Walls (SCWW)!

Register

To register, please call

780.395.2626

What is the Seniors' Centre Without Walls (SCWW)?

SCWW is a free telephone program that offers recreational activities, health and well-being topics as well as friendly conversation for older adults. All programming is provided over the phone.

Who is SCWW for?

Older adults (55+) who find it difficult to go to regular community centres or programming in person.

Respectful Conduct Policy: SCWW is an environment which supports positive communication and mutual respect between participants. We value the diversity and human dignity of every person.

Canada 

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for Seniors Program.



FREQUENTLY ASKED QUESTIONS

How does SCWW work?

- 1) You register for the program you are interested in. This can be done before or during the series.
- 2) You will be mailed a letter with the toll-free number to call along with a program code. The number is 1.866.279.1594. Program code: 381232
- 3) You will be mailed any materials related to a program, such as pictures and presentation handouts.
- 4) A few minutes before a program starts, you call the toll-free line and enter the program code and press the pound (#) key. You will be asked to say your name and press the pound (#) key again. You will then be joined into the call.

What if I can't call myself into a program?

If you are unable to or uncomfortable with calling a program, we can call you. A few minutes before the scheduled program, we will call you and join you into the call.

How many programs can I register for?

You may register for as many as you wish! Some of our programming have multiple sessions on the same topic, and for those we ask the you attend all of the programming in the series.

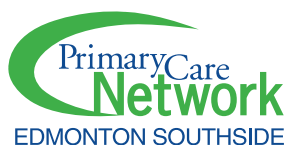
When does registration begin?

You may register anytime for upcoming programs. Late registrations are accepted however you may not receive your mailed out materials in time.

How do I register?

Please contact Edmonton Southside Primary Care Network to register in the program or to receive more information.

Phone: 780.395.2626



Presentation Series

Health and Wellness

ARTHRITIS AWARENESS

September is Arthritis Awareness month! Join a representative for an overview of arthritis, what can be done to treat the disease and how The Arthritis Society can help.

BRAIN GAMES

Call in for an hour of mind tingling fun! Try some word games and mental exercises with us to challenge your brain with our Recreation Therapists.

DARE TO AGE WELL

Join our Healthy Aging Nurse to discuss the five steps to healthy brain aging and healthy living as we age. Take advantage of this opportunity to get some answers to your questions on your health as you age.

HOME EXERCISE SUPPORT GROUP (30 MINS)

Do you find it difficult to exercise or may not know where to begin? Join a trained exercise specialist every other week to discuss any difficulties, practice a series of simple home exercises, and get tips and tricks on staying fit as we age.

LUNCHTIME COMPANY

Join other seniors and a healthy eating representative, for a friendly chat about food, some tips and tricks for easy meal prep and to learn more about the grocery & meal services available within Edmonton.



OLDER ADULTS & PROBLEM GAMBLING

An increasing number of older adults are engaging in gambling. For some it is a coping mechanism. In other cases, it may lead to an addiction. Older adults may gamble for many reasons. What are some of the warning signs that an older adult may have a problem with gambling? Where can you find help? Where can you find more information? This one-hour presentation will provide you some pertinent information and resources related to gambling.

MEDITATION & RELAXATION (30 MINS)

Over time, stress can affect your physical and mental health. Join us for our monthly sessions to learn more about practical stress-reducing exercises and relaxation techniques with PCN team support.

SOCIAL CONNECTEDNESS

Seniors are more prone to feelings of loneliness and loss than any other age group. Why is this a concern? Isolation can affect seniors' brains, hearts, and can shorten their lifespan. Join us for a discussion around creative ways to get more connected to your community.



STAY INDEPENDENT - TIPS TO PREVENT SLIPS, TRIPS AND FALLS

Falls prevention is not just about stopping a fall. It is about being able to enjoy life's moments; it is about playing with grandchildren and keeping up with friends. Falls can result in injuries that stop you from daily tasks like getting in a car, rising out of a chair or carrying groceries.

YOUR MEDICATION & YOU

Everything you wanted to know about your pills but were afraid to ask. Learn about how Home Care Pharmacists do medication assessments and home visits, tips on alleviating sleep problems, and find out how to take your medications in the safest and most effective way.

Skill Building

ENGLISH PRACTICE GROUP

An opportunity for older adult newcomers to practice their English speaking and listening skills, learn more about important topics and of course, to practice their telephone conversation skills. Connect with people by engaging in fun activities such as role playing, questions and answers, group discussions, and telephone scenarios.

HOLISTIC DECLUTTERING FOR SENIORS

Lighten up the clutter and remain independent in your home longer, happy in body, mind & spirit. We will talk about how to improve your energy & focus, as uncluttered surroundings = uncluttered minds. Learn practical self-care tools from a coach who

respects you and your special memories, holistically.

PERSONAL WELLNESS THROUGH LEISURE AND SOCIALIZATION

This interactive presentation provides you with a wealth of information on community resources to help motivate you to get up and off the couch!

SENIORS CENTRE WITHOUT WALLS ADVISORY GROUP

Are you enjoying our programming? Do you have an idea for what else you may like to see? Help us make our program better by giving your opinion on new ideas, programs and issues. We would love to have this discussion with you!

SPREAD THE WORD ABOUT EPL

Learn about the Edmonton Public Library's extensive services for seniors. Check out the EPL's combination of system and branch-level senior's activities and services which may help you access all that the EPL can do for you, at branches as in your home.

YOU'RE THE EXPERT

Are you passionate about a certain historical period, gardening or wildlife? Have some amazing recipes or helpful advice to share? You've spent years gaining skills and wisdom and would love to learn from each other. If you would like to speak on a topic for approximately 10-15 minutes, please let the coordinator know when registering.



Just for Fun

ACROSS THE MILES

Join participants from Without Walls programs in Ontario, Manitoba, Texas, New York and California for an interactive discussion about a new topic every time.

BINGO

Skip the BINGO hall and have all the fun and excitement at home. Three BINGO sheets for each person, three chances for a lucky win.

COFFEE CHATS

Prepare a snack and a warm beverage and join other SCWW participants to talk about anything and everything!

HOLIDAYS AROUND THE WORLD

A sampler of how people celebrate in the Wintertime. Travel around the world's countries, cultures and religions to experience their beautiful traditions.

JOURNEY ACROSS NORTH AMERICA

With a special stop at "The Live Music Capitol of the World" - Austin, Texas! Their hot weather matches their warm hearts! Find out more about what counts as "winter" hobbies, holidays, and celebrations during the shortest days of the year with some friends to the South.

SHORT STORY BOOK CLUB

We will read aloud a different short story from a variety of genres, followed by discussion of impressions and opinions. Participants are welcome to present their own stories, or poetry.

WHAT IN THE WORLD IS GOING ON?

With so much happening in the news it can be hard to keep up! Join us to look at some of the biggest recent news moments from around the world, along with some feel good stories to make you smile.



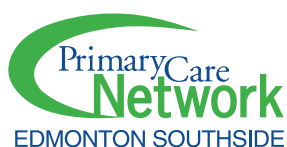
September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7 11 a.m. Brain Games	8
11 1 p.m. English Practice Group	12 10 a.m. Home Exercise Support Group	13 2 p.m. Holistic Decluttering	14 11 a.m. Personal Wellness through Leisure & Socialization	15
18	19 10 a.m. Meditation & Relaxation	20 2 p.m. Arthritis Awareness	21 11 a.m. Brain Games	22
25 1 p.m. English Practice Group	26 10 a.m. Home Exercise Support Group	27 2 p.m. Coffee Chats	28 11 a.m. BINGO	29



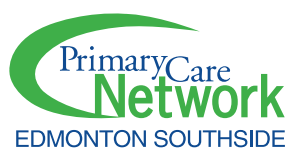
October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 1:15 p.m. Across the Miles	4 2 p.m. Spread the Word about Edmonton Public Library	5 11 a.m. What in the World is Going On?	6
9 1 p.m. English Practice Group	10 10 a.m. Home Exercise Support Group	11 2 p.m. Coffee Chats	12 11 a.m. Brain Games	13
16	17 10 a.m. Meditation & Relaxation	18 2 p.m. Dare to Age Well	19 11 a.m. Social Connectedness	20
23 1 p.m. English Practice Group	24 10 a.m. Home Exercise Support Group	25 2 p.m. BINGO	26 11 a.m. Your Medication & You	27
30	31 10 am Meditation & Relaxation			



November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 2 p.m. What in the World is Going On?	2 11 a.m. Brain Games	3
6 1 p.m. English Practice Group	7 10 a.m. Home Exercise Support Group	8 2 p.m. Short Story Book Club	9 11 a.m. Lunchtime Company	10
13	14 10 a.m. Meditation & Relaxation	15 2 p.m. You're the Expert	16 11 a.m. Stay Independent - Tips to Prevent Slips, Trips & Falls	17
20 1 p.m. English Practice Group	21 10 a.m. Home Exercise Support Group	22 2 p.m. BINGO	23 11 a.m. Older Adults & Problem Gambling	24
27	28 10 a.m. Meditation & Relaxation	29 2 p.m. SCWW Advisory Group	30 11 a.m. Brain Games	



December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 1 p.m. English Practice Groups	5 1:15 pm Across the Miles	6 2 p.m. Short Story Book Club	7 11 a.m. Home Exercise Support Group	8
11	12 10 a.m. Meditation & Relaxation	13 1 p.m. Journey Across North America - Austin, Texas	14 11 a.m. Brain Games	15
18 1 p.m. English Practice Groups	19 10 a.m. Home Exercise Support Group	20 2 p.m. SCWW In Person Coffee Chats	21 11 a.m. Holidays Around the World	22

