



SENIORS' CENTRE
WITHOUT WALLS

WINTER 2018 PROGRAMMING



Art by Mary Whale

PrimaryCare
Network
EDMONTON SOUTHSIDE



SENIORS' CENTRE WITHOUT WALLS

January – April 2018 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)!

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.

How does the SCWW Work?

1. You may register for programs anytime during the term.
2. You will be mailed a letter with the toll-free number **1.866.279.1594** to call into along with a six-digit 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 into 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.

Project funded in part by the Government of Canada's New Horizons for Seniors Program.

Canada 

What if I can't call myself into a program?
If you are unable to call into a program, we can call you into the line. A few minutes before your scheduled program, we will call you and join you into the call.

What if I have vision loss?

We can provide large print guides and materials and all book club selections and short stories are read aloud.

How many programs can I register for?

You may register for as many as you wish! We do ask that you be realistic in what you plan on attending and let us know as soon as possible if you cannot attend.

When does registration begin?

You may register as soon as you receive your guide. You may also register anytime during the term.

How do I register?

Please contact Edmonton Southside Primary Care Network to register:

Phone: 780.395.2626 (press 0)

E-mail:

gayle.harper@edmontonsouthsidepcn.ca

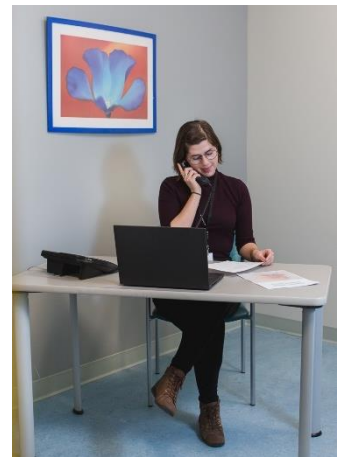


Gayle – Program Assistant

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



Heather – Program Coordinator

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
- No disrespectful comments allowed
- Allow every participant to contribute and do not dominate the conversation
- If you have an issue with a group member, please contact SCWW

Presentation Series

HEALTH & WELLNESS

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.

Home Exercise Support Group (30 Minutes): 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.

Seated Exercise Support Group (30 Minutes): Do you find it difficult to complete our exercises due to balance and mobility issues? These sessions will focus on movements and stretches that can be done seated in a chair and will focus on upper body strength.

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

Meditation & Relaxation (30 Minutes): Over time, stress can affect your physical

and mental health. Join us for our sessions to learn more about practical stress-reducing exercises and relaxation techniques with PCN team support.

Music Therapy (30 Minutes): We will explore the history of music therapy as well as having conducted 'guided imagery' sessions that take you to a beach and a forest. There will be soothing background music to relax to with this meditative type of music therapy application. Join us to learn more about how to use recorded music therapeutically to match your mood and needs of the day.

Reducing the Stress of Family/Friend Caregiving: Caregivers often find themselves in circumstances that create stress and strain. This presentation will assist participants to become aware of the stresses of caregiving, how our bodies react to stress and explore strategies to reduce stress and increase well-being through self-care.

Your Third Ear: The program takes participants on a path recognizing unrealistic expectations they may have of hearing aids, accepting their reality of hearing loss, developing an understanding of what they need to do to reconnect with loved ones and learn to laugh at the foibles of hearing loss.

Vision Loss: An informational presentation that offers awareness about common eye conditions such as Cataracts, Diabetic Retinopathy, Glaucoma and Macular Degeneration, as well as details about available CNIB services, vision aids and helpful products for daily living.

SKILL BUILDING

Creative Writing Group: Are you working on a piece of literature, memoir or poetry? We have many talented writers and aspiring authors within our participant groups! Join others for advice, workshopping new pieces, and to exploring new ideas with your own writing. All styles are welcome.

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.

Housing Information for Seniors: Seniors Association of Greater Edmonton provides information, referrals and support for seniors seeking subsidized or non-subsidized housing. We also provide information for families whose parents

have experienced changes in health that might require them to move into a different type of housing.

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!

Money Smarts: Taxes, benefits, power of attorney? It can all become very confusing. Join us for an overview of federal and provincial programs for seniors. We will also discuss how to avoid fraud and scams and how to protect yourself from financial abuse.

The Theatre Hour: The show must go on! Learn more about the GeriActors, a seniors' theatre organization in Edmonton, producing original plays based on stories and issues from their lives. In this series, you may want to try being a thespian for a day, with some short radio play scripts full of drama, suspense and more!

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.

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

Did you Know? Our talented local librarians have worked hard and scoured many books to bring you fun and informative presentations on topics you may not know about. Dazzle family and friends with your newfound knowledge!

Frank Slide Museum: At 4:10 a.m. on the fateful morning of April 29, 1903, a large portion of Turtle Mountain came crashing down into the valley, obliterating everything in path. The small-town Frank and the lives of its residents were forever changed. Please join the staff of the Frank Slide Interpretive Centre to find out whether the stories are myths or facts.

Gratitude Group: 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!

Salut Franco-Albertains : Nous vous invitons à participer à une discussion amicale avec d'autres francophones.

Small Group Coffee Chats: Prepare a snack and a warm beverage and join other SCWW participants each month to talk about anything and everything! Participants will be grouped by topic so please let us know which group you would like to join: Sports, Getting to Know You, or Recipes/Cooking.

Short Story Book Club: We will read aloud a different short story from a variety of genres, followed by discussion of impressions and opinions.

Super Sleuths: Are you an armchair detective, the likes of Ms. Marple? Why not give it a try! For those who would like a greater mental challenge, join us to solve mysteries or crimes just like Sherlock Holmes.

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, and politics at home and around the world. Please come with an open mind and respectful attitude.

January

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 - 10am How to start off the new year productively	3	4	5
8 - 1pm ESL Practice Group	9 - 10am Home Exercise Support Group	10 - 2pm What in the World is Going on?	11 - 11am Super Sleuths	12
15 - 3pm Gratitude Group	16 - 10am Meditation & Relaxation 2pm Seated Exercise Support Group	17 - 2pm BINGO	18 - 11am Short Story Book Club	19 - Salut Franco- Albertains
22 - 3pm Did you Know?	23 - 10am Home Exercise Support Group	24 - 1:30pm Across the Miles	25 - 11am Brain Games	26 - 1pm ESL Practice Group
29 - 3pm Creative Writing Groups	30 - 10am Meditation & Relaxation 2pm Seated Exercise Support Group	31 - 2pm Money Smarts		

February

Monday	Tuesday	Wednesday	Thursday	Friday
			1 - 11am Vision Loss	2
5 - 3pm What in the World is Going on?	6 - 10am Home Exercise Support Group	7 - 2pm Short Story Book Club	8 - 11am Brain Games	9 - 1pm ESL Practice Group
12 - 3pm Gratitude Group	13 - 10am Music Therapy 2pm Seated Exercise Support Group	14 - 1pm Coffee Chats 2pm Coffee Chats 3pm Coffee Chats	15 - 11am BINGO	16 - Salut Franco- Albertains
19	20 - 10am Home Exercise Support Group	21 - 2pm Frank Slide Museum	22 - 11am Brain Games	23 - 1pm ESL Practice Group
26 - 3pm Did you Know?	27 - 10am Meditation & Relaxation 2pm Seated Exercise Support Group	28 - 2pm The Theatre Hour		

March

Monday	Tuesday	Wednesday	Thursday	Friday
			1 - 11am Lunchtime Company	2
5 - 3pm What in the World is Going on?	6 - 10am Home Exercise Support Group	7 - 2pm Short Story Book Club	8 - 11am Brain Games	9 - 1pm ESL Practice Group
12 - 3pm Gratitude Group	13 - 10am Meditation & Relaxation 2pm Seated Exercise Support Group	14 - 2pm Housing Information for Seniors	15 - 11am BINGO	16 - Salut Franco- Albertains
19 - 3pm Did you Know?	20 - 10am Home Exercise Support Group	21 - 1pm Coffee Chats 2pm Coffee Chats 3pm Coffee Chats	22 - 11am Brain Games	23 - 1pm ESL Practice Group
26 - 3pm Creative Writing Group	27 - 10am Meditation & Relaxation 2pm Seated Exercise Support Group	28 - 2pm Caregiver Support	29 - 11am SCWW Advisory Group	30

April

Monday	Tuesday	Wednesday	Thursday	Friday
2 - 3pm What in the World is Going on?	3 - 10am Home Exercise Support Group	4 - 2pm Short Story Book Club	5 - 11am Your Third Ear	6
9 - 3pm Gratitude Group	10 - 10am Music Therapy	11 - 1pm Coffee Chats 2pm Coffee Chats 3pm Coffee Chats	12 - 11am Brain Games	13 - 1pm ESL Practice Group
	2pm Seated Exercise Support Group			
16 - 3pm Did you Know?	17 - 10am Home Exercise Support Group	18 - 2pm The Theatre Hour	19 - 11am BINGO	20 - Salut Franco-Albertains
23 - 3pm You're the Expert	24 - 10am Meditation & Relaxation	25 - 1:30pm Across the Miles	26 - 11am Brain Games	27 - 1pm ESL Practice Group
	2pm Seated Exercise Support Group			