



SENIOR CENTRE WITHOUT WALLS

VOLUME 11
MAY - AUG
2020

IN THIS ISSUE

Wellness Drumming

The Sergeant-at-Arms and the Manitoba Mace

Exploring Nature's Wonders in a Modern World

**FREE TELEPHONE GROUP
ACTIVITIES FOR MANITOBANS 55+**

For more information or to register:

**204-956-6440 (WINNIPEG)
1-888-333-3121 (TOLL-FREE)**

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

A & O: SUPPORT SERVICES FOR OLDER ADULTS

VISION

To develop and deliver innovative programs and services that improve the quality of later life.

MISSION

To offer specialized programs and services accessible to older Manitobans that support and enhance their social, emotional, physical, intellectual and spiritual lives and promote active participation in all aspects of community life.

SENIOR CENTRE WITHOUT WALLS

204-956-6440 (Winnipeg) - 1-888-333-3121 (toll-free)

info@aosupportservices.ca

www.aosupportservices.ca



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. We will call you before your scheduled program and join you into the call

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.

FAQ

Senior Centre
Without Walls

How do I register?

Please contact **A & O: Support Services for Older Adults** to register:

Phone:

204-956-6440 in Winnipeg

Toll-free:

1-888-333-3121

Email:

info@aosupportservices.ca

Mail:

200-280 Smith St.

Winnipeg, MB R3C 1K2

This 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



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 20 - 10:00 - 10:30 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.

THE SERGEANT-AT-ARMS AND THE MANITOBA MACE

FRIDAY, JULY 31 - 2:00 - 2:45 PM

Presenter: Dave Shuttleworth, Sergeant-at-Arms, Manitoba Legislative Assembly

In recognition of Manitoba's 150th anniversary, we will have a discussion with Dave Shuttleworth, the Sergeant-at-Arms for the Manitoba Legislative Assembly. Dave is honoured to carry the Manitoba Mace into the House for each day's sitting. The Sergeant-at-Arms' role is to keep order during Legislature meetings. Dave will be presenting on the history of the Sergeant-at-Arms' position within the Manitoba Legislative Assembly.

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

CELTIC MUSIC VOYAGE: PARTS 26 & 27

TUESDAYS, MAY 19 & JULY 14 - 11:00 AM - 12:00 PM

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

Join me for another hour of traditional and contemporary Celtic-influenced music from both sides of the Atlantic Ocean.

PRESENTATION SERIES

MOCCASIN MAKING

FRIDAY, MAY 22 - 10:00 - 10:30 AM

Presenter: Carole Fréchette

Carole Fréchette is French-speaking Métis, whose parents are originally from St. Malo, Manitoba. Her mother, Agnes, began teaching her how to make mukluks, moccasins, mitts and medicine pouches when she was 12 years old. Join Carole as she discusses her journey as an instructor since 1998 on showing how to make mukluks, moccasins and more and learn her mother's story behind the making of these items. Carole has a Facebook group called Pass It On Creations where her students post pictures of their work.

DO IT FOR A HEALTHY HOME

TUESDAY, JULY 21 - 10:00 - 11:00 AM

Presenter: Erica Kalcsics, Risk Communication and Public Involvement Officer, Environmental Health Program - Regulatory Operations and Enforcement Branch, Health Canada

In our daily lives, we are exposed to chemical substances that are found in our homes (e.g., cleaning products, substances in dust, air and water, etc.). Is there a health risk or hazard? How can you reduce the risks to yourself and those in your care?

This workshop is intended to:

- Increase awareness of the connection between chemicals and our health
- Share practical tips and strategies to keep our living environment safer and healthier
- Consider where and how to find credible information about chemicals

EXPLORING NATURE'S WONDERS IN A MODERN WORLD

THURSDAY, JULY 30 -

1:00 - 1:45 PM

Presenter: Cory Loewen, Nature and Wildlife Photographer

Cory Loewen is a nature and wildlife photographer, originally from Steinbach, Manitoba. He has spent the last 21 years exploring and enjoying earth's amazing animals and landscapes. Join him as he shares stories of some of nature's fascinating moments. From the crumbling glaciers of Alaska, to the South Dakota Badlands, to the owls, polar bears and northern lights of Manitoba; the natural world continues to offer life's most awe-inspiring experiences.

A MUSICAL PRESENTATION

WEDNESDAY, JUNE 10 -

1:30 - 2:30 PM

Presenter: Richard Castro, SISS & SCWW Volunteer

Supposing the Beach Boys had been born in Finland and not the U.S.A....

PRESENTATION SERIES

BEGINNING OF A CITY

WEDNESDAY, JULY 8 - 10:00 - 11:00 AM

Presenter: Greg Agnew, Historian, Heritage Winnipeg Board Member

Winnipeg is a large city now, but how did we start? Who built the first settlement and when? How easy was it? Let's dig deeper and find out.

FACT OR FICTION?

WEDNESDAY, AUGUST 12
- 10:00 - 11:00 AM

Presenter: Greg Agnew, Historian, Heritage Winnipeg Board Member

Have I ever lied to you? Let's look at some more facts in our city's history. You may think this is fiction, but I'll let you decide.



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**

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

TRAVELOGUES

VIVE LA FRANCE!

WEDNESDAY, JULY 29 - 10:00 - 11:00 AM

Presenter: Kelsie Dueck, Caregiving with Confidence Program Coordinator

France is a country with rich tradition and history. Its language is very familiar to us in Manitoba and Canada, but what about the country it originates from? Join Kelsie as she talks about her time spent in France in 2014 as she studied at L'Université de Caen in Normandy, France. Areas of interest will include Paris, Caen/beaches of Normandy, and Nice.

JEWELS OF POLAND

TUESDAY, JUNE 23 - 10:00 - 11:00 AM

Presenter: Laura Isbister, SCWW Participant and Volunteer

On this journey we are going to visit a land of amazing castles, poignant history and welcoming culture. We start our adventure in the old-world charm of Warsaw, the capital of Poland. We will visit what remains of the Warsaw Ghetto and see how this city was reborn after WWII. We travel to Krakow with a stop in Czestochowa, home of the famous Black Madonna. From Krakow, we travel to Auschwitz, the former concentration camp that is now a museum about the terrors of war, but also a memorial of the resilience of the human spirit. Torun is a UNESCO World Heritage site and birthplace of astronomer Nicholas Copernicus and gingerbread. We travel north to the shores of the Baltic Sea and make a stop at the Gdansk Shipyards, site of the Solidarity movement in 1980, which liberated Poland from Soviet rule. On our way back to Warsaw, we visit the town of Malbork, home of the largest castle in the world, Marienburg Fortress. Along the way we enjoy the culture, song, polka and of course the food! Stolat! (May you live a hundred years!)

PRESENTATION SERIES

CANADIAN ROADSIDE ATTRACTIONS

FRIDAY, JUNE 26 - 10:00 - 11:00 AM

Presenter: Brenda Taylor, SCWW Participant and Volunteer

Do you know where in Canada you can find the World's Largest Cross Country Skis, Squirt the Skunk or a 27-foot tall perogy? We will also tell you the stories behind some of these unusual landmarks.

TRAVELOGUES

ACROSS THE MILES

WEDNESDAY, JULY 22 - 2:30 - 3:30 PM

Join participants from Without Walls programs in **Texas, New York, California, Ottawa** and **Edmonton** for an interactive discussion about a variety of topics.

TRAVELOGUES

TASTES, TALES & TRAVELS OF THE WORLD

THURSDAYS, MAY 21, JUNE 18 & JULY 16 - 2:00 - 3:00 PM

Presenter: Kathryn Harper, SCWW Participant and Volunteer

Please join me on this exclusive tour as we marvel, munch and trek from our own backyard to the USA, Great Britain, South America, South Africa, Italy, France and even to the Mighty Mekong River in Cambodia! Totally accessible, no one will be turned away, comfortable accommodations...and all expenses paid!

THE TRAVELLING GUARDIAN

WEDNESDAY, JULY 22 - 10:00 - 10:45 AM

Presenter: Carla McDonald - Owner of The Travelling Guardian, Airline Retiree - Air Travel Companion - Frequent travel presenter to 55+ resource centres/ RehFit/Volunteer travel presenter to the Alzheimer Society of Manitoba & Parkinson Society

Tune in to hear Carla McDonald, The Travelling Guardian, talk about her favourite practical travel tips! Everything from what to take in your carry-on versus your personal item, seat and luggage fees, to what to expect going through security with your medication and mobility concerns, to navigating the airport and so much more. With a 38 year background working with the airlines, Carla will give you advice on how to make your airport experience easier and stress free. She will share experiences of not so great situations that occurred to passengers at the airport and how to avoid them. Her motto is to "be prepared" and you will be much better prepared for travelling by air after her presentation! Your questions will be welcomed!

LANGUAGES

SENIOR IMMIGRANT SETTLEMENT SERVICES (SISS)

ENGLISH

CONVERSATION CIRCLE

WEDNESDAYS, MAY 13 & 27 - 10:00 - 11:00 AM

WEDNESDAYS, JUNE 3, 10 & 17 - 10:00 - 11:00 AM

Presenter: Richard Castro, SISS & SCWW Volunteer

An opportunity for older adult newcomers to:

- Practice their English speaking and listening skills
- Learn more about important settlement topics
- Meet other older adults from around the world and, of course, to practice their telephone conversation skills

HEALTH & WELLNESS

ART THERAPY: HEALING THROUGH CREATIVE EXPRESSION

FRIDAYS, JULY 3 & 24 - 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.

Research shows that Art Therapy may:

- Lower stress and negative thoughts
- Increase confidence, concentration and positive feelings
- Enhance cognitive abilities

PROSTATE CANCER

TUESDAY, JUNE 2 - 10:00 - 11:00 AM

Presenter: Patrick Feschuk is a prostate cancer survivor having been diagnosed with aggressive prostate cancer 10 years ago. Patrick is a director on the board of the Manitoba Prostate Cancer Support Group, a volunteer run support group established 25 years ago.

Prostate cancer is the most commonly diagnosed cancer among Canadian men. Learn about prostate cancer symptoms, detection, various treatments and their side effects, and what men can do to lessen the danger of this disease in their lives.

MEDITATION SERIES

FRIDAYS, MAY 8 & 22 - 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. Meditation has many benefits, some of these can include:

- Relaxation
- Personal Insight
- Healing

These meditations are not intended to be or replace individual therapy sessions. Please contact A & O for more information.

SILENCE NO MORE

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

Presenter: Tammy Perry, BSW, RSW, Board Member, Canadian Hard of Hearing Association

Join us for a discussion on the emotional and social impacts of hearing loss including preventative measures in cognitive decline.

HEALTH & WELLNESS

MUSIC THERAPY

Presenter: Cindy Bass, BMT, MTA

GUIDED IMAGERY SESSION WITH ACCREDITED MUSIC THERAPIST CINDY BASS

FRIDAY, JUNE 5 - 1:00 - 1:30 PM

In past sessions, Cindy Bass spoke with you about the history of music therapy as well as having conducted 'guided imagery' sessions with you that took you to a beach and a forest. Tune in once again on June 5 to leave your worries behind. There will be soothing background music to relax to with this meditative type of music therapy application.

TUNES TO ENERGIZE, RELAX, REMINISCE AND TUNES TO MAKE YOU FEEL BETTER

FRIDAY, JULY 10 - 1:00 - 1:30 PM

Accredited music therapist Cindy Bass will provide you with meaningful melodies when you tune in for this session on July 10 to learn more about how to use recorded music therapeutically to match your mood and need of the day. Hopefully there will be a favourite tune for everyone!

WELLNESS DRUMMING

FRIDAY, JUNE 5 - 10:00 - 11:00 AM

Presenter: Chris Scholl, DNA Rhythms

Chris Scholl from DNA Rhythms presents an interactive and informative session on the history and benefits of drumming. Drumming is an ancient practice which has recently been proven to raise the human immune system, improve morale and reduce stress.

BOOKS, JOURNEYS & SHORT STORIES

READINGS BY RICKI SEGAL

FRIDAY, MAY 15 - 1:00 - 1:30 PM & TUESDAY, AUGUST 4 - 1:00 - 1:30 PM

Presenter: Ricki Segal

Join Ricki Segal, Winnipeg author of *My Zayde* and *Other Memories of Growing Up Jewish*, as she shares some of her unpublished short stories, poetry and writings from *Living Legacies - A Collection of Writing by Contemporary Canadian Jewish Women*.

THE ADVENTURES OF TOPSY

THURSDAY, JUNE 25 - 1:30 - 2:00 PM

*Presenter: Jean Hadfield Feliksiak, SCWW
Participant and Volunteer*

Topsy: Silent companion, confidante and only link with home, family and friends across the ocean during the second World War and throughout the rest of Jean's life.

BOOK JOURNEYS & SHORT STORIES

Books and short stories are read aloud.

AFTERNOON BOOK CLUB:

HALF BROKE HORSES BY JEANNETTE WALLS

MONDAYS, MAY 25, JUNE 1, 8, 15, 22 & 29 & JULY 6, 13, 20 & 27 - 1:30 - 2:30 PM

Presenter: Madeline Kirc, SCWW Participant and Volunteer

Note: No sessions in August

Jeannette Walls' memoir *The Glass Castle* was "nothing short of spectacular" (*Entertainment Weekly*). Now, in *Half Broke Horses*, she brings us the story of her grandmother, told in a first-person voice that is authentic, irresistible, and triumphant.

"Those old cows knew trouble was coming before we did." So begins the story of Lily Casey Smith, Jeannette Walls' no nonsense, resourceful, and spectacularly compelling grandmother. By age six, Lily was helping her father break horses. At fifteen, she left home to teach in a frontier town -- riding 500 miles on her pony, alone, to get to her job. She learned to drive a car ("I loved cars even more than I loved horses. They didn't need to be fed if they weren't working, and they didn't leave big piles of manure all over the place") and fly a plane. And, with her husband Jim, she ran a vast ranch in Arizona. She raised two children, one of whom is Jeannette's memorable mother, Rosemary Smith Walls, unforgettably portrayed in *The Glass Castle*.

Lily survived tornadoes, droughts, floods, the Great Depression, and the most heartbreaking personal tragedy. She bristled at prejudice of all kinds -- against women, Indigenous people, and anyone else who didn't fit the mold. Rosemary Smith Walls always told Jeannette that she was like her grandmother, and in this true-life novel, Jeannette Walls channels that kindred spirit. *Half Broke Horses* is Laura Ingalls Wilder for adults, as riveting and dramatic as Isak Dinesen's *Out of Africa* or Beryl Markham's *West with the Night*. Destined to become a classic, it will transfix audiences everywhere.

SHORT STORIES

THURSDAYS, MAY 7 & 21, JUNE 4 & 18, JULY 2, 16 & 30 & AUGUST 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.

BOOK JOURNEYS & SHORT STORIES

Books and short stories are read aloud.

WRITTEN BY MARGE

TUESDAYS, MAY 26, JUNE 30, JULY 28 & AUGUST 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.

POETRY CORNER WITH MADDE

WEDNESDAY, MAY 6 - 10:00 - 10:30 AM
TUESDAY, JUNE 9 - 10:00 - 10:30 AM
TUESDAY, AUGUST 11 - 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.

OBSERVANCES & CELEBRATIONS

CANADIAN CONNECTIONS - CANADA DAY PARTY
FRIDAY, JUNE 26 - 1:30 - 2:30 PM

Presenters: SCWW from Ottawa, Edmonton and Manitoba

Connect with your peers joining us from other SCWW programs across Canada. Celebrate Canada Day as we share mini-travelogues of each of our regions.

OBSERVANCES & CELEBRATIONS

ABUSE OF OLDER ADULTS: WHAT IS IT, AND WHY IS IT UNDERREPORTED?
FRIDAY, JUNE 12 - 1:30 - 2:30 PM

Presenters: Kerstin Roger, PhD., Associate Professor, Community Health Sciences, University of Manitoba & Jamie Kinaschuk, BA, BSW, RSW, A & O Registered Social Worker

In recognition of World Elder Abuse Awareness Day on June 15, we will explore what abuse of older adults is, the various forms of abuse, some risk factors, and a highlight of resources available in Manitoba.

Dr. Roger will also describe a current multi-site study being conducted in the three Prairie provinces on underreporting of abuse of older adults. This will be an informal presentation and discussion is welcome.

FEATURES

JOKES, ETC.

WEDNESDAY, MAY 6 - 1:30 - 2:00 PM & WEDNESDAYS, JUNE 24, JULY 15 & AUGUST 26 - 10:00 - 10:30 AM

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!

CULINARY CORNER

FRIDAY, AUGUST 7 - 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 unusual restaurants and explore different food customs!

TALENT SHOW

MONDAY, MAY 11 & FRIDAY, JULY 3 - 2:00 - 2:45 PM

We have combined two popular programs: Talent Show and Show & Tell into one! 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! Do you have a memento you would like to "show" the group? Whether it's a memory, a hobby or something you've made or won, share it with us!

IDIOM ADDICTS, PLUS

FRIDAYS, MAY 8, JUNE 19, JULY 17 & AUGUST 14 - 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, and lots of other weird and wonderful aspects of the world's third most common language.

COFFEE TALK

THURSDAYS, MAY 14 & 28, JUNE 11 & 25, JULY 9 & 23 & AUGUST 6 & 20 - 10:00 - 10:30 AM

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

GAME SHOW MANIA

THURSDAYS, MAY 14, JUNE 11 & JULY 9 & 23 - 2:00 - 2:30 PM

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

WHAT'S THE VERDICT?

TUESDAYS, MAY 12, JUNE 16, JULY 7 & AUGUST 18 - 11:00 - 11:30 AM

Presenter: D. Andrew Torbiak, Associate, Myers LLP, SCWW Volunteer

Join lawyer Andrew Torbiak to learn about and discuss famous or challenging cases from a legal perspective.

CELEBRITY NEWS

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

Let's catch up on all the latest news on all your favourite celebrities and royalty.

FEATURES

DID YOU KNOW?

WEDNESDAYS, MAY 13, JUNE 24, JULY 15 & AUGUST 5 - 1:30 - 2:00 PM

- Our eyes are always the same size from birth, but our nose and ears never stop growing
- It is physically impossible for you to lick your elbow
- Some people who read this will try to lick their elbow!

Join us for fun facts and trivia of all kind!

CHAT PACK

FRIDAY, JULY 31 - 10:00 - 10:30 AM

Join us for this interactive game where we ask fun and thought-provoking questions such as:

- If you had to eat one meal everyday for the rest of your life, what would it be?
- What's the best piece of advice you've ever been given?

BRAIN TEASERS

MONDAYS, MAY 4, 11 & 25, JUNE 1, 8, 15, 22 & 29, JULY 6, 13, 20 & 27 & AUGUST 10, 17 & 24 - 10:00 - 10:30 AM

Note: No sessions on May 18 & August 3

Research shows that exercising our brain has many benefits, including:

- Improves concentration
- Boosts brain activity
- Enhances memory and processing speed

SPELLING BEE

FRIDAYS, MAY 1, JUNE 12, JULY 10 & AUGUST 7 - 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.

GOOD NEWS

WEDNESDAY, AUGUST 5 - 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.

GRATITUDE GROUP

FRIDAY, MAY 1 - 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!

FEATURES

CURIOSITY CLUB

FRIDAY, MAY 15 - 10:00 - 10:30 AM

We will hop on the computer and search the internet high and low for the answers to all of the burning questions that keep you awake at night! We dare you to 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.

Please feel free to share your own stories and experiences!

WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

WEDNESDAY, MAY 27 - 1:30 - 2:30 PM

Believe it or not, we are already working hard on the September - December 2020 guide! We welcome you to share your ideas with us about what programs and activities you would like to take part in. Your feedback and ideas are always appreciated!

CELEBRITY BINGO

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! We are hard at work booking celebrities for the Fall!

WEDNESDAYS, MAY 20, JUNE 3 & 17 & JULY 8 & 29 - 2:00 - 2:30 PM

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

BIOGRAPHIES

KIRK DOUGLAS

THURSDAY, MAY 7 - 1:30 - 2:00 PM

CAROL SHIELDS

THURSDAY, JUNE 4 - 1:30 - 2:00 PM

ELLEN DEGENERES

THURSDAY, JULY 2 - 1:30 - 2:00 PM

MEGHAN MARKLE

THURSDAY, AUGUST 6 - 1:30 - 2:00 PM

VOLUNTEER SPOTLIGHT

MARGE BARKER

Marge has been involved with Senior Centre Without Walls since March 2019 in a variety of programs including “My Truths & Other Things,” “Eclectic Writings by Marge & Friends,” “Written by Marge,” and “The Afternoon Book Club.”

Marge’s selection of both fiction and real life stories contains mystery, adventure and often humour. She’ll continue to engage us during the upcoming Spring - Summer 2020 term with her “Written by Marge” readings.

“I really enjoy writing and sharing my stories with the listeners. They give me such a boost. They are so encouraging and complimentary. It’s an honour to be invited into their lives.”



55+ HOUSING & ACTIVE LIFESTYLES EXPO

CURRENTLY SCHEDULED FOR MAY 29, 2020

WILL BE RESCHEDULED

PLEASE STAY TUNED



**63RD
ANNUAL
GENERAL MEETING**

CURRENTLY SCHEDULED FOR JUNE 19, 2020

MAY NEED TO BE RESCHEDULED

PLEASE STAY TUNED

MAY 2020

Mon	Tue	Wed	Thu	Fri
				1 Spelling Bee 10:00 - 10:30 AM Gratitude Group 1:30 - 2:00 PM
4 Brain Teasers 10:00 - 10:30 AM	5 STRATEGIC PLANNING SESSION OFFICE CLOSED	6 Poetry 10:00 - 10:30 AM Jokes 1:30 - 2:00 PM	7 Short Stories 10:00 - 10:30 AM Biographies: Kirk Douglas 1:30 - 2:00 PM	8 Idioms 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
11 Brain Teasers 10:00 - 10:30 AM Talent Show 2:00 - 2:45 PM	12 What's the Verdict? 11:00 - 11:30 AM	13 ECC 10:00 - 11:00 AM Did You Know? 1:30 - 2:00 PM	14 Coffee Talk 10:00 - 10:30 AM Game Show Mania 2:00 - 2:30 PM	15 Curiosity Club 10:00 - 10:30 AM Readings by Ricki 1:00 - 1:30 PM
18 VICTORIA DAY OFFICE CLOSED	19 Celtic Music 11:00 AM - 12:00 PM	20 SCWW Welcome 10:00 - 10:30 AM Celebrity Bingo 2:00 - 2:30 PM	21 Short Stories 10:00 - 10:30 AM Travels of the World 2:00 - 3:00 PM	22 Moccasin Making 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
25 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	26 Written by Marge 10:00 - 11:00 AM	27 ECC 10:00 - 11:00 AM Program Planning Meeting 1:30 - 2:30 PM	28 Coffee Talk 10:00 - 10:30 AM Silence No More 1:30 - 2:30 PM	29 Annual Housing & Active Lifestyles Expo. RESCHEDULED STAY TUNED!

JUNE 2020

Mon	Tue	Wed	Thu	Fri
1 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	2 Prostate Cancer 10:00 - 11:00 AM	3 ECC 10:00 - 11:00 AM Celebrity Bingo 2:00 - 2:30 PM	4 Short Stories 10:00 - 10:30 AM Biographies: Carol Shields 1:30 - 2:00 PM	5 Wellness Drumming 10:00 - 11:00 AM Music Therapy 1:00 - 1:30 PM
8 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	9 Poetry 10:00 - 10:30 AM	10 ECC 10:00 - 11:00 AM A Musical Presentation 1:30 - 2:30 PM	11 Coffee Talk 10:00 - 10:30 AM Game Show Mania 2:00 - 2:30 PM	12 Spelling Bee 10:00 - 10:30 AM World Elder Abuse Awareness Day 1:30 - 2:30 PM
15 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	16 What's the Verdict? 11:00 - 11:30 AM	17 ECC 10:00 - 11:00 AM Celebrity Bingo 2:00 - 2:30 PM	18 Short Stories 10:00 - 10:30 AM Travels of the World 2:00 - 3:00 PM	19 Idioms 10:00 - 10:30 AM A & O's 63rd Annual General Meeting MAY BE RESCHEDULED. STAY TUNED!
22 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	23 Jewels of Poland 10:00 - 11:00 AM	24 Jokes 10:00 - 10:30 AM Did You Know? 1:30 - 2:00 PM	25 Coffee Talk 10:00 - 10:30 AM Adventures of Topsy 1:30 - 2:00 PM	26 Canadian Roadside Attractions 10:00 - 11:00 AM Canadian Connections: Canada Day Party 1:30 - 2:30 PM
29 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	30 Written by Marge 10:00 - 11:00 AM			

JULY 2020

Mon	Tue	Wed	Thu	Fri
		1 CANADA DAY OFFICE CLOSED	2 Short Stories 10:00 - 10:30 AM Biographies: Ellen Degeneres 1:30 - 2:00 PM	3 Art Therapy 10:00 - 11:00 AM Talent Show 2:00 - 2:45 PM
6 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	7 What's the Verdict? 11:00 - 11:30 AM	8 Beginning of a City 10:00 - 11:00 AM Celebrity Bingo 2:00 - 2:30 PM	9 Coffee Talk 10:00 - 10:30 AM Game Show Mania 2:00 - 2:30 PM	10 Spelling Bee 10:00 - 10:30 AM Music Therapy 1:00 - 1:30 PM
13 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	14 Celtic Music 11:00 AM - 12:00 PM	15 Jokes 10:00 - 10:30 AM Did You Know? 1:30 - 2:00 PM	16 Short Stories 10:00 - 10:30 AM Travels of the World 2:00 - 3:00 PM	17 Idioms 10:00 - 10:30 AM
20 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	21 Healthy Home 10:00 - 11:00 AM	22 The Travelling Guardian 10:00 - 10:45 AM Across the Miles 2:30 - 3:30 PM	23 Coffee Talk 10:00 - 10:30 AM Game Show Mania 2:00 - 2:30 PM	24 Art Therapy 10:00 - 11:00 AM
27 Brain Teasers 10:00 - 10:30 AM Afternoon Book 1:30 - 2:30 PM	28 Written by Marge 10:00 - 11:00 AM	29 Vive la France! 10:00 - 11:00 AM Celebrity Bingo 2:00 - 2:30 PM	30 Short Stories 10:00 - 10:30 AM Exploring Nature 1:00 - 1:45 PM	31 Chat Pack 10:00 - 10:30 AM The Manitoba Mace 2:00 - 2:45 PM

AUGUST 2020

Mon	Tue	Wed	Thu	Fri
3 TERRY FOX DAY OFFICE CLOSED	4 Celebrity News 10:00 - 10:30 AM Readings by Ricki 1:00 - 1:30 PM	5 Good News 10:00 - 10:30 AM Did You Know? 1:30 - 2:00 PM	6 Coffee Talk 10:00 - 10:30 AM Biographies: Meghan Markle 1:30 - 2:00 PM	7 Spelling Bee 10:00 - 10:30 AM Culinary Corner 1:30 - 2:00 PM
10 Brain Teasers 10:00 - 10:30 AM	11 Poetry 10:00 - 10:30 AM	12 Fact or Fiction 10:00 - 11:00 AM	13 Short Stories 10:00 - 10:30 AM	14 Idioms 10:00 - 10:30 AM
17 Brain Teasers 10:00 - 10:30 AM	18 What's the Verdict? 11:00 - 11:30 AM	19	20 Coffee Talk 10:00 - 10:30 AM	21
24 Brain Teasers 10:00 - 10:30 AM	25 Written by Marge 10:00 - 11:00 AM	26 Jokes 10:00 - 10:30 AM	27 Short Stories 10:00 - 10:30 AM	28