



# SENIOR CENTRE WITHOUT WALLS

VOLUME 10  
JAN - APR  
**2020**

## IN THIS ISSUE

**Tales from Bankers' Row**  
**February is Psychology Month**  
**Frauds & Scams and Personal Safety**

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

For more information or to register:

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

# TABLE OF CONTENTS

Frequently Asked Questions	3
Presentation Series	4 - 6
Travelogues	6 - 7
Health & Wellness	7 - 9
Observances & Celebrations	10
Book Journeys & Short Stories	11 - 12
Languages	13
Features	12 - 16
Calendars	17 - 20

**\*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](mailto:info@aosupportservices.ca)

[www.aosupportservices.ca](http://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 fax 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

### Fax your registration:

204-946-5667

### 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!

**TUESDAY, JANUARY 14 - 2:00 - 2:30 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.

### FRAUDS & SCAMS

**TUESDAY, APRIL 7 - 1:30 - 2:30 PM**

### PERSONAL SAFETY

**TUESDAY, APRIL 21 - 1:30 - 2:30 PM**

*Presenter: Cst. Garnie McIntyre, Winnipeg Police Service*

Cst. McIntyre will present effective tips and tools for older adults to protect yourself against crime and what you can do to better protect yourself against frauds, scams and other crimes.

## 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 24 & 25

**TUESDAYS, JANUARY  
21 & APRIL 21 -  
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, FEBRUARY 21 - 2:00 - 2:30 PM**

*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.

## MANITOBA LANDMARKS

**FRIDAY, APRIL 17 - 2:00 - 2:45 PM**

*Presenter: Brenda Taylor, SCWW Participant and Volunteer*

Do you know where in Manitoba you can find the World's Largest Fire Hydrant, the Happy Rock or Tommy the Turtle? We will also tell you the stories behind some of these unusual town statues.

## A GRASSROOTS RESPONSE TO CLIMATE CHANGE: RAINWATER HARVESTING

**WEDNESDAY, APRIL 22**

**- 10:00 - 11:00 AM -**

## 50TH ANNIVERSARY OF EARTH DAY

*Presenter: Dennis Hurley, SCWW Participant and Volunteer*

Everyone feels helpless with the daily news on climate change. Government programs like solar power or electric car rebates provide solutions, however, individuals are not helpless. Rainwater harvesting stores water for later use, it can be used during an emergency and can save you money while providing a tangible way of adapting to climate change.

## INTERESTING MANITOBANS: WOMEN IN BLUES - STONE SOUP JAM

**TUESDAY, MARCH 10 - 2:00 - 3:00 PM**

We are a group of women that all play music of all genres; most of us have our own bands or play in a band. Some of us write our own music and perform on a regular basis. We started the Stone Soup Jam - a very interesting concept where we all bring an item to add to a pot of soup. One of us provides the broth and the other gals bring a vegetable, rice, beans, potatoes or anything else to add to the mix. While the soup is cooking we play music and by the time we have played for a few hours we all enjoy an amazing bowl of soup!

## PRESENTATION SERIES

### **MONEY TALKS: TALES FROM BANKERS' ROW**

**WEDNESDAY, APRIL 8 - 10:00 - 11:00 AM**

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

Join Greg Agnew for a presentation on Winnipeg's "Bankers' Row." By the turn of the 20th century, there existed over 20 banks and financial institutions between City Hall and Portage and Main. Greg will entertain with tall tales of this vibrant historic area.

### **FACT OR FICTION?**

**FRIDAY, FEBRUARY 7 -  
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.

## TRAVELOGUES

### **GIANT OF AFRICA - NIGERIA**

**WEDNESDAY, FEBRUARY 26 - 1:30 - 2:30 PM**

*Presenter: Ifeoma Jennifer Olubiwe, SCWW Health Sciences Student*

Nigeria is a pulsating powerhouse country that gives travelers exciting thrills and surprises. Due to its diversity, it is home to hundreds of different ethnicities, cultures, languages, food and butterfly species. You're sure to see jaw-droppingly beautiful landscapes and interesting art scenes in Nigeria. From the cities full of lively activities such as Lagos and Port Harcourt, to the quiet cities such as Abuja, Nigeria is definitely a place to explore and experience unforgettable adventures.

### **BY THE TIME I GOT TO ISRAEL, -----**

**WEDNESDAY, JANUARY  
29 - 1:30 - 2:30 PM**

*Presenter: Richard Castro, SCWW Volunteer*

Attending a wedding in Israel and the chance to look back on previous visits. We will also have some fun seeing who can come up with the best ending for the title, which I have deliberately left blank. (Of course I do have something in mind myself!)

### **ACROSS THE MILES**

**WEDNESDAYS, JANUARY 22 & APRIL 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, JANUARY 30, FEBRUARY 27,  
MARCH 26 & APRIL 23 - 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!

## **AMAZON ADVENTURE**

**TUESDAY, MARCH 24 - 10:00 - 11:00 AM**

*Presenter: Laura Isbister, SCWW Participant and Volunteer*

Join me as I begin my adventure in the carnival city of Rio - by tram we go up the mountainside to the feet of Christ the Redeemer, one of the seven man-made wonders of the modern world. We enjoy some samba music and dancing before departing Rio for the mouth of the Amazon. We will briefly step ashore at several cities to see the attractions and enjoy the culture of the largest country in South America before finishing our trip in Manaus. We trek through parts of the rain forest and see amazing insects, animals and flora and enjoy an afternoon swim in the waters of the Amazon. This is the only land where the family pets are sloths, camen and anaconda and where you can spend a leisurely afternoon fishing for piranha. I look forward to sharing my adventure with you.

## **LYDIA'S B.C. VACATION**

**WEDNESDAY, APRIL 8 -  
1:30 - 2:30 PM**

*Presenter: Lydia  
Robertson, SCWW  
Program Assistant*

Suddenly, last summer, Lydia disappeared from the SCWW program. Where did she go? What did she do? Listen in and hear the (wine) chilling details of her vacation in the Okanagan and the Kootenays.

## **HEALTH & WELLNESS**

**FEBRUARY IS  
PSYCHOLOGY MONTH  
FRIDAY, FEBRUARY 28 -  
2:00 - 3:00 PM**

*Presenter: Dr. Kristin  
Reynolds, PhD, Assistant  
Professor, Department  
of Psychology, Research  
Affiliate, Centre on Aging -  
University of Manitoba*

Join the Manitoba Psychological Society for an interactive conversation about emotional health and wellness for older adults. Topics will include bullying and assertiveness skills.



# HEALTH & WELLNESS

## MUSIC THERAPY

*Presenter: Cindy Bass, BMT, MTA*

### **GUIDED IMAGERY SESSION WITH ACCREDITED MUSIC THERAPIST CINDY BASS**

**FRIDAY, MARCH 6 - 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 March 6 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, APRIL 3 - 11:00 - 11:30 AM**

Accredited music therapist Cindy Bass will provide you with meaningful melodies when you tune in for this session on April 3 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!

## **MEDITATION SERIES (4 WEEKS)**

**FRIDAYS, JANUARY 10, 17 & 31 & FEBRUARY 7 - 1:00 - 1:45 PM**

*Presenter: Pamela Thrift  
Phone: 204-898-4513  
Email: [pamela\\_thrift@hotmail.com](mailto: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.*

## **CANCER SCREENING EXPLAINED: BREASTCHECK, CERVIXCHECK, COLONCHECK**

**TUESDAY, MARCH 24 - 1:30 - 2:30 PM**

*Presenter: CancerCare Manitoba's Screening Programs, Health Educator*

Get checked Manitoba! Cancer screening saves lives. CancerCare Manitoba has three organized cancer screening programs: BreastCheck, CervixCheck and ColonCheck. This presentation will discuss the purpose of cancer screening and details about screening for breast, cervical and colon cancers.



# HEALTH & WELLNESS

## ART THERAPY: HEALING THROUGH CREATIVE EXPRESSION

**FRIDAYS, JANUARY 31 & MARCH 27 -  
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

## MARCH IS NUTRITION MONTH

**FRIDAY, MARCH 6 -  
11:00 AM - 12:00 PM**

*Presenter: Lorna Shaw, MPH, RD*

*Healthy Aging Resource Team Facilitator*

March is Nutrition Month! Every year in March, Dietitians of Canada reminds Canadians to reflect on what, why and how they choose food. Join Lorna Shaw, registered dietitian with the WRHA Healthy Aging Resource Team, to explore this year's theme: "More than Food - How you eat is important too!"

# VOLUNTEER SPOTLIGHT

## BRENDA TAYLOR

Brenda has been involved with Senior Centre Without Walls (SCWW) as an avid participant since 2011. She promoted our SCWW program through a televised interview with the Global News program, Better Winnipeg, back in August 2015. Brenda has also been a volunteer for SCWW since June 2014 in a variety of presentations, such as: "List Mania," "Composting," "Travelogue on Texas," "Do You Remember When" and "Would You Admit You Came from Here" (interesting trivia on Canada). She'll be back during our upcoming Winter 2020 term to do "Manitoba Landmarks."

*"I feel so lucky to be a volunteer with SCWW. Being a participant, I understand first-hand how important this program is for those of us who don't always get out of our homes very often. Because of health concerns, I am also restricted to my home at times. I can then count on my SCWW family to step up and keep me company. If I can help share that with others through volunteering as a presenter, I am happy."*

# OBSERVANCES & CELEBRATIONS

## PURIM

**TUESDAY, FEBRUARY 25 - 1:00 - 1:30 PM**

*Presenter: Ricki Segal*

Purim: "The Ultimate Jewish Revenge Fantasy." The entire story of Purim is based on the Book of Esther. It chronicles a time when the Jews lived in Persia, under the siege of King Achashverosh. The king has a party and it lasts for seven days, and in the meantime the queen has her own party with her maidens. The king summons the queen and says that she is the prettiest in the land. The queen decides to become one of the original feminists and she doesn't want to go to see her husband and be put on display, so she refuses. She is banished from the land. The king decides that he needs to find another wife. This is a perfect time for a Jew called Mordechi to introduce his cousin to the king. Her name is Esther and the king is smitten by her. Please listen to the rest of the story when I unveil the events of long ago. I can assure you that you will enjoy the story!

## ST. PATRICK'S DAY

**TUESDAY, MARCH 17 - 11:00 AM - 12:00 PM**

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

Break out your shamrocks, don your green apparel and join me for an hour of music, especially for St. Patrick's Day, that is sure to bring a tear to your eye and a spring to your step!

## APRIL FOOL'S DAY

**WEDNESDAY, APRIL 1 - 10:00 - 10:30 AM**

April Fool's Day is widely recognized and celebrated in various countries as a day when people play practical jokes and hoaxes on each other called April Fools. Listen in for some April Fool's Day pranks that have been pulled in the past and share your own stories!

## CANADIAN CONNECTIONS - VALENTINE'S DAY

**FRIDAY, FEBRUARY 14 - 1:30 - 2:30 PM**

*Presenter: SCWW from Ottawa, Edmonton and Manitoba*

Connect with your peers joining us from other SCWW programs across Canada. Tune in for this great opportunity to share experiences, traditions and memories of Valentine's Day.

## LEAP DAY

**FRIDAY, FEBRUARY 28 - 10:00 - 10:30 AM**

Have you ever wondered if it's Leap Year Day or Leap Day? When did it start? How old is someone born on this day? Join us to find out! You won't want to miss this celebration - there won't be another one for four years!

## BOOK JOURNEYS & SHORT STORIES

*Books and short stories are read aloud.*

### AFTERNOON BOOK CLUB:

#### **PARKING THE MOOSE: ONE AMERICAN'S EPIC QUEST TO UNCOVER HIS INCREDIBLE CANADIAN ROOTS BY DAVE HILL**

**MONDAYS, JANUARY 20 & 27, FEBRUARY 3, 10 & 24, MARCH 2, 9, 16, 23 & 30 & APRIL 6, 20 & 27 - 1:30 - 2:30 PM**

*Note: No sessions on February 17 & April 13*

There's an idea most Americans tend to learn as children. The idea that their country is the "best." But this never stuck with Dave Hill, even though he was born and raised in Cleveland, Ohio. His grandfather, you see, was from Canada (Clinton, Ontario, to be exact). And every Sunday at dinner he'd remind Dave and anyone else within earshot that it was in fact Canada, this magical and mysterious land just across the mighty Lake Erie, that was the "best."

It was an idea that took hold. While his peers kept busy with football, basketball and baseball, hockey became the only sport for Dave. Whenever bacon was served at home, he'd be sure to mention his preference for the Canadian variety. And he was more vocal about the vast merits of the Canadian healthcare system than any nine-year-old you'd ever want to meet. (That last part is a lie, but hopefully it makes the point that he was so into Canada that it was actually kind of weird.)

In later years he even visited Canada a couple of times. But now, inspired by a publisher's payment of several hundred dollars (Canadian) in cash, he has travelled all over the country, reconnecting with his heritage in such places as Montreal, Moose Jaw, Regina, Winnipeg, Merrickville and of course Clinton, Ontario, meeting a range of Canadians, touching things he probably shouldn't and having adventures too numerous and rich in detail to be done justice in this blurb.

### WRITTEN BY MARGE

**TUESDAYS, JANUARY 28, FEBRUARY 25, MARCH 31 & APRIL 28 - 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.

### READINGS BY RICKI SEGAL

**TUESDAY, JANUARY 28 - 1:00 - 1:30 PM & FRIDAY, APRIL 24 - 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*.

## BOOK JOURNEYS & SHORT STORIES

*Books and short stories are read aloud.*

### SHORT STORIES

**THURSDAYS, JANUARY 2, 16 & 30, FEBRUARY 13 & 27, MARCH 12 & 26 & APRIL 9 & 23 -  
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.

### POETRY CORNER WITH MADDE

**WEDNESDAY, JANUARY 15 - 10:00 - 10:30 AM  
WEDNESDAY, FEBRUARY 19 - 10:00 - 10:30 AM  
TUESDAY, MARCH 3 - 10:00 - 10:30 AM  
TUESDAY, APRIL 7 - 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.

## FEATURES

### IDIOM ADDICTS PLUS

**FRIDAYS, JANUARY 17, FEBRUARY 21, MARCH 20 & APRIL 24 - 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.

### BRAIN TEASERS

**MONDAYS, JANUARY 6, 13, 20 & 27, FEBRUARY 3, 10 & 24, MARCH 2, 9, 16, 23 & 30 & APRIL 6, 20 & 27 -  
10:00 - 10:30 AM**

*Note: No sessions on February 17 & April 13*

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

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

## LANGUAGES

### **SENIOR IMMIGRANT SETTLEMENT SERVICES (SISS)**

#### **ENGLISH CONVERSATION CIRCLE**

**WEDNESDAYS, JANUARY 22 & 29 -**

**10:00 - 11:00 AM**

**WEDNESDAYS, FEBRUARY 5 & 12 -**

**10:00 - 11:00 AM**

**WEDNESDAYS, MARCH 4, 11, 18 & 25 -**

**10:00 - 11:00 AM**

**WEDNESDAY, APRIL 15 - 10:00 - 11:00 AM**

*Presenter: Richard Castro, SISS and 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

### **SPANISH EXPRESS (FOUR WEEKS)**

**FRIDAYS, MARCH 13, 20, 27 & APRIL 3 -**

**1:00 - 2:00 PM**

*Presenter: Prof. Jesus Miguel, Founder and Director of The Spanish Institute and Research Fellow at St. Paul's College, University of Manitoba*

Join this enjoyable and rewarding four-week Spanish course (four hours) to learn basic and fundamental vocabulary and expressions to get by. Words open worlds!

## FEATURES

### **SPELLING BEE**

**FRIDAYS, JANUARY 10,  
FEBRUARY 14, MARCH  
13 & APRIL 17 - 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.

### **WHAT'S THE VERDICT?**

**TUESDAYS, JANUARY  
14, FEBRUARY 18,  
MARCH 10 & APRIL 14 -  
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**

**FRIDAY, JANUARY 24 -  
1:30 - 2:00 PM**

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

# FEATURES

## JOKES, ETC.

**WEDNESDAYS, JANUARY 8 & FEBRUARY 26 - 10:00 - 10:30 AM, MARCH 25 - 1:30 - 2:00 PM & APRIL 29 - 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

**MONDAY, JANUARY 13 - 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!

## COFFEE TALK

**THURSDAYS, JANUARY 9 & 23, FEBRUARY 6 & 20, MARCH 5 & 19 & APRIL 2, 16 & 30 - 10:00 - 10:30 AM**

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

## CURIOSITY CLUB

**MONDAY, JANUARY 6 - 1:30 - 2:00 PM  
TUESDAY, FEBRUARY 11 - 1:30 - 2:00 PM**

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

**TUESDAY, FEBRUARY 4 - 10:00 - 11:00 AM**

Believe it or not, we are already working hard on the May - August 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!

## GAME SHOW MANIA

**THURSDAYS, JANUARY 9 & 23, FEBRUARY 6 & 20, MARCH 5 & 19 & APRIL 2, 16 & 30 - 2:00 - 2:30 PM**

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

## GRATITUDE GROUP

**FRIDAY, JANUARY 24 - 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!



# FEATURES

## DID YOU KNOW?

**WEDNESDAYS, JANUARY 8, FEBRUARY 5 & 19,  
MARCH 4 & 18 & APRIL 1, 15 & 29 - 1:30 - 2:00 PM**

- Did you know elephants are the only mammal that can't jump?
- Did you know Peru has more pyramids than Egypt?
- Did you know you're more likely to be killed by a champagne cork than by a poisonous spider?

Join us for fun facts and trivia of all kinds!

## CHAT PACK

**TUESDAY, JANUARY 7 - 1:30 - 2:00 PM &  
TUESDAY, FEBRUARY 11 - 10:00 - 10:30 AM**

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

- What is your favourite book?
- What's the weirdest food you've eaten?

## BIOGRAPHIES

### ELTON JOHN

**THURSDAY, JANUARY 16 - 1:30 - 2:00 PM**

### HELEN KELLER

**THURSDAY, FEBRUARY 13 - 1:30 - 2:00 PM**

### RANDY BACHMAN

**THURSDAY, MARCH 12 - 1:30 - 2:00 PM**

### ED SULLIVAN

**THURSDAY, APRIL 9 - 1:30 - 2:00 PM**

## GOOD NEWS

**TUESDAY, JANUARY 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.

## TALENT SHOW

**WEDNESDAYS,  
JANUARY 15 &  
MARCH 11 - 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 picture, a hobby or something you've made or won, share it with us!



# FEATURES

## 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!

**TUESDAY, JANUARY 21 - 2:00 - 2:30 PM**

**TUESDAY, FEBRUARY 4 - 2:00 - 2:30 PM**

*TOM MCGOURAN - MORNING SHOW HOST - 94.3 THE DRIVE - WINNIPEG'S HOME OF CLASSIC ROCK*

**TUESDAY, FEBRUARY 18 - 2:00 - 2:30 PM**

**TUESDAY, MARCH 3 - 2:00 - 2:30 PM**

*IFY CHIWETELU - HOST - NOW OR NEVER - CBC RADIO 89.3 FM/990 AM*

**TUESDAY, MARCH 17 - 2:00 - 2:30 PM**

*LTI (LLOYD THE INTERN) - MORNING SHOW HOST - THE ACE BURPEE SHOW VIRGIN RADIO 103.1*

**TUESDAY, MARCH 31 - 2:00 - 2:30 PM**

**TUESDAY, APRIL 14 - 2:00 - 2:30 PM**

*VICKI SHAE - MORNING SHOW HOST - 94.3 THE DRIVE - WINNIPEG'S HOME OF CLASSIC ROCK*

**TUESDAY, APRIL 28 - 2:00 - 2:30 PM**

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

# JANUARY 2020

Mon	Tue	Wed	Thu	Fri
		<b>1</b>  <b>NEW YEAR'S DAY</b>  <b>OFFICE CLOSED</b>	<b>2</b> Short Stories 10:00 - 10:30 AM	<b>3</b>
<b>6</b> Brain Teasers 10:00 - 10:30 AM  Curiosity Club 1:30 - 2:00 PM	<b>7</b> Good News 10:00 - 10:30 AM  Chat Pack 1:30 - 2:00 PM	<b>8</b> Jokes 10:00 - 10:30 AM  Did You Know? 1:30 - 2:00 PM	<b>9</b> Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	<b>10</b> Spelling Bee 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
<b>13</b> Brain Teasers 10:00 - 10:30 AM  Culinary Corner 1:30 - 2:00 PM	<b>14</b> What's the Verdict? 11:00 - 11:30 AM  SCWW Welcome 2:00 - 2:30 PM	<b>15</b> Poetry 10:00 - 10:30 AM  Talent Show 2:00 - 2:45 PM	<b>16</b> Short Stories 10:00 - 10:30 AM  Elton John Biographies 1:30 - 2:00 PM	<b>17</b> Idioms 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
<b>20</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>21</b> Celtic Music 11:00 AM - 12:00 PM  Celebrity Bingo 2:00 - 2:30 PM	<b>22</b> ECC 10:00 - 11:00 AM  Across the Miles 1:30 - 2:30 PM	<b>23</b> Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	<b>24</b> Gratitude Group 10:00 - 10:30 AM  Celebrity News 1:30 - 2:00 PM
<b>27</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>28</b> Written by Marge 10:00 - 11:00 AM  Readings by Ricki 1:00 - 1:30 PM	<b>29</b> ECC 10:00 - 11:00 AM  Israel 1:30 - 2:30 PM	<b>30</b> Short Stories 10:00 - 10:30 AM  Travels of the World 2:00 - 3:00 PM	<b>31</b> Art Therapy 10:00 - 11:00 AM  Meditation 1:00 - 1:45 PM

# FEBRUARY 2020

Mon	Tue	Wed	Thu	Fri
<b>3</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>4</b> Program Planning Meeting 10:00 - 11:00 AM  Tom McGouran Celebrity Bingo 2:00 - 2:30 PM	<b>5</b> ECC 10:00 - 11:00 AM  Did You Know? 1:30 - 2:00 PM	<b>6</b> Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	<b>7</b> Fact or Fiction 10:00 - 11:00 AM  Meditation 1:00 - 1:45 PM
<b>10</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>11</b> Chat Pack 10:00 - 10:30 AM  Curiosity Club 1:30 - 2:00 PM	<b>12</b> ECC 10:00 - 11:00 AM	<b>13</b> Short Stories 10:00 - 10:30 AM  Helen Keller Biographies 1:30 - 2:00 PM	<b>14</b> Spelling Bee 10:00 - 10:30 AM  Canadian Connections Valentine's Day 1:30 - 2:30 PM
<b>17</b>  <b>LOUIS RIEL DAY</b>  <b>OFFICE CLOSED</b>	<b>18</b> What's the Verdict? 11:00 - 11:30 AM  Celebrity Bingo 2:00 - 2:30 PM	<b>19</b> Poetry 10:00 - 10:30 AM  Did You Know? 1:30 - 2:00 PM	<b>20</b> Coffee Talk 10:00 - 10:30 AM  Game Show Mania 1:30 - 2:30 PM	<b>21</b> Idioms 10:00 - 10:30 AM  Moccasin Making 1:30 - 2:30 PM
<b>24</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>25</b> Written by Marge 10:00 - 11:00 AM  Purim 1:00 - 1:30 PM	<b>26</b> Jokes 10:00 - 10:30 AM  Nigeria 1:30 - 2:30 PM	<b>27</b> Short Stories 10:00 - 10:30 AM  Travels of the World 2:00 - 3:00 PM	<b>28</b> Leap Day 10:00 - 10:30 AM  Psychology Month 2:00 - 3:00 PM

# MARCH 2020

Mon	Tue	Wed	Thu	Fri
<b>2</b> Brain Teasers 10:00 - 10:30 AM    Afternoon Book 1:30 - 2:30 PM	<b>3</b> Poetry 10:00 - 10:30 AM   Ify Chiwetelu Celebrity Bingo 2:00 - 2:30 PM	<b>4</b> ECC 10:00 - 11:00 AM   Did You Know? 1:30 - 2:00 PM	<b>5</b> Coffee Talk 10:00 - 10:30 AM   Game Show Mania 2:00 - 2:30 PM	<b>6</b> Nutrition 11:00 AM - 12:00 PM   Music Therapy 1:00 - 1:30 PM
<b>9</b> Brain Teasers 10:00 - 10:30 AM   Afternoon Book 1:30 - 2:30 PM	<b>10</b> What's the Verdict? 11:00 - 11:30 AM   Interesting Manitobans 2:00 - 3:00 PM	<b>11</b> ECC 10:00 - 11:00 AM   Talent Show 2:00 - 2:45 PM	<b>12</b> Short Stories 10:00 - 10:30 AM   Randy Bachman Biographies 1:30 - 2:00 PM	<b>13</b> Spelling Bee 10:00 - 10:30 AM   Spanish Express 1:00 - 2:00 PM
<b>16</b> Brain Teasers 10:00 - 10:30 AM   Afternoon Book 1:30 - 2:30 PM	<b>17</b> St. Patrick's Day 11:00 AM - 12:00 PM   Lloyd the Intern Celebrity Bingo 2:00 - 2:30 PM	<b>18</b> ECC 10:00 - 11:00 AM   Did You Know? 1:30 - 2:00 PM	<b>19</b> Coffee Talk 10:00 - 10:30 AM   Game Show Mania 2:00 - 2:30 PM	<b>20</b> Idioms 10:00 - 10:30 AM   Spanish Express 1:00 - 2:00 PM
<b>23</b> Brain Teasers 10:00 - 10:30 AM   Afternoon Book 1:30 - 2:30 PM	<b>24</b> Amazon Adventures 10:00 - 11:00 AM   Cancer Screening Explained 1:30 - 2:30 PM	<b>25</b> ECC 10:00 - 11:00 AM   Jokes 1:30 - 2:00 PM	<b>26</b> Short Stories 10:00 - 10:30 AM   Travels of the World 2:00 - 3:00 PM	<b>27</b> Art Therapy 10:00 - 11:00 AM   Spanish Express 1:00 - 2:00 PM
<b>30</b> Brain Teasers 10:00 - 10:30 AM   Afternoon Book 1:30 - 2:30 PM	<b>31</b> Written by Marge 10:00 - 11:00 AM   Celebrity Bingo 2:00 - 2:30 PM			

# APRIL 2020

Mon	Tue	Wed	Thu	Fri
		<b>1</b> April Fool's Day 10:00 - 10:30 AM  Did You Know? 1:30 - 2:00 PM	<b>2</b> Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	<b>3</b> Music Therapy 11:00 - 11:30 AM  Spanish Express 1:00 - 2:00 PM
<b>6</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>7</b> Poetry 10:00 - 10:30 AM  Frauds & Scams 1:30 - 2:30 PM	<b>8</b> Bankers' Row 10:00 - 11:00 AM  Lydia's B.C. Vacation 1:30 - 2:30 PM	<b>9</b> Short Stories 10:00 - 10:30 AM  Ed Sullivan Biographies 2:00 - 2:30 PM	<b>10</b>  <b>GOOD FRIDAY</b>  <b>OFFICE CLOSED</b>
<b>13</b>  <b>EASTER MONDAY</b>  <b>OFFICE CLOSED</b>	<b>14</b> What's the Verdict? 11:00 - 11:30 AM  Vicki Shae Celebrity Bingo 2:00 - 2:30 PM	<b>15</b> ECC 10:00 - 11:00 AM  Did You Know? 1:30 - 2:00 PM	<b>16</b> Coffee Talk 10:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	<b>17</b> Spelling Bee 10:00 - 10:30 AM  Manitoba Landmarks 2:00 - 2:45 PM
<b>20</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>21</b> Celtic Music 11:00 AM - 12:00 PM  Personal Safety 1:30 - 2:30 PM	<b>22</b> Rainwater Harvesting 10:00 - 11:00 AM  Across the Miles 2:30 - 3:30 PM	<b>23</b> Short Stories 10:00 - 10:30 AM  Travels of the World 2:00 - 3:00 PM	<b>24</b> Idioms 10:00 - 10:30 AM  Readings by Ricki 1:00 - 1:30 PM
<b>27</b> Brain Teasers 10:00 - 10:30 AM  Afternoon Book 1:30 - 2:30 PM	<b>28</b> Written by Marge 10:00 - 11:00 AM  Celebrity Bingo 2:00 - 2:30 PM	<b>29</b> Jokes 10:00 - 10:30 AM  Did You Know? 1:30 - 2:00 PM	<b>30</b> Coffee Talk 11:00 - 10:30 AM  Game Show Mania 2:00 - 2:30 PM	



**SENIOR CENTRE WITHOUT WALLS**  
**REGISTRATION WORKSHEET - JANUARY - APRIL 2020**



Date: \_\_\_\_\_ How did you hear about SCWW? \_\_\_\_\_  
Name(s): \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Address/PO Box: \_\_\_\_\_ City/Town: \_\_\_\_\_  
Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_  
Birth date: \_\_\_\_\_ Gender: \_\_\_\_\_

**Presentation Series**

- ☐ Welcome to SCWW
- ☐ Frauds & Scams
- ☐ Personal Safety
- ☐ Celtic Music Voyage
- ☐ Moccasin Making
- ☐ Manitoba Landmarks
- ☐ Interesting Manitobans:  
Women in Blues
- ☐ Rainwater Harvesting
- ☐ Tales from Bankers' Row
- ☐ Fact or Fiction?

**Travelogues**

- ☐ Giant of Africa - Nigeria
- ☐ Across the Miles
- ☐ Israel
- ☐ Tastes of the World
- ☐ Amazon Adventure
- ☐ Lydia's B.C. Vacation

**Health & Wellness**

- ☐ Psychology Month
- ☐ Music Therapy
- ☐ Cancer Screening Explained
- ☐ Meditation Series
- ☐ Art Therapy
- ☐ Nutrition Month

**Observances & Celebrations**

- ☐ Purim
- ☐ St. Patrick's Day
- ☐ April Fool's Day
- ☐ Canadian Connections -  
Valentine's Day
- ☐ Leap Day

**Book Journeys & Short Stories**

- ☐ Book Club - Parking the  
Moose
- ☐ Written by Marge
- ☐ Readings by Ricki Segal
- ☐ Short Stories
- ☐ Poetry Corner with Madde

**Languages**

- ☐ English Conversation Circle
- ☐ Spanish Express

**Features**

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

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

*(PLEASE NOTE: All participants must re-register for each new session)*

**Phone:**

204-956-6440 in Winnipeg

**Toll-free:**

1-888-333-3121

**Mail:**

200-280 Smith St.  
Winnipeg, MB R3C 1K2

**Email:**

info@aosupportservices.ca

**Fax your registration:**

204-946-5667





# 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**

Larger donations will be recognized on our Wall of Honour. 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](mailto:info@aosupportservices.ca), or donate online at [aosupportservices.ca](https://aosupportservices.ca)!