



SENIORS' CENTRE
WITHOUT WALLS

Program Guide 2020

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

SCWW is a free phone-based program that offers recreational activities, health and well-being topics as well as friendly conversation for older adults.

Who is SCWW for?

Older adults (55+) who find it difficult to leave their home.

Program Instructions

- 1) Program schedules are sent out at the beginning of each 4 month series. They can be requested at any time from staff.
- 2) Contact SCWW staff to enroll. Phone number: **780.395.2626**
- 3) Register for programs and required materials will be mailed.
- 4) A few minutes before the program begins, follow the call-in instructions



Call-in Instructions

- 1) Dial the toll-free number: **1.855.703.8985**
- 2) You will hear an automated voice with the following message:
"Welcome to Zoom. Please enter your Meeting ID number followed by #"
225.573.6467#
*if you hear a message that this meeting does not exist, please check that you have entered the correct number and try again.
- 3) The next message will be the following:
"Please enter the participant ID or press the pound key"
*There are no further ID numbers, please press the pound key
- 4) The next message will ask you to state your name and press the pound key (#). Please state your first name only.

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. If you have requested but aren't receiving calls please contact staff directly.

- 1) A few minutes before the program starts, you will receive a call from a number that depending on your phone will show as unknown, Zoom or 1.646.568.7788. Please ensure you do not block this number!
- 2) An automated voice identifying it as a ZOOM MEETING. **Press "1" to join the meeting**
- 3) When asked, state your first name and then press the pound key (#)

For our current full schedule of programs please visit edmontonsouthsidepcn.ca/scww or call 780.395.2626

Regular Programming

Aging with Pride: This group is for LGBTQ2S+ seniors who wish to meet others in their community. Join the conversation from the comfort and privacy of your own home. All topics and concerns welcome. First & Third Wednesday, 4-5pm Please call: 1-855-703-8985, Meeting ID: 293.631.2402#

Across the Miles: Join participants throughout North America and Canadian Connections to speak with Ontario & Manitoba seniors.

Readers' Corner: Whether you would like to meet with other book lovers to discuss your favourite books or find out what gems others are reading, there are programs for you. Listen to short stories read aloud or share your recommendations.

Did you Know? Find out fascinating and unique facts during these one-hour sessions on anything and everything.

Caregivers Support Group:

Caregivers need care too! Each month we aim to empower caregivers' well-being by providing a supportive group to connect with others, have open conversations about the ups and downs of care-giving, and learn about topics relevant to caregivers.



Coffee Chats & Conversation Groups

ConnectAînés: Nous avons le plaisir de lancer une version de notre programme en français avec La Fédération des aînés francoalbertains (FAFA)! La FAFA espère par cette offre permettre à chacun d'entretenir des liens avec des personnes parlant français en éliminant toutes difficultés liées aux déplacements jusqu'à un véritable centre ou une grande ville. Pour plus d'information: 780.465.8965.

New programs are added every series - check the latest schedule to see full offerings

Regular Programming

Exercise Classes: All exercise classes have varying levels of difficulty and exercises can be modified to suit your needs! Home, Seated, & Strengthening Exercises available.

Games: BINGO, Family Feud, Jeopardy, Memory Practice, Trivial Pursuits, Super Sleuths and more!

Gratitude Group: Developing an “attitude of gratitude” takes practice. Join us for 30 minutes to start your day off on a positive note! This program will be call-in only.

Meditation & Mindfulness: Join us to learn practical stress-reducing exercises, breathing regulation, progressive relaxation techniques. For those interested in more spiritualistic/imaginative programming join our Beyond Meditation group.

Nutrition for Health: Get up-to-date healthy eating information from registered dietitians and share tips and cooking ideas.

Seniors Centre Without Walls Advisory Group: Are you enjoying our programming? Do you have an ideas for additional programs or changes you would like to see?

Working Through Grief: Understanding the emotions may help you see that there's light at the end of the tunnel, and that there are things you can do to work through your feelings.

Recordings: Some programs may be recorded. We will request permission at the beginning of the program. Recordings may be re-played throughout our series.

New programs are added every series - check the latest schedule to see full offerings

Code of Conduct

The Alberta Seniors' Centre Without Walls is an inclusive environment. This means that we value and support diversity and individuals from all walks of life. We ask each participant to help us by adhering to the following guidelines:

- Allowing every participant to contribute
- Letting the facilitator to guide and direct the group
- Contacting SCWW staff directly if you have an issue with a group member



Please keep all personal information shared confidential.



Please do not interrupt when others are speaking.



Treat each other with dignity and respect.



Try not to give advice unless you are asked for it.

**We hope you will
join our
community!
Please give our
team a call at
780.395.2626**

