



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

**SEPTEMBER–DECEMBER 2026
PROGRAM GUIDE**

Seniors' Centre Without Walls



**FREE TELEPHONE GROUP ACTIVITIES FOR SENIORS 55+ AND ADULTS
WITH DISABILITIES LIVING IN OTTAWA & RURAL AREAS**

FOR MORE INFORMATION OR TO REGISTER:



613-236-0428 ext. 2323



scww@thegoodcompanions.ca



thegoodcompanions.ca

IN THIS ISSUE

**MINDFULNESS &
MEDITATION**

WEEKLY TRIVIA

**MUNICIPAL
ELECTIONS**

BOOK CLUB

CHRISTMAS EVE

BINGO

AND MORE!



Ontario



**United Way
East Ontario**





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“To have SCWW has been an anchor for me, even before moving into a residence. It’s just nice to know there is a circle of people on the phone. Two or three times a day! What a service!”

— SCWW Participant

The Good Companions

The Good Companions is a not-for-profit organization that offers programs and services in partnership with volunteers, to promote, enhance and support the well-being, independence and zest for living of both seniors and adults with physical disabilities living in the Ottawa area.

Seniors' Centre Without Walls (SCWW)

SCWW offers free telephone group activities for seniors 55+, as well as adults with disabilities living in Ottawa and surrounding rural areas.

Through the use of group telephone calls, SCWW provides a rich line-up of health-related information from professionals in the community, later-life learning opportunities, participation in brain-stimulating activities, and most of all, the space to create meaningful friendships and community for those who may feel isolated.

This program is funded in part by the Ontario Ministry for Seniors and Accessibility, the United Way East Ontario, and with support from the City of Ottawa.

In the spirit of Reconciliation, The Good Companions acknowledges that we are operating on the unceded traditional territory of the Algonquin Anishinaabeg. The peoples of the Anishinaabeg Algonquin Nation have lived on this territory for millennia. Their culture and presence have nurtured and continue to nurture this land. The Good Companions honours all First Nations, Inuit and Métis peoples and their valuable contributions to this land, both past and present.

SCWW Frequently Asked Questions

What is Seniors' Centre Without Walls?

Seniors' Centre Without Walls (SCWW) is a community outreach program to support isolated seniors and adults with physical disabilities. We provide free educational and social programs through the use of telephone-based conference calls.

All programs are provided over the phone.

Who is eligible to join?

- Individuals 55+ and/or adults 18+ with physical disabilities
- Living in the Ottawa and greater Ottawa area (including Renfrew County)

Is there any cost?

No, all programming is free of charge.

Do I need a computer?

No, all you need is a telephone!

How do I register?

Give us a call at **613-236-0428** or send an email to **scww@thegoodcompanions.ca**

How many programs can I register for?

As many as you like!

How does it work?

1. Once you have registered as a participant* you can sign up for any of the SCWW programs offered and be added to the attendance lists for your chosen programs.

2. You can sign up for programs anytime during the Program Guide term. Our main program registration occurs at the beginning of every Program Guide term.

3. We will call you at the time of the program, or **you can call yourself into the program by dialing 343-600-7647** (long-distance) or **1-844-237-9847** (toll-free).

**The calls are open to anyone, whether or not you have registered. We do encourage you to register with us fully so that you continue to receive up to date program guides and information.*

Accessibility

This program guide can be made available in an accessible format.

Tips for a Successful Phone Call:

Let the Facilitator Lead

To reduce confusion on the phone, it is important to let the facilitator or guest speaker guide the conversation or activity.

Reduce Background Noise

Plan to be in a location with little to no background noise. Turn off anything that might make noise (TV or radio), and be aware that the facilitator may mute your line if there is too much background noise.

Be Mindful

Be mindful that everyone has a story, a background, and a different way of looking at the world.

Meet the SCWW Team

Courtney DeFazio
(she/her)

SCWW Coordinator
613-236-0428
Ext. 2323

Afua Okyere
(she/her)

SCWW Program Assistant
613-236-0428
Ext. 2390



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

We've enjoyed a very hot summer this year, and now it's time to appreciate the cooler months ahead! Fall is such a lovely time of the year, with cooler days, changing leaves, and, of course, lots of hearty soups and stews. As we get ready for the colder days ahead, we have a wide array of programs to keep you entertained, informed and connected!

First off, we would like to extend a big thank you to our student, Ashlyn, for all of her hard work and dedication during her time with SCWW.

I want to remind everyone about our annual Voice to Face Party, which will be held at The Good Companions on Tuesday, September 29th. If you have not already registered, please let us know as soon as possible. We are looking forward to seeing many of you in person!

We are very happy to continue to offer programs over the holiday break on Christmas Eve and New Year's Eve. Be sure to mark your calendars and join us!

Finally, a huge thank you to all of our participants, both longtime and new, and everyone in between. SCWW would not be what it is without you. Thank you for all of the laughter, kindness, and mutual support.

As always, your SCWW team is here for you. If you have any questions, concerns, topics you'd like to hear about, or just want to chat — give us a call!

A Message from Your Coordinator

Courtney DeFazio
SCWW Coordinator

RESPECTFUL CONDUCT POLICY

To ensure a safe and welcoming space, we ask all participants, facilitators and guest presenters to observe our Conduct Policy and Group Etiquette:

- To be respectful towards all staff, volunteers, participants and telephone operators (including our conference call provider).
- To create an inclusive environment that honours people of all cultures, traditions, faiths, genders, sexual orientation, abilities, and life experiences.
- To engage in appropriate subject matters and language.
- To allow everyone to contribute by not dominating the conversations.
- To respect all group members and their opinions, even if they differ from your own.
- To allow program facilitators to lead the conversation or activity, and manage the other participants.

We have zero tolerance for violations of this policy. Failure to follow these guidelines may result in your removal from the program.

HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Mindfulness & Meditation

Monday Mornings — 10:30-11:00 AM

Mindfulness is the intention of being present, of quieting the mind, and connecting with one's feelings, thoughts, and bodily sensations. It is a practice that has proven to be effective at reducing stress and anxiety. In partnership with Centretown Community Health Centre, join Amy Wannamaker every Monday morning for 30 minutes dedicated to calming the body and mind through guided practice.

Presenter: *Amy Wannamaker, Community Health Worker - Health Promotion, Centretown Community Health Centre*

Chair Exercise & Yoga

Thursday Mornings — 10:45-11:15 AM

Join Anna weekly for fun and simple chair-based exercises you can do right at home. These sessions will focus on safe, supportive movements designed to build strength and improve flexibility for everyday tasks. All fitness levels are welcome!

**Please note: Advance registration is required to attend. When you register, we will provide you with a PAR-Q and fitness liability waiver, which can be completed and returned to us or completed over the phone.*

Presenter: *Anna Ferdinand, 500 Hour Yoga Teacher, Certified Group Fitness Instructor and Owner of Play! Joyful Fitness*

Aging Well in Ottawa

Tuesday, September 15 — 10:45-11:45 AM

Join Ottawa Public Health to learn about Aging Well in Ottawa and the free programs and services available to support healthy aging in our community. Discover health information sessions, screenings such as hearing and heart health checks, and Strong & Steady, a strength and balance program designed to help prevent falls. We'll also share information about the upcoming Aging Well in Ottawa Fall Health Fair and the resources available to older adults

Presenter: *Kiwi Martel-Bryden, BScN, RN, CCHN(C), Public Health Nurse, Ottawa Public Health*

HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Trust Your Gut: The Science of the Microbiome

Thursday, October 1 — 2:45-3:45 PM

Did you know your gut health influences everything from your mood to your immunity? In this presentation, you will learn how to identify the "power players" in your system and discover simple, evidence-based food swaps to reduce bloating and boost energy. Don't miss this chance to learn how to fuel the ecosystem that fuels you!

Presenter: *Huguette Samson Bouchard, RD/Dt.P., Community Dietician, Centretown Community Health Centre*

Vitamins and Healthy Aging

Thursday, October 15 — 2:45-3:45 PM

Many people may not get enough essential vitamins and minerals through their diet, which can affect overall health and well-being. Learn about the importance of essential vitamins and minerals for healthy aging. Discover common nutrient gaps and the key micronutrients that can support overall health and well-being.

Presenter: *Jenni Beharry, BA, NNCP, CNE, Nutrition Counselor, Caven Nutrition Group*

The THRIVE Approach to Wellbeing

Thursday, October 29 — 2:45-3:45 PM

Join Kaitlyn Borutskie from Geriatric Psychiatry Community Services of Ottawa. Using the THRIVE approach, we will be reviewing five key areas of our health (thoughts, health habits, relationships, interests, emotions) and how to set goals in these areas for optimal aging and wellbeing.

Presenter: *Kaitlyn Borutskie, Registered Nurse, Psychogeriatric Resource Consultant, Geriatric Psychiatry Community Services of Ottawa*

Preventing Falls and Staying Independent This Winter

Wednesday, November 4 — 12:45-1:30 PM

Dr. Valérie Robichaud is a Chiropractor at CURAVITA Health Group in Ottawa. In this presentation, she will discuss the importance of maintaining independence as we age and the role chiropractors can play in fall prevention. Learn how strength, steadiness, and balance can help reduce the risk of falls, along with practical tips you can use to stay safe and independent at home.

Presenter: *Dr. Valerie Robichaud, Chiropractor, CURAVITA Health Group*

HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Defy Dementia: Spotlight on Improv

Wednesday, November 25 — 2:45-3:30 PM

This interesting podcast explores how improvisational theatre may support healthy aging. Hear from performers, educators, and a neuropsychologist about how improv can promote social connection, physical movement, and cognitive engagement, while potentially reducing depression and anxiety. Discover how humour, creativity, and practice can build confidence, resilience, and overall well-being.

Presenter: *Defy Dementia Podcast, Baycrest Health Sciences*

Dementia Society: Programs & Services

Tuesday, December 1 — 10:45-11:45 AM

Learn about the services and supports available through the Dementia Society of Ottawa and Renfrew County, including virtual and in-person programs, resources for people living with dementia and their caregivers, and opportunities to learn more about brain health.

Presenter: *Whitney Hale, Dementia Care Coach, Dementia Society of Ottawa and Renfrew County*

Healthy Eating, Meal Prep & Food Safety

Tuesday, December 8 — 10:45-11:30 AM

Join Stéphane Roy, Food Services Manager at The Good Companions Seniors' Centre, to chat about healthy eating, food safety, and practical meal-prepping tips. You will also have an opportunity to ask questions and share your own tips and experiences.

Presenter: *Stéphane Roy, Food Services Manager, The Good Companions Seniors' Centre*

We understand that it can sometimes feel difficult or uncomfortable to ask questions during a presentation.

If you have a question you'd like to ask, feel free to share it with us in advance and we can pass it along to the presenter anonymously.

You can email us at scww@thegoodcompanions.ca or call 613-236-0428 ext. 2323

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Voting in the City of Ottawa's 2026 Municipal Elections

Tuesday, September 8 — 10:45-11:45 AM

Join us for an informative presentation detailing the voting process and voting options available to help you participate in the upcoming 2026 Municipal Election on Monday, October 26th. This session will cover where and when to vote, how to register to vote by mail, how to appoint a proxy to vote on your behalf, steps to voting in-person, as well as the accessibility accommodations available to make voting easier for everyone.

Presenter: *Emerson Donnelly Ferguson, Elections Coordinator, Outreach and Stakeholder Relations*

Community Support Resources

Wednesday, September 23 — 2:45-3:45 PM

Looking for resources and supports in your community? Join Rosamond and Ryan, Social Workers and Social Service Workers from Ottawa West Community Support, for a presentation about general resources available to seniors in Ottawa. They will provide an overview of helpful community resources, followed by 30 minutes of Q&A,

Presenter: *Rosamond Meier & Ryan Geikie, Social Workers and Social Service Workers, Ottawa West Community Support*

The History of Tea

Tuesday, October 13 — 10:45-11:15 AM

Take a journey through the fascinating history of tea, from its ancient origins in China to its spread across the globe. Explore how tea evolved across different cultures, became a beloved British tradition, and influenced trade, society, and everyday life. Discover the stories and traditions behind one of the world's most popular beverages!

Presenter: *SCWW Team Member*

The Soundtrack of Cinema

Wednesday, October 21 — 2:45-3:15 PM

Music and film have always been closely connected, helping to capture the culture and spirit of their time. Explore some of cinema's most memorable musical moments and discover how songs, scores, and music-centred films reflected the changing attitudes, trends, and society of the eras in which they were made.

Presenter: *SCWW Team Member*

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Stories of Genealogy

Monday, November 9 — 2:45-3:45 PM

Join British Isles Family History Society of Greater Ottawa for a fascinating presentation exploring the stories and discoveries that can be uncovered through family history research. Hear about interesting research findings and learn more about how BIFHSGO helps family historians connect, share knowledge, and discover more about their roots.

Presenter: *Paul Cripwell, Vice President, British Isles Family Historical Society of Greater Ottawa*

Caregiver Burnout & Self-Care

Monday, November 23 — 2:45-3:15 PM

Caregiver burnout is emotional and physical exhaustion that happens to people who take care of others. Learn more about what caregiver burnout is, how to recognize the signs, and practical ways to prevent it. Discover simple self-care strategies to support your own well-being, and share your favourite tips and ideas with the group.

Presenter: *SCWW Team Member*

Holidays Around the World

Thursday, December 3 — 2:45-3:15 PM

There are so many wonderful holidays celebrated around the world in November and December. Join us as we take a journey across different countries and cultures to explore the traditions, customs, stories, and histories behind a variety of seasonal celebrations. Discover how different communities mark this time of year, and learn about some of the unique and meaningful ways people celebrate around the world.

Presenter: *SCWW Team Member*

Do you have a hobby, talent, area of interest, or a story to share? We're always looking for volunteers to help make SCWW programs interesting, engaging, and fun!

Volunteers can share a hobby or area of interest, tell us about their travels, help research program topics, or even facilitate a program of their own.

Interested in getting involved? Call 613-236-0428 ext. 2323 or email scww@thegoodcompanions.ca

ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Storytelling with Mary

Sept. 21, Oct. 19, Nov. 16 & Dec. 14 — 2:45-3:15 PM

For almost 20 years, Mary Wiggin has delighted audiences with her storytelling. She has been a frequent featured teller at the Ottawa StoryTellers' series at the National Arts Centre and Arts Court and at the Children's Storytelling Festival. Join us for half an hour of stories sure to make you laugh, think, and reflect.

Presenter: *Mary Wiggin, Professional Storyteller & Proud Grandmother*

OAG Art Talks

Sept. 22, Oct. 27, Nov. 24 & Dec. 22 — 10:45-11:45 AM

Experience a taste of the local world of art with the Ottawa Art Gallery (OAG) and their monthly Art Talks. Join us for engaging conversations about the OAG's diverse exhibitions and collections, where our expert guide provides in-depth descriptions of artworks and the meaning behind them. Please join the conversation! Mail-outs of images will be provided to those who register in advance.

Presenter: *Representative from the Ottawa Art Gallery*

Travelogue: Scandinavia

Friday, October 23 — 10:45-11:45 AM

Pack your (imaginary) bags! This Fall, Monty returns to share his recent adventures across Norway, Sweden, and Denmark. Having traveled the world for years, Monty brings his 2025 trip to life with beautiful visuals and firsthand tales of Viking history and modern Nordic culture.

Presenter: *Amitabh Mukerji (Monty), Member & Volunteer at The Good Companions Seniors' Centre*

Music Chat: Remembrance Day

Tuesday, November 3 — 10:45-11:45 AM

Take a musical journey through the songs that captured the experiences, emotions, and spirit of wartime. Enjoy familiar favourites and discover the stories and history behind some of the memorable songs associated with Remembrance Day. A chance to listen, reminisce, and reflect through music.

Presenter: *Brian McGurrin, Retired Librarian & Music Enthusiast*

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fall Program Registration	2	3  Chair Exercise & Yoga 10:45-11:15 am  SCWW Calendar Presentation 2:45-3:15 pm	4 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
7 Labour Day No Programs Today	8  Municipal Elections 10:45-11:45 am Trivia 2:45-3:15 pm	9 Open House No Programs Today	10  Chair Exercise & Yoga 10:45-11:15 am BINGO 2:45-3:45 pm	11 TV + Movie Chat 10:45-11:15 am Name That Tune 12:45-1:15 pm
14  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm Monday Check-In 2:45-3:15 pm	15  Aging Well in Ottawa 10:45-11:45 am Trivia 2:45-3:15 pm	16 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	17  Chair Exercise & Yoga 10:45-11:15 am Canadian Trivia 2:45-3:15 pm	18 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
21  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm  Storytelling 2:45-3:15 pm	22  OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	23 Fun Facts 10:45-11:15 am 30-Minute Hits: The '50s 12:45-1:15 pm  Community Support 2:45-3:45 PM	24  Chair Exercise & Yoga 10:45-11:15 am Fact or Fiction 2:45-3:15 pm	25 Birthday Party 10:45-11:15 am Book Chat 12:45-1:15 pm
28  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm BINGO 2:45-3:45 pm	29 Voice to Face Party! No Programs Today	30 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm  Orange Shirt Day 2:45-3:15 pm	Saturday Programming: Trivia Saturday, September 12 10:45-11:15 AM	

To join any program dial: 343-600-7647 or 1-844-237-9847

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Saturday Programming: Fun Facts Saturday, October 17 10:45-11:15 AM			1  Chair Exercise & Yoga 10:45-11:15 am  The Science of the Microbiome 2:45-3:45 pm	2 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
5  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm Monday Check-In 2:45-3:15 pm	6  SCWW Planning Committee 10:45-11:15 am Trivia 2:45-3:15 pm	7 Fun Facts 10:45-11:15 am Short Stories 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	8  Chair Exercise & Yoga 10:45-11:15 am BINGO 2:45-3:45 pm	9 Classic Sports Radio 10:45-11:15 am Name That Tune 12:45-1:15 pm
12 Thanksgiving No Programs Today	13  The History of Tea 10:45-11:15 am Trivia 2:45-3:15 pm	14 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm You be the Judge 2:45-3:15 pm	15  Chair Exercise & Yoga 10:45-11:15 am  Vitamins and Healthy Aging 2:45-3:45 pm	16 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
19  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm  Storytelling 2:45-3:15 pm	20 5-Minute Mysteries 10:45-11:15 am Trivia 2:45-3:15 pm	21 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm  The Soundtrack of Cinema 2:45-3:15 pm	22  Chair Exercise & Yoga 10:45-11:15 am Dear Abby 2:45-3:15 pm	23  Travelogue: Scandinavia 10:45-11:45 am Gratitude Jar 12:45-1:15 pm
26  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm BINGO 2:45-3:45 pm	27  OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	28 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Sequence Sense 2:45-3:15 pm	29  Chair Exercise & Yoga 10:45-11:15 am  The THRIVE Approach 2:45-3:45 pm	30 Recipe + Food Chat 10:45-11:15 am  Canadian Mysteries 12:45-1:15 pm

To join any program dial: 343-600-7647 or 1-844-237-9847

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm Monday Check-In 2:45-3:15 pm	3  Music Chat 10:45-11:45 am Trivia 2:45-3:15 pm	4 Fun Facts 10:45-11:15 am  Fall Prevention 12:45-1:30 pm Who, What, Where 2:45-3:15 pm	5  Chair Exercise & Yoga 10:45-11:15 am Brain Teasers & Riddles 2:45-3:15 pm	6 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
9  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm  Stories of Genealogy 2:45-3:45 pm	10  Remembrance Day Ceremony 10:45-11:15 am Trivia 2:45-3:15 pm	11 Remembrance Day No Programs Today	12  Chair Exercise & Yoga 10:45-11:15 am BINGO 2:45-3:45 pm	13 Spiritual Space 10:45-11:15 am Name That Tune 12:45-1:15 pm
16  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm  Storytelling 2:45-3:15 pm	17 Discussion Group 10:45-11:15 am Trivia 2:45-3:15 pm	18 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Family Feud 2:45-3:15 pm	19  Chair Exercise & Yoga 10:45-11:15 am Canadian Trivia 2:45-3:15 pm	20 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
23  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm  Caregiver Burnout 2:45-3:15 pm	24  OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	25 Fun Facts 10:45-11:15 am 30-Minute Hits: The '60s 12:45-1:15 pm  Defy Dementia 2:45-3:30 pm	26  Chair Exercise & Yoga 10:45-11:15 am Fact or Fiction 2:45-3:15 pm	27 Birthday Party 10:45-11:15 am Remember When 12:45-1:15 pm
30  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm BINGO 2:45-3:45 pm	 Health & Wellness Series  Educational Series  Art & Travel  Special Events <u>Saturday Programming:</u> Finish the Line Saturday, November 14 10:45-11:15 AM			

To join any program dial: 343-600-7647 or 1-844-237-9847

December 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  Dementia Society 10:45-11:45 am Trivia 2:45-3:15 pm	2 Fun Facts 10:45-11:15 am Short Stories 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	3  Chair Exercise & Yoga 10:45-11:15 am  Holidays Around the World 2:45-3:15 pm	4 Good News 10:45-11:15 am Bazaar Set-Up No Afternoon Program
7  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm Monday Check-In 2:45-3:15 pm	8  Healthy Eating 10:45-11:30 am Trivia 2:45-3:15 pm	9 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Finish the Line 2:45-3:15 pm	10  Chair Exercise & Yoga 10:45-11:15 am BINGO 2:45-3:45 pm	11 Sports Chat 10:45-11:15 am Name That Tune 12:45-1:15 pm
14  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm  Storytelling 2:45-3:15 pm	15 5-Minute Mysteries 10:45-11:15 am Trivia 2:45-3:15 pm	16 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm You be the Judge 2:45-3:15 pm	17  Chair Exercise & Yoga 10:45-11:15 am Crossword Puzzle 2:45-3:15 pm	18 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
21  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm BINGO 2:45-3:45 pm	22  OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	23 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Sequence Sense 2:45-3:15 pm	24  Twass the Night Before Christmas 10:45-11:30 am	25 Centre Closed for the Holidays until January 4th
Saturday Programming: Way With Words Saturday, December 12 10:45-11:15 AM			31  New Year's Eve Countdown 11:30 am-12:15 pm	

To join any program dial: 343-600-7647 or 1-844-237-9847

SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

SCWW Calendar Presentation

Thursday, September 3 — 2:45-3:15 PM

Join us at the start of this term as we walk through the calendar together, introduce new programs, and ask any questions you may have about the upcoming term!

Presenter: *SCWW Team Member*

Orange Shirt Day: National Day for Truth and Reconciliation

Wednesday, September 30 — 2:45-3:15 PM

Each year, September 30 marks the National Day for Truth and Reconciliation, a day to honour the children who never returned home, Survivors of residential schools, and their families and communities. Join us in a safe and respectful space to learn more about the history and ongoing impacts of residential schools, the significance of Truth and Reconciliation, and the Indigenous perspectives, ideologies, and ways of knowing.

Presenter: *SCWW Team Member*

SCWW Planning Committee

Tuesday, October 6 — 10:45-11:15 AM

Interested in becoming a SCWW volunteer? Join our participant-led Planning Committee to share your feedback and help shape our upcoming program guide. This program is for you and made by you — help us enhance it by sharing your ideas for topics, presentations, and activities you'd like to see offered!

Presenter: *Your SCWW Team*

Canadian Mysteries

Friday, October 30 — 12:45-1:15 PM

Explore some of the most intriguing unsolved mysteries and puzzling stories in Canadian history. Discover strange disappearances, unexplained events, historical mysteries, and the clues that have left historians searching for answers. Bring along your own mysteries and ghost stories this Halloween!

Presenter: *SCWW Team Member*

SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Remembrance Day Ceremony

Tuesday, November 10 — 10:45-11:15 AM

Even from home, we can still gather on Remembrance Day. We will come together to honour the courage, valour and sacrifices of the heroes who have served — and continue to serve — Canada during times of war and conflict.

Presenter: SCWW Team Member

'Twas the Night Before Christmas

Thursday, December 24 — 10:45-11:30 AM

*'Twas the day before Christmas, and on the SCWW Line
You could hear people chatting, having a grand ol' time.
SCWW friends gathered together to laugh, chat and cheer,
To wish each other Merry Christmas and a Happy New Year!*

Join us for our annual Christmas Eve program. We will share some stories, a little trivia and of course read the beloved poem *'Twas the Night Before Christmas*

Presenter: SCWW Team Member

New Years Eve Countdown

Thursday, December 31 — 11:30 AM-12:15 PM

We'll take a cup o' kindness yet, for days of auld lang syne... Join all of your telephone buddies as we count down to the New Year (well... somewhere in the world it will be midnight!)

Presenter: SCWW Team Member

The Good Companions will be closed for the holidays from Thursday, December 24th, and will reopen on Monday, January 4th.

No SCWW Programs will run except for December 24th and December 31st. Phone messages will not be checked during this time.

See the back cover for useful phone numbers & resources you can access during the closure.

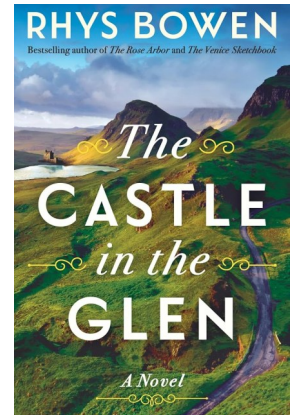
REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

BOOK CLUB: *The Castle in the Glen* by Rhys Bowen

We will meet every Monday to listen to 45 minutes of reading, followed by a few minutes of discussion. **The readings will be recorded in case you are unable to attend.**

We will conclude our Book Club on Monday, December 21st, so be sure to join us for final thoughts and discussion!



Australian writer Emma Callander has been recruited to complete the final historical mystery in a series by celebrated author Iris Blackburn. It's 1964, and Iris's memory is fading. She's certain that only Emma can do justice to her novel about a murder on the Isle of Skye. When Emma ventures to Scotland for research, she discovers it isn't fiction at all, but rather a true crime unsolved for more than fifty years.

It was 1904 when a couple's suspicious drowning led to the disappearance of a mysterious young woman the locals called the Wild Girl. To this day the mystery is unforgettable, especially among the descendants of an aristocratic family who'll do anything to keep their secrets buried. From the misty Highlands to a medieval castle, Emma and Tony Gordon, Iris's handsome lawyer, work ever more closely to uncover them.

But while Iris may be known for her fiendishly clever twists, there's one not even Emma could have seen coming.

Reminder: Voice to Face Party!

Our annual Voice to Face Party is being held on

Tuesday, September 29, 2026, at The Good Companions Seniors' Centre

If you have not already RSVP'd, please call 613-236-0428 ext. 2323 or
email scww@thegoodcompanions.ca

Come have fun, connect, and celebrate the program!

REGULAR PROGRAMS

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Trivia-Style Programs

WAY WITH WORDS

Test your vocabulary with 30 minutes of word games! These games will include rhyming words, or finding answers that begin with, end with, or contain a particular set of letters.

FINISH THE LINE

“There is no time like the _____!” Fill in the blanks of famous quotes, expressions, song lyrics, movie titles and other categories.

TRIVIA

Researchers have found that memory loss can be improved simply by doing mental exercise every day. Give your brain a workout with our tip-top trivia questions.

CATEGORIES

Name a type of flower, a hockey team, a brand of cereal! Work together as a group to see how many items in a category you can name.

WHO, WHAT, WHERE

We have a list of clues pertaining to a person, place or thing—work as a group to figure out the answer.

FACT OR FICTION

Think you can tell the difference between fact and fiction? What you think you know and the truth may surprise you!

BRAIN TEASERS & RIDDLES

Who doesn't love brain teasers and challenging riddles? If you think you're a pro at solving tricky riddles, put yourself to the test and stretch your brain with us.

CROSSWORD PUZZLE

Collaborate with others to fill in the blanks and enjoy the camaraderie of working through clues as a team. If you wish to receive a blank copy of the puzzle, you must register in advance.

CANADIAN TRIVIA

Put your Canadian knowledge to the test with fun trivia about Canada!

FAMILY FEUD

Dial in for Family Feud fun! No teams — Just you, your best guesses, and plenty of surprises as we try to uncover the most popular survey answers together.

SEQUENCE SENSE

Put your memory and sense of history to the test. Work together to place a mix of five historical events in chronological order!

REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Conversational Programs

MONDAY CHECK-IN

A space to check-in with each other and just have a general chat after the weekend.

COFFEE CHAT

Come hangout with your fellow SCWW participants for half an hour of conversation.

CURRENT AFFAIRS

Join us as we discuss events happening across Canada and around the world.

BOOK CHAT

Let's have a chat about books! Maybe it is a book you are currently reading, or share a great book that you've read in the past.

SPORTS CHAT

Join us for a lively discussion on the world of sports. From recent games and big plays to favourite teams and classic moments, there's something for everyone to enjoy — no expertise required!

GRATITUDE JAR

Practicing gratitude brings positivity into our lives by focusing on goodness. Share your gratitude with us.

RECIPE & FOOD CHAT

In this chat, we'll swap favourite recipes, discover new ones, and share helpful tips and tricks we use in the kitchen, along with ideas for meals to try at home!

DISCUSSION GROUP

Join this group where we will have a theme for discussion each session from participant suggestions.

SPIRITUAL SPACE

Offering a place for all faiths and religions to come together for reflection and prayer.

REMEMBER WHEN

Step back in time with this program dedicated to reminiscing, where you can engage in nostalgic reflections, sparking cherished memories and fostering connections.

TV + MOVIE CHAT

Share your favorite TV series and movies, chat about what you're currently watching, and explore the latest trending shows and films!

GOOD NEWS

Join us for a bit of sunshine as we share positive and inspiring stories from home and from around the world.

REGULAR PROGRAMS

Fun & Music

FUN FACTS

Explore and discover new and unusual facts from history to geography to interesting people and much more. Listen, learn and share!

5-MINUTE MYSTERIES

Enjoy a captivating 5-minute mystery story and see if you can determine ‘whodunit’!

BINGO!

We are bringing the BINGO hall to you. **You must register in advance** to receive your playing card. If you are unable to use a playing card, we will play for you and you will still be eligible for a prize! *See page 22 for our BINGO patterns.*

BIRTHDAY PARTY

Join us in serenading our birthday celebrants, listen to some jokes, and find out what the cake of the month will be!

NAME THAT TUNE

Test your musical knowledge and guess the title and artist of these mysterious melodies!

MUSIC REQUESTS

Have a favourite song you’d like to hear? Join us and listen to songs picked by you!

DEAR ABBY

Join us as we read "Dear Abby" letters and offer our own unique advice on the columns.

YOU BE THE JUDGE

You are the judge in these real life crime stories. Hear all the facts, evaluate and discuss the ins and outs of the case, and deliver a verdict.

Sit Back and Relax Programs

SHORT STORIES

Immerse yourself into the wonderful world of short stories from a variety of genres.

OLD TIME RADIO PLAYS

Sit back and listen to some comedy, drama or mystery radio plays from the past! Suggest your favourites!

CLASSIC SPORTS RADIO — **NEW!**

Listen to some classic sports broadcasts from legendary announcers and unforgettable games from the past!

REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Sit Back and Relax Programs

30-MINUTE HITS — **NEW!**

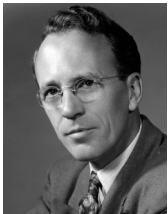
September 23 & November 25 — 12:45-1:15 PM

Sit back, relax, and enjoy your lunch with 30 straight minutes of great music! Each session will feature a different theme, from beloved musicals and favourite decades to iconic genres and memorable artists. Just tune in, turn up the volume, and enjoy the music!

- **Wednesday, September 23 — Hits of the '50s**
- **Wednesday, November 25 — Hits of the '60s**

15-MINUTE BIOGRAPHIES

Friday, September 18



Tommy Douglas
Premier of Saskatchewan,
known as the “Father of
Medicare”



Mary Simon
The first Indigenous
Governor General of Canada

Friday, November 20



Paul Robeson
Singer, actor, professional
football player and activist



Babe Didrikson Zaharias
Pioneering multi-sport athlete
and co-founder of the LPGA

Friday, October 16



Celine Dion
Canadian singer, entrepreneur
and philanthropist



Paul Anka
Ottawa-born singer,
songwriter, and actor

Friday, December 18



F. Scott Fitzgerald
American novelist of the
Jazz Age



Margaret Atwood
Canadian novelist, poet,
literary critic and inventor

Do you have a topic that you would like to learn or talk about? Let us know, and we can find ways to add it into our next program guide.

SCWW BINGO PATTERNS

4 Corners

B	I	N	G	O
●				●
		FREE		
●				●

Inside Square

B	I	N	G	O
	●	●	●	
	●	FREE	●	
	●	●	●	

Postage Stamp

B	I	N	G	O
			●	●
			●	●
		FREE		

The Letter "T"

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		●		
		FREE		
		●		
		●		

The Letter "X"

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●				●

The Letter "L"

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●				
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The Letter "H"

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●				●

Plus Sign

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6-Pack

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		FREE	●	●
			●	●

Community Programs & Activities

Getting Help With Technology

Centretown Community Health Centre is offering a series of free technology workshops for older adults, focusing on technology access, safety, and confidence. Workshops are delivered by Connected Canadians with support from the New Horizons for Seniors Grant.

Each workshop includes a lesson on a specific topic, followed by time for one-on-one support with your own device. Participants are welcome to bring a tablet, laptop, or cell phone for hands-on assistance.

Upcoming Workshops:

- September 22 | 9:30-11:30 AM — Financial Scam Prevention & Identity Theft Protection
- October 20 | 9:30-11:30 AM — Accessing Government Services
- November 17 | 9:30-11:30 AM — Banking and Shopping Online

Registration: Please register by email at groups@centretownchc.org, or by phone at 613-233-4443 ext. 2108.

Location: All workshops take place in person at Centretown Community Health Centre, 420 Cooper Street.

Snacks will be provided, and assistance with bus tickets is available upon request.

Seniors' Centre Without Walls Chinese Programs

情牵你我·温暖在线 电话交流活动



一通电话，连接你我；

一声问候，传递温暖。

活动专线: 343-341-4711

请于节目开始前5分钟拨打参加

精彩内容包括:

时事新闻·人文历史·养生保健·休闲娱乐等

 免费参加，无需复杂准备！

欢迎大家拨打电话，轻松参与，

与我们在线交流，共度温暖时光！

国语专场

每周一、周四 上午 10:00–10:30 AM

粤语专场

每周一 下午 2:00–2:30 PM

电话学英语

每周四 下午 2:00–2:30 PM

***For more information please call
613-237-4439 ext. 转 2777**

Useful Resources

If you feel at any point that you need some extra assistance there are many resources out there. We are happy to help you connect with them, or tell you a little bit more about what they have to offer.

Here are just a few:

OTTAWA 3-1-1 — Ottawa information and client services (24/7). Just dial **3-1-1** on your phone.

HEALTH811 — 8-1-1

Free, confidential service you can call to get health advice or information. A registered nurse will take your call 24 hours a day, seven days a week.

ONTARIO 2-1-1 is a free helpline that connects you to community and social services in your area, 24 hours a day, 365 days a year, in 150 different languages. Dial **2-1-1** on your phone to connect.

A FRIENDLY VOICE — 1-855-892-9992

A telephone friendly visiting line for seniors. Have one-on-one conversations. Open 7 days a week, 8am-10pm.

WALK-IN COUNSELLING CLINIC — 613-755-2277

Provides free, immediate counselling services to individuals, couples, and families.

DISTRESS CENTRE — 613-238-3311

If you are feeling upset, distraught or distressed, please call this number. Open 24 hours, 7 days a week.

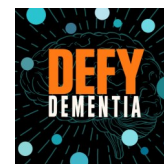
CRISIS LINE — 613-722-6914

If you are experiencing a mental health crisis, please call this number. Open 24 hours, 7 days a week.

SENIORS SAFETY PHONE LINE

(Elder Abuse Prevention Ontario) **1-866-299-1011**
24-hour crisis & support line for seniors. Open 7 days a week, 365 days a year.

**Thank you to all of our
community partners,
supporters, and volunteers!**



**OTTAWA WEST
COMMUNITY SUPPORT**
SERVICE COMMUNAUTAIRE D'OTTAWA OUEST