



# 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

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WEEKLY TRIVIA

BOOK CLUB

AND MORE!



Ontario



United Way  
East Ontario





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## **Seniors' Centre Without Walls is available in other languages:**

### **Cantonese or Mandarin**

Mavis Li, The Good Companions  
613-236-0428 ext. 2363

*\*In Partnership with Yet Keen Seniors' Day  
Centre from Somerset West CHC*

## **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.*

# Seniors' Centre Without Walls 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: **613-236-0428**

## 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 or 1-844-237-9847.**

*\*The calls are open to anyone, whether you have registered as a participant or not. 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



**Emma Revell**  
**(she/her)**  
SCWW Coordinator  
613-236-0428  
Ext. 2323



**Afua Okyere**  
**(she/her)**  
SCWW Program Assistant  
613-236-0428  
Ext. 2390



**Courtney Defazio**  
**(she/her)**  
SCWW Program Assistant  
613-236-0428  
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**Rachel (Ray) Hincke**  
SCWW Placement Student  
613-236-0428  
Ext. 4260

## A Message from Your Coordinator

One year ends and another begins, and with it brings a new calendar! There's nothing quite like the fresh start of a new year, and I couldn't be more excited about our upcoming offerings this winter, including a couple new programs.

I'm also thrilled to announce that we will be introducing weekend programming! On the second Saturday of each month, we will host a program at 2:45pm. See the calendars on pages 12-15 for dates and specific programs. This will be on a trial basis, but we're sure it will be a big hit.

I'd like to extend my gratitude and congratulations to Alyssa, who completed her student placement in December. She was such an instrumental part of our team this past fall, and we're so glad she will be volunteering with us to host the odd program over the next few months.

You'll also hear a new voice on the phone as we welcome Rachel Hincke, another wonderful placement student for the winter term.

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

Emma Revell  
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.

If you have any questions or concerns regarding this policy, or have an issue with another participant or facilitator, please contact a member of the SCWW team.

# HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Mindfulness & Meditation

Monday Mornings — 10:30-11:00 AM

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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. Take 20 minutes out of your day every Monday to focus on you and your self-care.

**Presenter:** *Various*

## Vaccine Updates: Shingles & Pneumonia

Tuesday, January 14 — 10:45-11:45 AM

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Join Angel Deng, a clinical pharmacist at Bruyère Health, for an update on pneumonia and shingles vaccines. Learn about the different vaccines and how they can protect you from these diseases.

**Presenter:** *Angel Deng, Clinical Pharmacist, Élisabeth Bruyère Hospital, Bruyère Continuing Care*

## Oral Health

Thursday, January 16 — 2:45-3:45 PM

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Join us for a presentation on the importance of oral health and its impact on overall well-being. Discover how aging affects your oral health and learn about the unique challenges and changes that occur as we grow older. Gain practical tips and strategies to maintain healthy teeth and gums.

**Presenter:** *Dr. Adrian Marko*

## Canadian Dental Care Plan

Wednesday, January 22 — 2:45-3:45 PM

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Oral health is important for our overall well-being. The Canadian Dental Care Plan (CDCP) will help ease financial barriers to accessing oral health care for eligible Canadian residents. Learn more about this new benefit from Vicky Williams, a Citizen Service Specialist with Service Canada. Vicky will explain who qualifies, how and when you can apply, and how to find out what's covered, plus much more.

**Presenter:** *Vicky Williams, Citizen Service Specialist, Service Canada*

# HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Arthritis & the Importance of Physical Activity

Thursday, January 30 — 10:45-11:45 AM

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Arthritis can significantly impact mobility and quality of life; however, physical activity plays a crucial role in managing its symptoms and improving overall quality of life. Join us to learn more about:

- Arthritis as a condition
- The importance of physical activity in terms of arthritis prevention and management
- How to become more physically active
- How to start planning and implementing physical activity goals

**Presenter:** *Ashima Narayan, Arthritis Rehabilitation and Education Program Clinician, Arthritis Society Canada*

## Diabetes Education

Tuesday, February 4 — 10:45-11:45 AM

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Join us for an educational workshop on diabetes. The diabetes team from Centretown Community Health Centre will be sharing more information on causes, symptoms and management tips to help optimize your well-being.

**Presenter:** *Jennifer Stipetic RN, BSCN, CDE (she/her), Diabetes Nurse Educator, Centretown Community Health Centre*

## Let's Talk About Your Heart: Reducing Your Risk of Heart Disease

Thursday, February 6 — 2:45-3:45 PM

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In this presentation we will talk about your heart and how you can prevent heart disease by reducing your risk. We will also discuss healthier lifestyle management and what you need to look for in order to better understand your heart health.

**Presenter:** *Dr. Nazli Parast, RN, CDE, BScN, MScN, EdD (she/her), University of Ottawa Heart Institute, Clinical Manager, Canadian Women's Heart Health Centre and Prevention & Wellness Centre*

# HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Her Heart Matters

**Monday, March 10 — 2:45-3:45 PM**

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Join us for this very important presentation on women's heart health. Dr. Nazli Parast will explain how heart disease is different in women, including signs, symptoms, causes and risk factors.

**Presenter:** *Dr. Nazli Parast, RN, CDE, BScN, MScN, EdD (she/her), University of Ottawa Heart Institute, Clinical Manager, Canadian Women's Heart Health Centre and Prevention & Wellness Centre*

## Foods That Fight Cancer

**Wednesday, March 26 — 2:45-3:15 PM**

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Did you know that colorectal cancer is the third most common cancer in Canada, and 93% of cases occur in adults over the age of 50? Research has shown that about half of all cancers are preventable and influenced by lifestyle factors that can be modified, including having healthy eating and drinking habits. Let's take a look at foods that fight cancer, with information provided by a partnership between Colorectal Cancer Canada and renowned biochemist and researcher, Richard Béliveau.

**Presenter:** *SCWW Team Member*

## St. John Ambulance Q&A

**Tuesday, April 15 — 10:45-11:45 AM**

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Are you interested in learning more about the principles of First Aid and Emergency Scene Management? Join us for this insightful session with St. John Ambulance! This presentation will occur in a Q&A format, so have your questions ready in advance.

**Presenter:** *Representative from St. John Ambulance*

## Lung Health

**Tuesday, April 22 — 10:45-11:45 AM**

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Discover the importance of staying active to maintain healthy lung function, practical breathing exercises, and effective techniques to manage symptoms like coughing and shortness of breath. We'll cover strategies for keeping your lungs healthy through prevention and proactive management, and introduce the Lung Health Foundation's free programs designed to support your journey. Don't miss this opportunity to empower yourself with the knowledge and tools to breathe easier and live well!

**Presenter:** *Sonia Cardozo, RRT, CRE, Manager- Community Programs and Partnerships, Lung Health Foundation*

# EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Fire Safety Education

Thursday, January 23 — 10:45-11:45 AM

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Join the Fire Prevention team for an informative session on fire safety! Learn essential steps to take in the event of a fire, the importance of evacuation procedures, and practical safety tips tailored for seniors and individuals with physical disabilities. As we age, having a solid safety plan in place becomes even more important to ensure you can stay safe in your home.

**Presenter:** *Andrew Watson, Fire Prevention Officer, Ottawa Fire Services*

## International Day of Women and Girls in Science

Tuesday, February 11 — 10:45-11:15 AM

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February 11th is International Day of Women and Girls in Science, a day dedicated to promoting equal access to and encouraging full participation of women and girls in the field of science. Today, we honour pioneers like Marie Curie and Katherine Johnson, whose work has left a ground-breaking mark on history. We'll explore the inspiring achievements of remarkable women in science and celebrate their lasting impact across generations.

**Presenter:** *SCWW Team Member*

## 211 (Community Navigation of Eastern Ontario)

Tuesday, February 18 — 10:45-11:45 AM

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John Hoyles, Executive Director of CNEO/211 East, will share the many different ways a senior can use 211 to find the service or support they need and be able to talk to a live person who will get the caller connected to the right place. This can be done in over 150 languages. CNEO, with its extensive database of services and programs, after assessing the caller's needs, will connect the caller to the help they need.

**Presenter:** *John Hoyles, Executive Director, CNEO/211 East*

## CRA: Preparing for Tax Season

Thursday, February 20 — 10:45-11:45 AM

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Join us for an informative session by the Canada Revenue Agency (CRA). This session will cover essential topics like tax benefits, credits, and services relevant to seniors, including ways to maximize your benefits and protect against fraud. Discover how to make the most of available resources and manage your taxes confidently.

**Presenter:** *Md Nafizul Haque, CVITP and Benefits Outreach Officer, Canada Revenue Agency*

# EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## OC Transpo/Para Transpo

**Tuesday, March 11 — 10:45-11:45 AM**

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OC Transpo/Para Transpo Accessibility and Customer Service welcome you to an interactive presentation covering topics such as the Para Transpo registration process, discounted fare products and general service information. Participants are encouraged to bring forward any questions or concerns for discussion.

**Presenter:** *Laura Anderson & Simon Harris, OC Transpo/Para Transpo*

## Exporail: The Canadian Railway Museum

**Wednesday, March 12 — 2:45-3:45 PM**

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Explore the rich history of the Canadian railway, from the monumental construction of the railway to the railway workers who made it possible, and the trains themselves that have shaped our nation's development.

**Presenter:** *Matthew Gauthier, Coordinator of Customer Service, Programming, and Education, Canadian Railway Museum*

## Food & Finance

**Tuesday, March 18 — 10:45-11:45 AM**

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Participants will learn how to create healthy and financially sustainable meal plans and hear tips on frugal meal plans.

**Presenter:** *Tina Fillion, Partnership & Education Specialist, Credit Counselling Society*

## Fragrances: A History

**Thursday, March 20 — 2:45-3:15 PM**

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We're marking National Fragrance Day with a discussion about fragrances and their roots in ancient rituals. We'll learn, discuss, and do a little trivia!

**Presenter:** *SCWW Team Member*

## 150 Years of the Supreme Court of Canada

**Tuesday, April 8 — 10:45-11:15 AM**

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Since its creation in 1875, the Supreme Court of Canada has evolved to reflect the diverse perspectives and experiences of Canadians. We'll learn about the history of the Supreme Court, and take a look at some of the most notable cases decided by the SCC.

**Presenter:** *SCWW Team Member*

# ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Storytelling with Mary

January 20, February 10, March 17 & April 14 — 2:45-3:15 PM

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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

January 28, February 25, March 25 & April 29 — 10:45-11:45 AM

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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*

## Music Chat: Home Sweet Home— Classic Songs of the 19th Century

Friday, January 31 — 10:45-11:45 AM

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Throughout the 19th century, long before the invention of the radio and the phonograph, a typical form of home entertainment consisted of gathering around the piano to play and sing. In Jane Austen's *Pride and Prejudice*, Elizabeth Bennett entertained her drawing-room audience with a piece from Mozart, but in the middle-class parlours of America, they played and sang the popular songs of the day. Let's recall a few of those so called "parlour" songs – songs like *Home Sweet Home*, *Carry Me Back to Old Virginny*, and *Blue Tail Fly*.

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

## One Hit Wonders— Part 2!

Thursday, February 13 — 2:45-3:30 PM

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After the overwhelming success of our first discussion on one hit wonders, we ran out of time to cover all the iconic songs. Now, in a delightful twist of irony, we're back with Part 2—because some hits just can't be contained to one conversation!

**Presenter:** *SCWW Team Member*

# ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Travelogue: Montreux, Switzerland

Wednesday, February 19 — 2:45-3:15 PM

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Picture snowy winter days, the welcoming warmth of friendly people, festive holiday celebrations, endless shopping opportunities, gorgeous Alpine scenery, and an abundance of delicious food. Where can you find this incredible place, you might ask? The answer is Montreux, Switzerland, also known as the Swiss Riviera. Join us as we explore the many wonderful things to see and do in this beautiful resort town located on Lake Geneva.

**Presenter:** SCWW Team Member

## Music Chat: Come Back to Erin

Friday, March 28 — 10:45-11:45 AM

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Every Irish song has a story to tell – a story about Irish culture and Irish character and Irish history. It's all there to see (and hear) in songs like, *The Wearin' of the Green*, *The Irish Emigrant*, *Molly Malone*, *Finnegan's Wake*, *Come Back to Erin*, *McNamara's Band*, *The Same Old Shillelagh*, and many more. Let's spend an hour or so listening to the stories offered to us in these wonderful old Irish songs.

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

## Mozart: The First Rockstar

Thursday, April 3 — 2:45-3:30 PM

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Talent, confidence, originality, and charisma are characteristics of rock stars. Before Elvis, Jimi Hendrix, and David Bowie, there was Mozart. He was the first known musician to break from convention and choose what music to write rather than work for a court. Mozart's innovative mind and fast-paced life are as intriguing as his music.

**Presenter:** SCWW Team Member

## Front Page Ottawa

Wednesday, April 9 — 2:45-3:15 PM

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From the archives of the Ottawa Citizen, and the pen of senior writer Bruce Deachman, comes *Front Page Ottawa*. The book encapsulates a collection of Citizen stories going back to 1845, the year the newspaper published its first edition. Important stories, routine stories, bizarre stories —the Ottawa Citizen has covered them all. Join us as we read the most interesting headlines from Ottawa's history!

**Presenter:** SCWW Team Member

# JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>NEW!</b></p> <p><u>Saturday Programming:</u>  <b>Trivia</b>  <b>Saturday, January 11</b>  <b>2:45-3:15 PM</b></p>		<p><b>1</b></p> <p><b>New Year's Day</b></p> <p><b>No Programs Today</b></p>	<p><b>2</b></p> <p style="border: 2px solid red; padding: 5px; text-align: center;"><b>Winter Program Registration</b></p>	<p><b>3</b></p> <p><b>SCWW Calendar Presentation</b>  10:45-11:15 am</p>
<p><b>6</b></p> <p><b>Monday Check-In</b>  2:45-3:15 pm</p>	<p><b>7</b></p> <p><b>Way with Words</b>  10:45-11:15 am</p> <p><b>Trivia</b>  2:45-3:15 pm</p>	<p><b>8</b></p> <p><b>Fun Facts</b>  10:45-11:15 am</p> <p><b>Ottawa Buzz</b>  12:45-1:15 pm</p> <p><b>Who, What, Where</b>  2:45-3:15 pm</p>	<p><b>9</b></p> <p><b>Short Stories</b>  10:45-11:15 am</p> <p><b>Categories</b>  2:45-3:15 pm</p>	<p><b>10</b></p> <p><b>Good News</b>  10:45-11:15 am</p> <p><b>Radio Plays</b>  12:45-1:15 pm</p>
<p><b>13</b></p> <p><b>Mindfulness</b>  10:30-11:00 am</p> <p><b>Book Club</b>  12:45-1:30 pm</p> <p><b>Guess the Sound</b>  2:45-3:15 pm</p>	<p><b>14</b></p> <p><b>Vaccine Updates: Shingles and Pneumonia</b>  10:45-11:45 am</p> <p><b>Trivia</b>  2:45-3:15 pm</p>	<p><b>15</b></p> <p><b>Fun Facts</b>  10:45-11:15 am</p> <p><b>Coffee Chat</b>  12:45-1:15 pm</p> <p><b>You Be the Judge</b>  2:45-3:15 pm</p>	<p><b>16</b></p> <p><b>BINGO</b>  10:45-11:45 am</p> <p><b>Oral Health</b>  2:45-3:45 pm</p>	<p><b>17</b></p> <p><b>Biographies</b>  10:45-11:15 am</p> <p><b>Name That Tune</b>  12:45-1:15 pm</p>
<p><b>20</b></p> <p><b>Mindfulness</b>  10:30-11:00 am</p> <p><b>Book Club</b>  12:45-1:30 pm</p> <p><b>Storytelling</b>  2:45-3:15 pm</p>	<p><b>21</b></p> <p><b>Dear Abby</b>  10:45-11:15 am</p> <p><b>Trivia</b>  2:45-3:15 pm</p>	<p><b>22</b></p> <p><b>Fun Facts</b>  10:45-11:15 am</p> <p><b>Current Affairs</b>  12:45-1:15 pm</p> <p><b>Canadian Dental Care Plan</b>  2:45-3:45 pm</p>	<p><b>23</b></p> <p><b>Fire Safety Education</b>  10:45-11:45 am</p> <p><b>Fact or Fiction</b>  2:45-3:15 pm</p>	<p><b>24</b></p> <p><b>Remember When</b>  10:45-11:15 am</p> <p><b>Music Requests</b>  12:45-1:45 pm</p>
<p><b>27</b></p> <p><b>Mindfulness</b>  10:30-11:00 am</p> <p><b>Book Club</b>  12:45-1:30 pm</p> <p><b>BINGO</b>  2:45-3:45 pm</p>	<p><b>28</b></p> <p><b>OAG Art Talk</b>  10:45-11:45 am</p> <p><b>Trivia</b>  2:45-3:15 pm</p>	<p><b>29</b></p> <p><b>Fun Facts</b>  10:45-11:15 am</p> <p><b>Coffee Chat</b>  12:45-1:15 pm</p> <p><b>Lunar New Year</b>  2:45-3:15 pm</p>	<p><b>30</b></p> <p><b>Arthritis Education</b>  10:45-11:45 am</p> <p><b>Book Chat</b>  2:45-3:15 pm</p>	<p><b>31</b></p> <p><b>Music Chat</b>  10:45-11:45 am</p> <p><b>Crossword Puzzle</b>  12:45-1:15 pm</p>

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

# FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  <b>Mindfulness</b> 10:30-11:00 am <b>Book Club</b> 12:45-1:30 pm <b>Monday Check-In</b> 2:45-3:15 pm	<b>4</b>  <b>Diabetes Education</b> 10:45-11:45 am  <b>Trivia</b> 2:45-3:15 pm	<b>5</b> <b>Fun Facts</b> 10:45-11:15 am <b>Ottawa Buzz</b> 12:45-1:15 pm <b>Who, What, Where</b> 2:45-3:15 pm	<b>6</b> <b>Short Stories</b> 10:45-11:15 am   <b>Heart Disease</b> 2:45-3:45 pm	<b>7</b> <b>Good News</b> 10:45-11:15 am  <b>Radio Plays</b> 12:45-1:15 pm
<b>10</b>  <b>Mindfulness</b> 10:30-11:00 am <b>Book Club</b> 12:45-1:30 pm  <b>Storytelling</b> 2:45-3:15 pm	<b>11</b>  <b>Girls &amp; Women in Science</b> 10:45-11:15 am  <b>Trivia</b> 2:45-3:15 pm	<b>12</b> <b>Fun Facts</b> 10:45-11:15 am <b>Coffee Chat</b> 12:45-1:15 pm  <b>SCWW Planning Committee</b> 2:45-3:15 pm	<b>13</b> <b>BINGO</b> 10:45-11:45 am   <b>One Hit Wonders Part 2</b> 2:45-3:30 pm	<b>14</b> <b>Spiritual Space</b> 10:45-11:15 am   <b>Valentine's Day</b> 12:45-1:15 pm
<b>17</b> <b>Family Day</b>  <b>No Programs Today</b>	<b>18</b>  <b>211 (CNEO)</b> 10:45-11:45 am  <b>Trivia</b> 2:45-3:15 pm	<b>19</b> <b>Fun Facts</b> 10:45-11:15 am <b>Current Affairs</b> 12:45-1:15 pm  <b>Travel: Montreux, Switzerland</b> 2:45-3:15 pm	<b>20</b>  <b>CRA: Preparing for Tax Season</b> 10:45-11:45 am  <b>Table Topics</b> 2:45-3:30 pm	<b>21</b> <b>Biographies</b> 10:45-11:15 am  <b>Name That Tune</b> 12:45-1:15 pm
<b>24</b>  <b>Mindfulness</b> 10:30-11:00 am <b>Book Club</b> 12:45-1:30 pm <b>BINGO</b> 2:45-3:45 pm	<b>25</b>  <b>OAG Art Talk</b> 10:45-11:45 am  <b>Trivia</b> 2:45-3:15 pm	<b>26</b> <b>Fun Facts</b> 10:45-11:15 am <b>Coffee Chat</b> 12:45-1:15 pm <b>Finish the Line</b> 2:45-3:15 pm	<b>27</b> <b>Sports Chat</b> 10:45-11:15 am  <b>Fact or Fiction</b> 2:45-3:15 pm	<b>28</b> <b>Birthday Party</b> 10:45-11:15 am  <b>Music Requests</b> 12:45-1:45 pm

**NEW!**

-  Health & Wellness Series
-  Educational Series
-  Art & Travel
-  Special Events

Saturday Programming:  
**Fun Facts**  
**Saturday, February 8**  
**2:45-3:15 PM**

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

# MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Book Club</b> 12:45-1:30 pm  <b>Monday Check-In</b> 2:45-3:15 pm	<b>4</b> <b>Way with Words</b> 10:45-11:15 am    <b>Trivia</b> 2:45-3:15 pm	<b>5</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Ottawa Buzz</b> 12:45-1:15 pm  <b>Who, What, Where</b> 2:45-3:15 pm	<b>6</b> <b>Short Stories</b> 10:45-11:15 am     <b>International Women's Day</b> 2:45-3:45 pm	<b>7</b> <b>Good News</b> 10:45-11:15 am  <b>Radio Plays</b> 12:45-1:15 pm
<b>10</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Book Club</b> 12:45-1:30 pm   <b>Her Heart Matters</b> 2:45-3:45 pm	<b>11</b>  <b>OC/Para Transpo</b> 10:45-11:45 am    <b>Trivia</b> 2:45-3:15 pm	<b>12</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee Chat</b> 12:45-1:15 pm   <b>Canadian Railway Museum</b> 2:45-3:45 pm	<b>13</b>  <b>Spring Holidays</b> 10:45-11:15 am    <b>Categories</b> 2:45-3:15 pm	<b>14</b> <b>Remember When</b> 10:45-11:15 am  <b>Crossword Puzzle</b> 12:45-1:15 pm
<b>17</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Book Club</b> 12:45-1:30 pm   <b>Storytelling</b> 2:45-3:15 pm	<b>18</b>  <b>Food &amp; Finance</b> 10:45-11:45 am    <b>Trivia</b> 2:45-3:15 pm	<b>19</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Current Affairs</b> 12:45-1:15 pm  <b>You Be the Judge</b> 2:45-3:15 pm	<b>20</b> <b>BINGO</b> 10:45-11:45 am     <b>Fragrances: A History</b> 2:45-3:15 pm	<b>21</b> <b>Biographies</b> 10:45-11:15 am  <b>Name That Tune</b> 12:45-1:15 pm
<b>24</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Book Club</b> 12:45-1:30 pm  <b>5-Minute Mysteries</b> 2:45-3:15 pm	<b>25</b>  <b>OAG Art Talk</b> 10:45-11:45 am    <b>Trivia</b> 2:45-3:15 pm	<b>26</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee Chat</b> 12:45-1:15 pm   <b>Foods That Fight Cancer</b> 2:45-3:15 pm	<b>27</b> <b>Gratitude Jar</b> 10:45-11:15 am    <b>Fact or Fiction</b> 2:45-3:15 pm	<b>28</b>  <b>Music Chat</b> 10:45-11:45 am  <b>Music Requests</b> 12:45-1:45 pm
<b>31</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Book Club</b> 12:45-1:30 pm  <b>BINGO</b> 2:45-3:45 pm	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 45%;">  <b>Health &amp; Wellness Series</b>   <b>Educational Series</b>   <b>Art &amp; Travel</b>   <b>Special Events</b> </div> <div style="width: 50%; text-align: center;"> <div style="background-color: yellow; padding: 5px; display: inline-block;"><b>NEW!</b></div>  <b>Saturday Programming:</b>  <b>Who, What, Where</b>  <b>Saturday, March 8</b>  <b>2:45-3:15 PM</b> </div> </div>			

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

# APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>SCWW 10 Year Anniversary!</b> 10:45-11:45 am  <b>Trivia</b> 2:45-3:15 pm	<b>2</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Ottawa Buzz</b> 12:45-1:15 pm  <b>Who, What, Where</b> 2:45-3:15 pm	<b>3</b> <b>Short Stories</b> 10:45-11:15 am  <b>Mozart: The First Rockstar</b> 2:45-3:30 pm	<b>4</b> <b>Good News</b> 10:45-11:15 am  <b>Radio Plays</b> 12:45-1:15 pm
<b>7</b> <b>Mindfulness</b> 10:30-11:00 am  <b>Book Club</b> 12:45-1:30 pm  <b>Monday Check-In</b> 2:45-3:15 pm	<b>8</b> <b>150 Years of the Supreme Court</b> 10:45-11:15 am  <b>Trivia</b> 2:45-3:15 pm	<b>9</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee Chat</b> 12:45-1:15 pm  <b>Front Page Ottawa</b> 2:45-3:15 pm	<b>10</b> <b>Just Joking</b> 10:45-11:15 am  <b>Discussion Group</b> 2:45-3:15 pm	<b>11</b> <b>Volunteer Recognition Event at TGC</b>  <b>No Programs Today</b>
<b>14</b> <b>Mindfulness</b> 10:30-11:00 am  <b>Book Club</b> 12:45-1:30 pm  <b>Storytelling</b> 2:45-3:15 pm	<b>15</b> <b>Q&amp;A: St. John Ambulance</b> 10:45-11:45 am  <b>Trivia</b> 2:45-3:15 pm	<b>16</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Current Affairs</b> 12:45-1:15 pm  <b>Brain Teasers</b> 2:45-3:15 pm	<b>17</b> <b>BINGO</b> 10:45-11:45 am  <b>Table Topics</b> 2:45-3:30 pm	<b>18</b> <b>Good Friday</b>  <b>No Programs Today</b>
<b>21</b> <b>Easter Monday</b>  <b>No Programs Today</b>	<b>22</b> <b>Lung Health</b> 10:45-11:45 am  <b>Trivia</b> 2:45-3:15 pm	<b>23</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee Chat</b> 12:45-1:15 pm  <b>Finish the Line</b> 2:45-3:15 pm	<b>24</b> <b>Sports Chat</b> 10:45-11:15 am  <b>Fact or Fiction</b> 2:45-3:15 pm	<b>25</b> <b>Birthday Party</b> 10:45-11:15 am  <b>Music Requests</b> 12:45-1:45 pm
<b>28</b> <b>Mindfulness</b> 10:30-11:00 am  <b>Book Club</b> 12:45-1:30 pm  <b>BINGO</b> 2:45-3:45 pm	<b>29</b> <b>OAG Art Talk</b> 10:45-11:45 am  <b>Trivia</b> 2:45-3:15 pm	<b>30</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee Chat</b> 12:45-1:15 pm  <b>Food &amp; Recipe Chat</b> 2:45-3:15 pm	<div style="background-color: yellow; padding: 5px; display: inline-block;"><b>NEW!</b></div> <b>Saturday Programming:</b> <b>Name That Tune</b> <b>Saturday, April 12</b> <b>2:45-3:15 PM</b>	

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

# SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Lunar New Year

Wednesday, January 29 — 2:45-3:15 PM

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Chinese New Year is a lunar holiday that begins at sunset on the day of the second new moon following the winter solstice. This is usually between January 21 and February 20 and lasts for 15 days. This year, Chinese New Year begins on January 29, 2025. It is the Year of the Snake.

**Presenter:** *SCWW Team Member*

## SCWW Planning Committee

Wednesday, February 12 — 2:45-3:15 PM

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All are welcome and encouraged to join our SCWW Planning Committee Meeting to provide your feedback and make suggestions of topics, presentations and activities for our next program guide!

**Presenter:** *Your SCWW Team*

## Valentine's Day Celebration

Friday, February 14 — 12:45-1:15 PM

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*Roses are red, violets are blue.  
Come celebrate Valentine's Day,  
with your favourite phone crew!*

Learn about the origins of Valentine's Day, discuss some romances to remember, and play a little trivia.

**Presenter:** *SCWW Team Member*

## International Women's Day

Thursday, March 6 — 2:45-3:45 PM

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March 8<sup>th</sup> marks International Women's Day. We're thrilled to welcome Ariel Troster, Councillor for Somerset Ward, for an engaging presentation on her journey as a woman in elected office. Councillor Troster will share her personal experiences, insights, and the importance of female empowerment. Together, let's celebrate the achievements of women and girls and their incredible strength throughout history.

**Presenter:** *SCWW Team Member*

# SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Spring Holidays

Thursday, March 13 — 10:45-11:15 AM

There are so many different and wonderful holidays being celebrated in March and April. Together we will travel around the world and explore some of the traditions, customs and histories of these holidays.

**Presenter:** *SCWW Team Member*

## SCWW 10 Year Anniversary!

Tuesday, April 1 — 10:45-11:45 AM

This is no joke— Seniors' Centre Without Walls is TEN years old! Let's take a look back at the early days of SCWW, and how it's grown over the years. We'll reminisce about our favourite programs and memorable guests, plus you'll have the opportunity to share what SCWW means to you!

**Presenter:** *Your SCWW Team*

## SCWW Voice-to-Face Party Recap

On September 24th, 2024, we had the pleasure of hosting our annual in-person "Voice-to-Face" party at The Good Companions.

A huge thank you goes out to all of the staff who worked tirelessly to organize this event, but most of all, we want to thank each and every one of you who were able to attend. It is always such a treat to see your smiling faces and witness happy reunions!

For those who missed the event, know that you were dearly missed and we truly hope you will be able to join us next year.

See page 23 for a collection of photos from this special day.

This event was generously sponsored by Bell Canada, with special thanks to Sandy McDonald.



# REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Trivia-Style Programs

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### 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.

### TIP-TOP 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.

### FUN FACTS

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

### 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. \*Blank copies of the puzzle can be mailed to those who wish to complete it themselves.

### 5-MINUTE MYSTERIES—NEW!

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

# REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Conversational Programs

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### **MONDAY CHECK-IN**

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

### **DISCUSSION GROUP**

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

### **TABLE TOPICS**

We have a list full of fun, unique, and offbeat questions to start interesting conversations!

### **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.

### **OPEN MIC WITH MIKE: SPORTS CHAT**

Every other month, join us and our co-host Mike from Carleton Place for a lively discussion on the world of sports.

### **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 can share a favourite recipe or learn a new one. Plus, share and ask for tips and tricks you use in the kitchen!

### **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.

### **OTTAWA BUZZ**

Introducing this new monthly program where we will discuss local Ottawa news, as well as upcoming events happening around the city.

### **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

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Fun & Music

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### JUST JOKING

Laughter really is the best medicine, so join us for a dose of funny, wholesome jokes.

### 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!

### 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.

### GUESS THE SOUND

Engage in this fun and interactive challenge, and see how many sounds you can recognize while enjoying a lively competition with fellow participants.

### DEAR ABBY—**NEW!**

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

## Sit Back and Relax Programs

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### SHORT STORIES

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

### SPIRITUAL SPACE

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

### OLD TIME RADIO PLAYS

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

# REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Sit Back and Relax Programs

### 15-MINUTE BIOGRAPHIES

Friday, January 17



#### Tommy Douglas

Canadian politician often credited as the father of universal health care in Canada



#### Sir Frederick Banting

Canadian physician and scientist, and co-discoverer of insulin



#### Laura Secord

Heroine of the War of 1812

Friday, February 21

#### Willie O'Ree

First black player in the National Hockey League



#### Eleanor Collins

Canada's First Lady of Jazz, television host, and civic leader



Friday, March 21

#### Jennie Kidd Trout

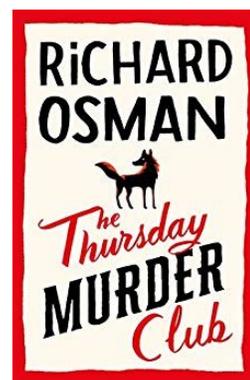
First woman in Canada to become a licensed medical doctor



### BOOK CLUB: *The Thursday Murder Club* by Richard Osman

We will meet every Monday to listen to 30-40 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, April 28<sup>th</sup>, so be sure to join us for final thoughts and discussion.

*Four septuagenarians with a few tricks up their sleeves.  
A female cop with her first big case.  
A brutal murder.  
Welcome to...*



#### THE THURSDAY MURDER CLUB

*In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes; together they call themselves the Thursday Murder Club.*

*When a local developer is found dead with a mysterious photograph left next to the body, the Thursday Murder Club suddenly find themselves in the middle of their first live case.*

*As the bodies begin to pile up, can our unorthodox but brilliant gang catch the killer, before it's too late?*

# SCWW BINGO PATTERNS

## 4 Corners

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
●				●
		FREE		
●				●

## Inside Square

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
	●	●	●	
	●	FREE	●	
	●	●	●	

## Postage Stamp

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
			●	●
			●	●
		FREE		

## The Letter "T"

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
●	●	●	●	●
		●		
		FREE		
		●		
		●		

## The Letter "X"

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
●				●
	●		●	
		FREE		
	●		●	
●				●

## The Letter "L"

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
●				
●				
●		FREE		
●				
●	●	●	●	●

## The Letter "H"

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
●				●
●				●
●	●	FREE	●	●
●				●
●				●

## Plus Sign

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
		●		
		●		
●	●	FREE	●	●
		●		
		●		

## 6-Pack

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
			●	●
		FREE	●	●
			●	●

# SCWW VOICE-TO-FACE PARTY



## 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 PUBLIC HEALTH — 613-580-6744

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

### TELE-HEALTH ONTARIO — 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 — 613-692-9992

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

### COUNSELLING CONNECT — 613-416-9944

Provides free access to a same-day or next-day phone or video counselling session.

### 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**

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

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés

**accesscss**  
Connect to Community Support Services

**CENTRETOWN**  
Community Health Centre



**CENTRE DE SANTÉ**  
Communautaire du Centre-ville



**Bruyère**

**Service  
Canada**



UNIVERSITY OF OTTAWA  
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DE L'UNIVERSITÉ D'OTTAWA



**OC Transpo**

**Credit  
Counselling  
Society**



**St. John Ambulance**

lung  
health  
starts  
now  **lung health  
foundation**

**COLORECTAL  
CANCER  
CANADA**