



VOLUME 21  
SEPT - DEC  
**2023**

# SENIOR CENTRE WITHOUT WALLS

## IN THIS ISSUE

THE LEAF

FRAUDS AND SCAMS

ST. NICHOLAS AND THE INVENTION OF SANTA CLAUS

FREE TELEPHONE GROUP  
ACTIVITIES FOR MANITOBANS 55+

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

For more information or to register:

204-956-6440 (Winnipeg)

1-888-333-3121 (Toll-free)

[info@aosupportservices.ca](mailto:info@aosupportservices.ca)

200-207 Donald St., Winnipeg, MB R3C 1M5

All participants will be called in ten minutes prior to the program start time using our audio conferencing system. Participants will also be provided with a toll-free number should they need to call themselves in. Information about this system and FAQs will be provided upon registration.

## FREQUENTLY ASKED QUESTIONS

### **What is Senior Centre Without Walls (SCWW)?**

SCWW provides educational and recreational programming in a fun and interactive atmosphere.

**All programming is provided over the phone.**

### **Who can participate in SCWW?**

- Individuals 55+
- Living anywhere in Manitoba
- Groups of older adults may also join

### **Is there a cost to join?**

No - all programming is free of charge

### **How does SCWW Work?**

1. You may register for programs anytime during the term
2. Fill out the Registration Worksheet and email it in, mail it in or call A & O to register over the phone
3. You will be mailed any materials related to a program such as presentation handouts and program materials
4. All participants will be called in ten minutes prior to the program start time. Participants will also be provided with a toll-free number should they need to call themselves in

### **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.

## 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

## RESPECTFUL CONDUCT POLICY

Senior Centre Without Walls promotes an environment that values:

- Positive communication between people
- Courteous conduct
- Diversity and the human rights of others related to their national or ethnic origin, religion, age, gender identity, marital status, family status, economic status, any physical or mental disability and sexual orientation
- Mutual respect, fairness and equality

# PRESENTATION SERIES

## WELCOME TO SENIOR CENTRE WITHOUT WALLS! WEDNESDAY, SEPTEMBER 27 - 1:30 - 2:15 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.

## FACT OR FICTION? WEDNESDAY, DECEMBER 13 - 1:30 - 2:30 PM

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

Have I ever lied to you? Let's look at some more facts in our city's history. More interesting tales to tell! Let's keep our history alive and live it through these events.

## MOVIE TIME THURSDAY, SEPTEMBER 21 - 2:00 - 3:00 PM

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

Sharing thoughts and highlights from some of my favourite movies. Participants are welcome to share their favourites as well. Let's have fun reminiscing and reliving these special moments from the big screen.

## CANADIAN CITIZENSHIP QUIZ TUESDAY, NOVEMBER 21 - 10:00 - 11:00 AM

*Presenter: Richard Castro, SISS and SCWW Volunteer*

Please join us as Richard Castro will give you a citizenship quiz, asking the sort of geological, historical and political questions people get asked when becoming a Canadian citizen.

## MURAL WALK - WEST END BIZ

TUESDAY, SEPTEMBER  
19 - 10:00 - 11:00 AM

You're probably familiar with the murals that dot the West End's urban landscape, but have you ever wondered what they mean? Every West End mural is painted with purpose and through our tours we share the meaning behind many of our most prominent works of art. Through our mural tour, discover our local heroes, urban history and the many cultures that together make up the West End story.

## BRONTE SISTERS TUESDAY, SEPTEMBER 26 - 2:00 - 3:00 PM

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

If you've ever read Jane Eyre or seen Wuthering Heights, then you'll be familiar with the names of the Bronte sisters, Anne, Emily & Charlotte, who wrote these classic stories. Travel with me to the quaint picturesque town of Haworth in North Yorkshire, England where it all took place.

# PRESENTATION SERIES

## INTRODUCTION TO TECHNOLOGY PART 2

WEDNESDAY, NOVEMBER 22 - 1:30 - 2:30 PM

*Presenter: Josef Miguel Quintana, Community Connector, A & O: Support Services for Older Adults*

Looking to expand your digital toolkit? Join me for part 2 of the Introduction to Technology session! In this presentation, we will be discussing wearable technology, smart home products and other emerging technologies you should keep an eye out for. Technology is evolving and you are too!

## TRISH'S DISHES

TUESDAY, OCTOBER 31 - 1:30 - 2:30 PM

*Presenter: Trish Bennett, Monthly Recipe Column "Trish's Dishes"*

Looking for something to lift your spirits and fill your tummy? Join me as I share a favourite recipe and chat about the creation of this adventure that has become a monthly posting of my favourite homemade recipes, gadgets, and tips and tricks in the kitchen to make life easier and tastier! YUMMY!

## SONG INTERPRETATIONS FOR OLDER LISTENERS

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

*Presenter: Brian E. Owen, Ph. D.*

*Retired Professor, Asper School of Business, University of Manitoba; Retired owner of a public affairs research company with offices in Winnipeg, Vancouver and Calgary; Singer/ Songwriter/ Performer - see website [Owenzen.com/Music](http://Owenzen.com/Music)*

Please join Brian as he will be discussing his interest in music as it relates to seniors. He will give background for some songs he has covered or written, and sing them. There will be an opportunity for questions and discussion.

## GROWING STORIES AT THE LEAF

THURSDAY, SEPTEMBER 28 - 10:00 - 11:00 AM

*Presenter: Melissa Scouten, Education Coordinator at Assiniboine Park*

The Leaf is the newest horticultural attraction at Assiniboine Park in Winnipeg, Manitoba. We will grow stories together while taking a sensory tour through The Leaf and the surrounding themed gardens and fun plant prompts to get us sharing our own connections with plants and nature.

## PROTECT YOURSELF FROM FRAUDS AND SCAMS

THURSDAY, NOVEMBER 2 - 1:30 - 2:30 PM

*Presenter: Trish Bennett*

This presentation is jammed full of information on how to keep yourself, your family, and your money safe. Having been employed with RBC (Royal Bank) for over 37 years I have seen far too many people become a victim. The best way to protect against the latest scams is to be informed. Please join me as I share tips to protect and prevent this from happening to you!

# PRESENTATION SERIES

## CELTIC MUSIC VOYAGE

TUESDAY, OCTOBER 10 - 11:00 AM - 12:00 PM

*Presenter: Lyle Skinner, Host, 'Prairie Ceilidh' (kay-lee) Radio Show, 92.7 FM CKJS*

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

## RED LIGHTS IN WINNIPEG

TUESDAY, NOVEMBER 28 - 1:30 - 2:30 PM

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

Winnipeg was known as the "Sewer of Canada" and the "Wild West" to the Easterners, because of our hotels and brothels. Let's explore that part of our City's history.

## CLASSIC POETS

TUESDAY, OCTOBER 17 - 2:00 - 3:00 PM

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

We are familiar with the names of classic poets and perhaps even some of their poems. Learn how and why they wrote these particular poems and why they became so renowned.

The Senior Centre Without Walls 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  
Office régional de la santé de Winnipeg  
Caring for Health À l'écoute de notre santé

# OBSERVANCES & CELEBRATIONS

## IT'S BEGINNING TO SOUND A LOT LIKE CHRISTMAS

THURSDAY, NOVEMBER 23 - 1:30 - 2:15 PM

*Presenter: Joan Curran, SCWW Volunteer*

Explore the diversity of Christmas songs beyond religious carols. Discover traditional secular songs and those borrowed from different languages and cultures. Join us as we delve into the vibrant world of Christmas music.

## CELTIC CHRISTMAS MUSIC

TUESDAY, DECEMBER 19 - 11:00 AM - 12:00 PM

*Presenter: Lyle Skinner, Host, 'Prairie Ceilidh' (kay-lee) Radio Show, 92.7 FM CKJS*

The Celtic lands are home to some of the most beautiful Christmas music in the world. Join in for an hour of music for the Christmas and festive season that ranges from traditional favourites with a Celtic edge, to more modern Celtic-influenced compositions.



# HEALTH & WELLNESS

## HOLIDAY FOOD TRADITIONS

THURSDAY, DECEMBER 14 - 1:30 - 2:30 PM

*Presenter: Lorna Shaw, Registered Dietician, Healthy Aging Resource Team Facilitator, Winnipeg Regional Health Authority*

From melomakarona to Yule logs, food is an integral part of holiday celebrations and family traditions. Join Lorna Shaw, Registered Dietitian with the WRHA Healthy Aging Resource Team on an exciting food tour of the world. Learn to celebrate and truly enjoy all the foods the holiday season has to offer.

## ACCESS YOUR PUBLIC LIBRARY 24/7 THROUGH DIGITAL LIBRARY SERVICES

FRIDAY, DECEMBER 8 - 1:30 - 2:30 PM

*Presenter: Monique Woroniak, Digital Literacy and Virtual Services Librarian, Winnipeg Public Library*

Have you heard about eBooks and other digital collections being available from the library but are not sure what there is or how to get started? Monique will share about all the digital services available with a Winnipeg Public Library card, how to get started using them, and who to contact for assistance.

## UNDERSTANDING SCHIZOPHRENIA

WEDNESDAY, OCTOBER 4 - 1:30 - 2:30 PM

*Presenter: Sarah Vinck, Mental Health Education Resource Centre Coordinator (MHERC)*

Schizophrenia is a mental health challenge that affects 300,000 Canadians and remains widely misunderstood. This one-hour presentation is designed to promote a greater understanding of early psychosis, schizophrenia, schizoaffective disorder, and the resulting stigma.

# OBSERVANCES & CELEBRATIONS

## REMEMBRANCE DAY

FRIDAY, NOVEMBER 10 - 1:30 - 2:00 PM

## ST. NICHOLAS AND THE INVENTION OF SANTA CLAUS

THURSDAY, NOVEMBER 30 - 1:30 - 2:30 PM

*Presenter: Gerry Bowler, Canadian historian, specializing in the intersection of religion and popular culture; Author of numerous books including The World Encyclopedia of Christmas, Santa Claus: A Biography and Christmas in the Crosshairs.*

Santa Claus is the most well-known fictional character in the world. He is the first imaginary creature humans ever took buying advice from - the predecessor of Ronald McDonald, Aunt Jemima, and the A&W Root Bear. He himself is the descendant of the most powerful male saint of the Middle Ages, St. Nicholas. We will see how the two got the reputation as secret gift-bringers, and how they get along today.

# HEALTH & WELLNESS

## ART THERAPY: HEALING THROUGH CREATIVE EXPRESSION

WEDNESDAY, SEPTEMBER 20 - 1:00 - 2:00 PM

FRIDAY, DECEMBER 15 - 1:00 - 2:00 PM

*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.

## INDEPENDENT LIVING RESOURCE CENTRE

THURSDAY, OCTOBER 26 - 1:30 - 2:30 PM

*Presenter: Natalie Pirson, IL Consultant, Independent Living Resource Centre*

Join us as we explore the ILRC in Winnipeg, an organization that empowers individuals with disabilities to make choices and manage personal and community resources. Discover the valuable services they offer.

## MEDICAL ASSISTANCE IN DYING (MAID)

FRIDAY, DECEMBER 1 - 10:00 - 11:00 AM

*Presenter: Dr. Kim Wiebe, Medical Director of the Manitoba Medical Assistance in Dying (MAiD) Service*

Dr. Wiebe will review what MAiD is and how the service is provided in Manitoba.

## CANNABIS

WEDNESDAY, NOVEMBER 8 - 1:30 - 2:30 PM

*Presenter: Jehna Grobety, Certified Medical Cannabis Consultant*

Join me as I discuss cannabis and its applications. Learn how cannabis affects the body, the potential risks and benefits, plus what you need to know to get started!

## MUSIC THERAPY

FRIDAYS, OCTOBER 20 & NOVEMBER 17 - 1:00 - 1:30 PM

*Presenter: Cindy Bass, BMT, MTA*

On **October 20**, in this "guided imagery" session, there will be soothing background music to relax to with this meditative type of music therapy application.

On **November 17**, learn more about how to use recorded music therapeutically to match your mood and need of the day.

## MEDITATION SERIES

FRIDAYS, SEPTEMBER 1, 8, 15 & 22 - 1:00 - 1:45 PM

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

Learn more about meditation and sit back and relax as Pamela Thrift takes you through stress-reducing meditation exercises.

*These meditations are not intended to be or replace individual therapy sessions.*

*Please contact A & O for more information.*

## BOOK JOURNEYS & SHORT STORIES

*Books and short stories are read aloud.*

### AFTERNOON BOOK CLUB: THE UNEXPECTED MRS. POLLIFAX BY DOROTHY GILMAN

**MONDAYS, SEPTEMBER 25, OCTOBER 16, 23 & 30, NOVEMBER 6, 20 & 27 & DECEMBER 4, 11 & 18 - 1:30 - 2:30 PM**

*Presenter: Madeline Kirc, SCWW Participant and Volunteer*

*Note: No sessions on October 2 & 9, November 13 & December 25*

Mrs. Virgil (Emily) Pollifax of New Brunswick, New Jersey, was a widow with grown children. She was tired of attending her Garden Club meetings. She wanted to do something good for her country. So, naturally, she became a CIA agent. This time, the assignment sounds as tasty as a taco. A quick trip to Mexico City is on her agenda. Unfortunately, something goes wrong, and our dear Mrs. Pollifax finds herself embroiled in quite a hot Cold War—and her country's enemies find themselves entangled with one unbelievably feisty lady.

### WRITTEN BY MARGE

**TUESDAYS, OCTOBER 24 & NOVEMBER 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.

### POETRY CORNER WITH MADDE

**TUESDAYS, SEPTEMBER 5, OCTOBER 3, NOVEMBER 7 & DECEMBER 5 - 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.

### SHORT STORIES

**THURSDAYS, SEPTEMBER 14, OCTOBER 12 & 26, NOVEMBER 9 & 23 & DECEMBER 7 & 21 - 10:00 - 10:30 AM**

*Presenter: 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.



# TRAVELOGUES

## TASTES, TALES & TRAVELS OF THE WORLD

TUESDAYS, OCTOBER 3, NOVEMBER 14 &  
DECEMBER 12 - 2:00 - 3:00 PM

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

Get yourself comfy and cozy for the cooler months ahead. Travels will take us to many places, some familiar, some hidden gems, including an exclusive or two from our UK traveller and friend, Dave Clayton, West Yorkshire, England.

## GUATEMALA

WEDNESDAY, NOVEMBER 1 - 1:30 - 2:30 PM

*Presenter: Cheryl Lindsay, Recreation Therapist at Riverview Health Centre, Day Hospital*

Guatemala is a country of volcanoes, mountains, and beaches on the Pacific Ocean and the Caribbean Sea. From the Cuchumatán Mountains in the western highlands, to the coastlines on the Caribbean Sea and the Pacific Ocean, climb the Mayan Pyramids at Tikal where you will hear the call of the Howler monkeys all around you!

You won't want to miss this spectacular trip to Central America with Cheryl Lindsay, avid traveler and Recreation Therapist at Riverview Health Centre, Day Hospital.

## CANADIAN CONNECTIONS

FRIDAY, NOVEMBER 3 - 1:30 - 2:30 PM

**Please note that a toll-free phone number and computer link will be provided.**

Connect with your peers joining us from other SCWW programs across Canada. Tune in for this great opportunity to share experiences, memories and for lively conversations on all manner of things.

## ACROSS THE MILES

WEDNESDAY,  
OCTOBER 25 - 2:30 -  
3:30 PM

**Please note that a toll-free phone number and computer link will be provided.**

Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations throughout Canada and the United States.

## ITALY

THURSDAY, OCTOBER 12  
- 1:30 - 2:30 PM

*Presenter: Josef Miguel Quintana, Community Connector, A & O: Support Services for Older Adults*

Ciao! Travel with me from Winnipeg to Italy. We will go on a two-week tour through cities such as Rome, Florence, Cinque Terre and Milan, eating the freshest pasta, pizza and paninis. Of course, you also cannot forget where the most authentic gelato shops are in the world.

# FEATURES

## WOW (WITHOUT WALLS) PROGRAM PLANNING MEETING

FRIDAY, OCTOBER 6 - 1:30 - 3:00 PM

We welcome you to share your ideas with us about what programs and activities you would like to take part in for the next Program Guide. Your feedback and ideas are always appreciated!

## COFFEE TALK

THURSDAYS, SEPTEMBER 7 & 21, OCTOBER 5 & 19, NOVEMBER 2, 16 & 30 & DECEMBER 14 - 10:00 - 10:30 AM

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

## DID YOU KNOW?

WEDNESDAYS, SEPTEMBER 6, OCTOBER 11, NOVEMBER 15 - 1:30 - 2:15 PM  
DECEMBER 20 - 10:00 - 10:45 AM

Join us for fun facts and trivia of all kinds!

## WHAT'S THE VERDICT?

TUESDAYS, SEPTEMBER 12, OCTOBER 17, NOVEMBER 14 & DECEMBER 12 - 11:00 - 11:45 AM

*Presenter: Kyla Kavanagh, Associate, Wolseley Law LLP and SCWW Volunteer*

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

## GOOD NEWS

FRIDAYS, SEPTEMBER 8 & NOVEMBER 3 - 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.

**IDIOM ADDICTS, PLUS FRIDAYS, SEPTEMBER 22, OCTOBER 20, NOVEMBER 24 & DECEMBER 15 - 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.

## BRAIN TEASERS

MONDAYS, SEPTEMBER 11, 18 & 25, OCTOBER 16, 23 & 30, NOVEMBER 6, 20 & 27 & DECEMBER 4, 11 & 18 - 10:00 - 11:00 AM

*Note: No sessions on September 4, October 2 & 9, November 13 & December 25*

## GRATITUDE GROUP

FRIDAYS, OCTOBER 6 & NOVEMBER 10 - 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

## TALENT SHOW

**FRIDAY, OCTOBER 27 - 1:30 - 2:15 PM**

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!

## JOKES, ETC.

**WEDNESDAYS, SEPTEMBER 13, OCTOBER 18 & NOVEMBER 29 - 1:30 - 2:00 PM**

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!

## CHAT PACK

**MONDAY, SEPTEMBER 18 - 1:30 - 2:15 PM**  
**WEDNESDAY, DECEMBER 6 - 1:30 - 2:15 PM**

Join us for this interactive game where we ask fun and thought-provoking questions.

## LIVING YOUR BEST LIFE

**TUESDAYS, SEPTEMBER 26 & OCTOBER 31 - 10:00 - 11:00 AM**

Living your best life means being healthy and taking care of your mind and body. The better you treat your mind and body, the longer they will stay healthy and functioning well for you. This means you'll be able to live your best life even longer because you'll be in good health longer as you age. In the end, it's not the years in your life that count - it's the life in your years.

## GAME SHOW MANIA

**THURSDAYS, SEPTEMBER 14, NOVEMBER 16 & DECEMBER 7 - 1:30 - 2:15 PM**

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

## SPELLING BEE

**FRIDAYS, SEPTEMBER 15, OCTOBER 13, NOVEMBER 17 & DECEMBER 8 - 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.

## CURIOSITY CLUB

**FRIDAY, SEPTEMBER 1 - 10:00 - 10:45 AM**  
**FRIDAY, NOVEMBER 24 - 1:30 - 2:15 PM**

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.

## CULINARY CORNER

**FRIDAYS, SEPTEMBER 29 & DECEMBER 22 - 10:00 - 10:45 AM**

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!

# FEATURES

## BIOGRAPHIES

THURSDAYS, 1:30 - 2:15 PM

**JULIE ANDREWS** - SEPTEMBER 7

**PAUL SIMON** - OCTOBER 5

**TINA TURNER** - NOVEMBER 9

## CELEBRITY BINGO

TUESDAYS, 2:00 - 2:45 PM

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!

**SEPTEMBER 19**

**OCTOBER 10**

**OCTOBER 24** - *Ainsley McPhail, Host,  
CTV Morning Live*

**NOVEMBER 7** - *Silvia Del Vecchio, Team Lead,  
Community Services at A & O: Support  
Services for Older Adults*

**NOVEMBER 21**

**DECEMBER 5** - *Lyle Skinner, Host, 'Prairie Ceildh'  
(kay-lee) Radio Show, 92.7 FM CKJS*

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

# VOLUNTEER SPOTLIGHT



## **MARGE BARKER**

Marge has been involved in Senior Centre Without Walls since March 2019, contributing to programs like "My Truths & Other Things," "Eclectic Writings by Marge & Friends," "Written by Marge," and "The Afternoon Book Club." Her stories, both fictional and real-life, encompass mystery, adventure, and humor. She will continue to engage us with her "Written by Marge" readings in Fall 2023.

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

# SEPTEMBER 2023

Mon	Tue	Wed	Thu	Fri
				1 Curiosity Club 10:00 - 10:45 AM  Meditation 1:00 - 1:45 PM
4 <b>LABOUR DAY</b>  <b>OFFICE CLOSED</b>	5 Poetry 10:00 - 10:30 AM	6  Did You Know? 1:30 - 2:15 PM	7 Coffee Talk 10:00 - 10:30 AM  Biographies Julie Andrews 1:30 - 2:15 PM	8 Good News 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
11 Brain Teasers 10:00 - 11:00 AM	12 What's the Verdict? 11:00 - 11:45 AM	13  Jokes 1:30 - 2:00 PM	14 Short Stories 10:00 - 10:30 AM  Game Show Mania 1:30 - 2:15 PM	15 Spelling Bee 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
18 Brain Teasers 10:00 - 11:00 AM  Chat Pack 1:30 - 2:15 PM	19 Mural Walk: West End Biz 10:00 - 11:00 AM  Celebrity Bingo 2:00 - 2:45 PM	20  Art Therapy 1:00 - 2:00 PM	21 Coffee Talk 10:00 - 10:30 AM  Movie Time 2:00 - 3:00 PM	22 Idioms 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
25 Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	26 Living Your Best Life 10:00 - 11:00 AM  Bronte Sisters 2:00 - 3:00 PM	27  SCWW Welcome 1:30 - 2:15 PM	28 The Leaf 10:00 - 11:00 AM  Brian Owen Music 1:30 - 2:30 PM	29 Culinary Corner 10:00 - 10:45 AM

# OCTOBER 2023

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><b>IN LIEU OF NATIONAL DAY OF TRUTH AND RECONCILIATION</b></p> <p><b>OFFICE CLOSED</b></p>	<p>3</p> <p>Poetry 10:00 - 10:30 AM</p> <p>Travels of the World 2:00 - 3:00 PM</p>	<p>4</p> <p>Schizophrenia 1:30 - 2:30 PM</p>	<p>5</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Biographies Paul Simon 1:30 - 2:15 PM</p>	<p>6</p> <p>Gratitude Group 10:00 - 10:30 AM</p> <p>Program Planning 1:30 - 3:00 PM</p>
<p>9</p> <p><b>THANKSGIVING DAY</b></p> <p><b>OFFICE CLOSED</b></p>	<p>10</p> <p>Celtic Music 11:00 AM - 12:00 PM</p> <p>Celebrity Bingo 2:00 - 2:45 PM</p>	<p>11</p> <p>Did You Know? 1:30 - 2:15 PM</p>	<p>12</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Travelogue - Italy 1:30 - 2:30 PM</p>	<p>13</p> <p>Spelling Bee 10:00 - 10:30 AM</p>
<p>16</p> <p>Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>17</p> <p>What's the Verdict? 11:00 - 11:45 AM</p> <p>Classic Poets 2:00 - 3:00 PM</p>	<p>18</p> <p>Jokes 1:30 - 2:00 PM</p>	<p>19</p> <p>Coffee Talk 10:00 - 10:30 AM</p>	<p>20</p> <p>Idioms 10:00 - 10:30 AM</p> <p>Music Therapy 1:00 - 1:30 PM</p>
<p>23</p> <p>Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>24</p> <p>Written by Marge 10:00 - 11:00 AM</p> <p>Celebrity Bingo Ainsley McPhail 2:00 - 2:45 PM</p>	<p>25</p> <p>Across the Miles 2:30 - 3:30 PM</p>	<p>26</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>ILRC 1:30 - 2:30 PM</p>	<p>27</p> <p>Talent Show 1:30 - 2:15 PM</p>
<p>30</p> <p>Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>31</p> <p>Living Your Best Life 10:00 - 11:00 AM</p> <p>Trish's Dishes 1:30 - 2:30 PM</p>			

# NOVEMBER 2023

Mon	Tue	Wed	Thu	Fri
		1  Travelogue - Guatemala 1:30 - 2:30 PM	2  Coffee Talk 10:00 - 10:30 AM  Frauds and Scams 1:30 - 2:30 PM	3  Good News 10:00 - 10:30 AM  Canadian Connections 1:30 - 2:30 PM
6  Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	7  Poetry 10:00 - 10:30 AM  Celebrity Bingo Silvia Del Vecchio 2:00 - 2:45 PM	8  Cannabis 1:30 - 2:30 PM	9  Short Stories 10:00 - 10:30 AM  Biographies Tina Turner 1:30 - 2:15 PM	10  Gratitude Group 10:00 - 10:30 AM  Remembrance Day 1:30 - 2:00 PM
13  <b>IN LIEU OF REMEMBRANCE DAY</b>  <b>OFFICE CLOSED</b>	14  What's the Verdict? 11:00 - 11:45 AM  Travels of the World 2:00 - 3:00 PM	15  Did You Know? 1:30 - 2:15 PM	16  Coffee Talk 10:00 - 10:30 AM  Game Show Mania 1:30 - 2:15 PM	17  Spelling Bee 10:00 - 10:30 AM  Music Therapy 1:00 - 1:30 PM
20  Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	21  Citizenship Quiz 10:00 - 11:00 AM  Celebrity Bingo 2:00 - 2:45 PM	22  Intro to Technology 1:30 - 2:30 PM	23  Short Stories 10:00 - 10:30 AM  Sounds Like Christmas 1:30 - 2:15 PM	24  Idioms 10:00 - 10:30 AM  Curiosity Club 1:30 - 2:15 PM
27  Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	28  Written by Marge 10:00 - 11:00 AM  Red Lights in Winnipeg 1:30 - 2:30 PM	29  Jokes 1:30 - 2:00 PM	30  Coffee Talk 10:00 - 10:30 AM  St. Nicholas / Santa Claus 1:30 - 2:30 PM	

# DECEMBER 2023

Mon	Tue	Wed	Thu	Fri
				1 MAiD 10:00 - 11:00 AM
4 Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	5 Poetry 10:00 - 10:30 AM  Celebrity Bingo Lyle Skinner 2:00 - 2:45 PM	6   Chat Pack 1:30 - 2:15 PM	7 Short Stories 10:00 - 10:30 AM  Game Show Mania 1:30 - 2:15 PM	8 Spelling Bee 10:00 - 10:30 AM  Winnipeg Public Library 1:30 - 2:30 PM
11 Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	12 What's the Verdict? 11:00 - 11:45 AM  Travels of the World 2:00 - 3:00 PM	13   Fact or Fiction? 1:30 - 2:30 PM	14 Coffee Talk 10:00 - 10:30 AM  Holiday Food Traditions 1:30 - 2:30 PM	15 Idioms 10:00 - 10:30 AM  Art Therapy 1:00 - 2:00 PM
18 Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	19 Celtic Christmas Music 11:00 AM - 12:00 PM	20 Did You Know? 10:00 - 10:45 AM	21 Short Stories 10:00 - 10:30 AM	22 Culinary Corner 10:00 - 10:45 AM
25  <b>OFFICE CLOSED</b>	26  <b>OFFICE CLOSED</b>	27  <b>OFFICE CLOSED</b>	28  <b>OFFICE CLOSED</b>	29  <b>OFFICE CLOSED</b>





# SENIOR CENTRE WITHOUT WALLS



## REGISTRATION WORKSHEET - SEPTEMBER - DECEMBER 2023

Date: \_\_\_\_\_ How did you hear about SCWW? \_\_\_\_\_  
 Name(s): \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Address/PO Box: \_\_\_\_\_ City/Town: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_  
 Birth date: \_\_\_\_\_ Gender: \_\_\_\_\_  
 How do you want the materials sent to you? \_\_\_\_\_ Mail only \_\_\_\_\_ Email only

All participants will be called in ten minutes prior to the program start time using our audio conferencing system. Participants will also be provided with a toll-free number should they need to call themselves in. Information about this system and FAQs will be provided upon registration.

***If a participant does not regularly attend programs for which they are registered, they will be taken off the registration and must contact us if they wish to join again.***

### Presentation Series

- Welcome to SCWW
- Fact or Fiction?
- Movie Time
- Canadian Citizenship Quiz
- Mural Walk: West End Biz
- Bronte Sisters
- Introduction to Technology 2
- Trish's Dishes
- Song Interpretations for Older Listeners
- Growing Stories at The Leaf
- Frauds & Scams
- Celtic Music Voyage
- Red Lights in Winnipeg
- Classic Poets

### Observances & Celebrations

- Sounds Like Christmas
- Celtic Christmas Music
- Remembrance Day
- St. Nicholas / Santa Claus

### Health & Wellness

- Holiday Food Traditions
- Winnipeg Public Library
- Schizophrenia
- Art Therapy
- Independent Living Resource Centre (ILRC)
- Medical Assistance in Dying
- Cannabis
- Music Therapy
- Meditation Series

### Book Journeys & Short Stories

- Book Club - The Unexpected Mrs. Pollifax
- Written by Marge
- Poetry Corner with Madde
- Short Stories

### Travelogues

- Travels of the World
- Guatemala
- Canadian Connections
- Across the Miles
- Italy

### Features

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

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

**NOTE:** All participants must [re-register](#) for each new session

**Phone:**

204-956-6440 in Winnipeg

**Toll-free:** 1-888-333-3121

**Email:** [info@aosupportservices.ca](mailto:info@aosupportservices.ca)

**Mail:**

200-207 Donald St.

Winnipeg, MB R3C 1M5



# 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**

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)!