

NEW

SENIORS' CENTRE WITHOUT WALLS



For isolated Seniors 55+ and adults with physical disabilities.

Are you someone who...

- ✓ Finds it difficult to leave home for extended periods of time?
- ✓ Enjoys connecting and talking with people?
- ✓ Would like to participate in fun activities, and/or Educational, Health & Wellness Seminars?

You can now do so from the comfort of your own home!

The “Seniors’ Centre Without Walls”:

Is a **free telephone** program that offers ***Recreation Activities, Educational Lectures, Health & Wellness Seminars*** and general conversation to individuals who find it difficult to access regular community centres in person.

Our goal is to remove barriers, create connections, friendships and a new sense of community for isolated seniors and adults with physical disabilities.

All activities are conducted over the phone!

No membership or fees required. No special equipment necessary.

For more information please contact Rachel at The Good Companions:

Telephone: 613-236-0428 ext. 2323

Email: scww@thegoodcompanions.ca

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Examples of Programs:

- **Just Joking:** Start your week off with a smile and a laugh
- **Tip Top Trivia:** Get your brain synapses firing with trivia and quizzical questions
- **Fun Fact Frenzy:** Explore and discover fun facts on an array of topics!
- **Short Stories:** Listen to a new story every other week and enjoy a stimulating discussion afterwards
- **Old Time Radio Plays:** Exercise your imagination and enjoy listening to mystery, suspense, drama and comedy radio plays from the past
- **Biographies:** Take a quick peak at famous individuals' lives and legacies
- **Name that Tune:** Test your musical knowledge with these mysterious melodies!
- **Good News at 2:** Listen to positive and uplifting news stories
- **Public Health Seminars:** Ottawa Public Health series on how to stay independent, healthy and safe
- **Educational Lectures:** Professionals from the community provide seminars on a number of different topics. Examples: Ottawa Public Health Series; Ottawa Public Library Info Session; Alzheimer Society "Heads Up for Healthier Brains"; Fraud Prevention Seminar; Service Canada Presentations on OAS & CPP; Funeral Planning; and Presentation by Medical Director of Bruyere's Memory Program on "What is Normal & What is Alzheimer's?"
- **Special Observances:** Celebrate Thanksgiving, Halloween and Remembrance Day together on the phone.

All programs are conducted through "conference call": a multi-person phone conversation. Clients are connected with a live facilitator, as well as other clients calling in at the same time.

To receive a "Seniors' Centre Without Walls" Calendar or for more information on other programs please call the number on the front of this flyer.