

# Seniors' Centre Without Walls



*A seniors' centre from the comfort of home.*

**FREE TELEPHONE GROUP ACTIVITIES**  
**SENIORS 55+, AS WELL AS ADULTS**  
**WITH DISABILITIES LIVING IN OTTAWA**  
**& SURROUNDING RURAL AREAS.**

**FOR MORE INFORMATION OR**  
**TO REGISTER:**

**613-236-0428 ext. 2323**

**scww@thegoodcompanions.ca**

**thegoodcompanions.ca**

## **IN THIS ISSUE**

**SLEEP & YOUR  
HEALTH**

**THE WOMEN OF  
BROCKVILLE**

**ENCOUNTERS  
WITH ARTISTS  
SERIES**

**BINGO**

**TRIVIA**

**AND MORE...**



**United Way**  
**Centraide**  
East Ontario  
Est de l'Ontario

**Ontario**



**Ottawa**



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

#### **Mon Centre à distance (SCWW en Français)**

Eastern Ottawa Resource Centre  
Nadine White 613-741-6025 ext. 325

#### **Cantonese or Mandarin**

Jessie Jin, The Good Companions  
613-236-0428 ext. 2777

*\*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, late-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.*

# FAQ

## Seniors' Centre Without Walls

### Who is eligible to join?

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

### How does it work?

1. Once you have registered as a participant\* you can register for any of the SCWW programs offered and be added to the attendance lists for your chosen programs.
2. You can register for programs anytime during the Program Guide term. Our main program registration occurs at the beginning of every program guide term.
3. We **can call you** just before your registered program is set to start, or you can choose to use the **Steps to Calling In** (see below) to call yourself into program.

### Is there any cost?

No – all programming is free of charge. All programs are run through a toll-free number. And no special equipment is needed.

### Accessibility

This program can be available in an accessible format.

### How do I register?

Please contact The Good Companions

**613-236-0428 ext. 2323**

**scww@thegoodcompanions.ca**

### Do I Need a Computer?

No. All you need is a telephone!

### SCWW Daily Schedule Telephone Number

You can call The Good Companions Monday-Friday to find out what SCWW programs are running each day.

**613-236-0428 ext. 4260**

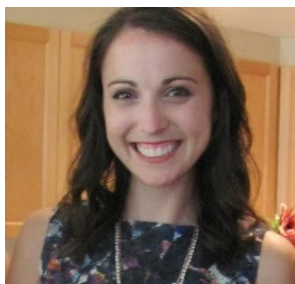
*\*The calls are open and welcome to anyone who would like to join, whether you have registered as a full participant or not. We do encourage you to register with us fully to be able to receive upcoming program guides and information.*

## Steps to Calling into a Scheduled Program

- 1) Dial: **613-686-1547** OR **1-800-669-6180**
- 2) Enter our six-digit **PASSCODE 8 3 4 6 3 4** then press the **#** key
- 3) Record your name then press the **#** key or just stay on the line

\*Not working? Dial **\*0** to speak to the operator and ask to be connected to Seniors' Centre Without Walls **The Good Companions**.\*

## Meet the SCWW Team



**Rachel Sutcliffe**  
SCWW Coordinator  
613-236-0428  
ext. 2323



**Margaret Armitage**  
SCWW Program Assistant  
613-236-0428  
Ext. 2390



**Maria Mangyao**  
SCWW Program Assistant  
613-236-0428  
Ext. 2390



**Emily Payne**  
SCWW Student Placement  
613-236-0428  
Ext. 2390

## 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 SCWW:

613-236-0428 ext. 2323  
[scww@thegoodcompanions.ca](mailto:scww@thegoodcompanions.ca)



## HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

### 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.

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

**Presenter:** *Jessica Lemieux, MSW, Owner of Cultivation Therapy Services*

**\*\*Please note that this program starts at 10:30 am not 10:45 am**

### THE CHAMPLAIN LHIN: HOME & COMMUNITY CARE INFORMATION

Wednesday, May 19 — 2:45-3:45 PM

If you, or someone you care about, needs health care services at home or in the community, or if you are considering supported living programs or long-term care options, home and community care at Home and Community Care Support Services can help.

Home and Community Care Support Services Champlain works with people of all ages to ensure they can make informed choices about their care, when and where they need it.

Lise Racicot will provide an overview of services available in the home and in the community, and how to access these services.

**Presenter:** *Lise Racicot, Home & Community Care Services with Champlain Local Health Integrated Network*

## ALL ABOUT COVID-19 VACCINES

Thurs. May 27  
2:45-3:45 PM

The COVID-19 Vaccine Rollout is well underway, and many of you may have already received your first dose. However, you may still have questions on how the vaccines work, and any side effects that you should expect.

Join Angel, a Pharmacist at Bruyère, to learn more about the different COVID-19 Vaccines and how they work.

**Presenter:**  
*Angel Deng, Pharmacist with Bruyère Continuing Care*



## HEALTH & WELLNESS SERIES

### SLEEP AND SLEEP ISSUES FOR OLDER ADULTS

Thursday, June 3 — 2:45-3:45 PM



Sleep is one of the most fundamental aspects of good health and longevity. However, as we age, the architecture of our sleep cycles alongside many other aspects of our well-being change,

presenting health challenges and concerns. These age-related changes are important to become aware of as this enables one to take the necessary steps to preserve good sleep and, thus, good mental and physical health.

This presentation will discuss specific age-related sleep changes (in seniors), sleep hygiene, how COVID has impacted sleep in older adults, and what proactive measures can be taken to acquire and maintain good sleep.

**Presenter:** *Khaoula Louati R.N, Ph.D. (C) Psychology, University of Ottawa, The Ottawa Hospital*

### SPRING ACTIVITIES IN MOTION

Tuesday, June 22 — 10:45-11:45 AM

Have you been stuck inside for most of the winter? Are you excited for the nice weather outside, but are you worried that you have lost some of your strength and flexibility?

Join Meg Stickl from AIM Fitness for some motivation tips, practical exercises, and fun ideas to get active and ready for all of your spring and summer outdoor tasks and hobbies. Meg specializes in Fitness for Adults 50+ and loves sharing ideas to make physical activity fun for all.

**Presenter:** *Meg Stickl, AIM Fitness*

## BounceBack PROGRAM

Thurs. June 24  
2:45-3:45 PM

If you are experiencing mild to moderate depression, anxiety, low mood, stress or worry BounceBack can help. Whether your symptoms have been brought on by the COVID-19 pandemic or other significant life events, BounceBack can help you learn practical skills to help manage your symptoms and regain your mental health.

Participants work through a series of workbooks at their own pace to overcome anxiety, and improve their mood by changing the way they think and learn to respond to situations differently.

We are offering you a chance to learn more about the program, eligibility criteria and gain insight on how BounceBack can help you build practical coping skills.

**Presenter:**  
*Jennifer Cooke,  
Canadian Mental  
Health Association*

# HEALTH & WELLNESS SERIES

## NUTRITION HACKS ON REDUCING ADDED SUGARS

**Tuesday, July 6 — 2:45-3:45 PM**



Are you looking for ways to reduce your added sugar intake? Curious about the different sources of sugar? Then this presentation is perfect for you. Learn creative ways to reduce the amount of sugar used in your baking, how to read

labels to help you make informed choices and so much more!

**Presenter:** *Emily Fitzgerald, In-store Dietician, Massine's Your Independent Grocer*

## ORAL HEALTH & SYSTEMIC HEALTH

**Tuesday, July 20 — 10:45-11:45 AM**

Periodontal disease has been associated with a number of health conditions, including heart disease and diabetes. The health of your mouth can have an effect on your musculoskeletal, cardiovascular, respiratory and digestive systems (or vice versa). This informative presentation will help you understand how your oral health is linked to your overall health and how you can take care of both.

**Presenter:** *Dental Hygiene Students from Algonquin College*

## LET'S TALK ABOUT HEALTHY AGING

**Wednesday, August 18 — 2:45-3:45 PM**

This presentation explores the meaning of healthy aging and how it can be perceived differently by different persons. We will go over the determinants of successful aging, such as physical health, brain health, emotional and spiritual health.

**Presenter:** *Christine Jolicoeur, Registered Occupational Therapist, with the Geriatric Assessment Outreach Team (GAOT)*

## A SNEAK PEEK AT BLINDNESS

**Mon. Aug 16  
2:45-3:45 PM**

A wide range of conditions may affect your eyesight. Many can lead to blindness. What is blindness? What do you see when you are blind? When do you know that you are really blind?

Pierre Castanger, fellow SCWW Participant and Vice-President of the Ottawa/Gatineau Branch Alliance for the Equality of Blind Canadians, is here to answer your questions. Through sharing his own story, Pierre will highlight the importance of eye care and talk about all the amazing tools and supports that are on hand to assist those living with blindness.

**Presenter:** *Pierre Castanger, Vice-President of the Ottawa/Gatineau Alliance for the Equity of Blind Canadians*

# EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## THE LIVES AND IDEAS OF MALCOLM X AND DR. MARTIN LUTHER KING JR.

Tuesday, May 25th — 10:45-11:45 AM

Jaku Konbit is an African-centred, community-based organization. Dr. Clyde Ledbetter heads their “African History Courses” and will be joining us on the phone this May to provide us with an informational session on the lives and ideas of Malcolm X and Dr. Martin Luther King Jr.



This session will cover:

- The historical context in which they came of age and the key contributors to their early development;
- The dynamic ideas presented by each man as theologians and philosophers;
- The strategies and tactics used by each man as leaders of various organizations during the Civil Rights Movement of the 1950s and 1960s;
- The lasting legacy of Dr. King and Malcolm X to the contemporary struggle for human rights.

**Presenter:** *Dr. Clyde Ledbetter, Coordinator of the African History Course, Jaku Konbit*

**All of our Health & Wellness, Educational, Musical, Storytelling and Travelogue Presentations are recorded. If you are unable to join us on the day of the call, let us know and we can give you the information on how you can listen to the recording at your own convenience.**

## SERVICE CANADA THE CANADA PENSION PLAN DISABILITY PROGRAM

Tues. June 1  
10:45-11:45 AM

Service Canada is proud to provide an information session on the Canada Pension Plan Disability Program. They will provide information on the eligibility criteria, the different provisions included in the Canada CPP Disability Program to allow a return to work and also provide general information on other programs and services of the government such as the benefits finder tool.

**Presenter:**  
*Stephane Carignan,  
Citizens Services  
Specialist, Citizen  
Service Branch  
Service Canada/  
Government of  
Canada*



# EDUCATIONAL SERIES

## OTTAWA ART GALLERY PRESENTS: ART TALK

### **FILTERED**

**Thursday, June 10 — 10:45-11:45 AM**

The artists in this exhibition explore the internal structure of various forms of communication, exposing the strengths and weakness of these technologies. In turn, the works of art reveal that our interpretation of media is linked to personal bias, filtered by language, histories, memories, values, and beliefs.

### **SHELTERED IN PLACE: PORTRAITS OF SELF, FAMILY, AND COMMUNITY**

**Thursday, July 15 — 10:45-11:45 AM**

The COVID-19 pandemic has evoked new feelings in us all, whether isolation as we work alone, fear of exposure as essential workers, or claustrophobic anxiety if we live in close quarters. Emotional states such as isolation, fear, or anxiety have given us fresh perspectives on ourselves, our families, and our communities.

**Presenter:** *Curators from the Ottawa Art Gallery*

## **BANK OF CANADA MUSEUM PRESENTS: THE HISTORY OF PAPER MONEY**

**Monday, July 5 — 2:45-3:45 PM**

Learn about the creation and development of paper money around the world and in Canada: from the first paper money created in China, to the playing card money in New France, to modern bank notes in Canada.

**Presenter:** *The Visitors Team from The Bank of Canada Museum*



## **HORSEBACK RIDING TALES FROM THE TRAILS**

**Thurs. July 29  
10:45-11:30 AM**

Seniors' Centre  
Without Walls  
placement student  
Emily is a person of  
many talents and  
passions. Horseback  
riding is one of them!

Join Emily for a  
discussion on how  
she got into horse-  
back riding, some of  
her experiences, and  
a few tales from the  
trails.

**Presenter:** *Emily  
Payne, SCWW  
Placement Student*

## **ANCESTRY CHAT**

**Thurs. July 29  
2:45-3:45 PM**

It is a getting to  
know each other  
opportunity! Share  
some interesting  
and fun facts about  
yourself and your  
ancestry with the  
group.

**Presenter:** *SCWW  
Team Member*

## EDUCATIONAL SERIES

### THE OTTAWA HISTORICAL SOCIETY PRESENTS: OSCAR PETERSON AND JOSEPHINE BAKER

**Tuesday, July 27 — 10:45-11:45 AM**

Two of the greatest entertainers of the 20th century were Josephine Baker and Oscar Peterson. Josephine Baker, who was born into poverty in St. Louis, rose to international fame in her adopted France as a frontier-breaking singer and film star. During World War II she became a secret agent for the Free French, a role which earned her the Croix de Guerre. She was also a civil rights activist and mother to a dozen adopted children. Montreal-born Oscar Peterson leaped onto the national music scene as a jazz sensation at the tender age of eighteen. Known as the “Maharajah of the Keyboard,” he wowed audiences for more than a half a century.

Hear James Powell from the Historical Society of Ottawa tell the stories of these two entertainment greats and their links with Ottawa. James will also speak about the origins of Ottawa’s black community which date back to 1800.

**Presenter:** *James Powell, The Ottawa Historical Society*

### EMANCIPATION DAY IN ONTARIO

**Tuesdays August 3 — 2:45-3:45 PM**

Emancipation Day commemorates the Abolition of Slavery Act, which became law on August 1, 1834. This act freed more than 800,000 people of African descent throughout the British Empire. Since then, Emancipation Day has been celebrated on or near August 1 each year. It is an important expression of identity for the Black community, and a reminder of the continuing struggle faced by people of African descent towards a more inclusive, diverse society.

Join Sarah Onyango as she discusses the history of this day, and the importance of it in Ontario history.

**Presenter:** *Sarah Onyango, Black History of Ottawa*







## THE MUSEUM OF SCIENCE & INNOVATION PRESENTS: INNOVATION AND HISTORY OF THE PRAIRIES

**Wed. August 11  
2:45-3:45 PM**

Saskatchewan and Manitoba have a rich history of innovation in the arts, sciences, medicine and public policy. In this presentation, David Pantalony will describe this history through museum artifacts, while situating them within the larger context of Prairie culture.


**Presenter:** *David Pantalony, , PhD  
Curator, Physical  
Sciences and  
Medicine*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>SCWW Updates</b> 10:45-11:30 am	<b>4</b>	<b>5</b> <b>Fun Facts</b> 10:45-11:15 am	<b>6</b>	<b>7</b> <b>Good News</b> 10:45-11:15 am
<div>PROGRAM REGISTRATION WEEK</div>				
<b>10</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Just Joking</b> 2:45-3:15 pm	<b>11</b> <b>Way with Words</b> 10:45-11:15 am  <b>Book Chat</b> 2:45-3:15 pm	<b>12</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Categories</b> 2:45-3:15 pm	<b>13</b> <b>You Be the Judge</b> 10:45-11:15 am  <b>Short Stories</b> 2:45-3:15 pm	<b>14</b> <b>Spiritual Space</b> 10:45-11:15 am  <b>Name That Tune</b> 12:45-1:15 pm
<b>17</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm   <b>Mother's Day</b> 2:45-3:15 pm	<b>18</b> <b>Discussion Group</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>Coffee with Nikkie</b> 12:45-1:15 pm   <b>Champlain LHIN</b> 2:45-3:45 pm	<b>20</b> <b>Table Topics</b> 10:45-11:15 am  <b>Sports Chat</b> 2:45-3:30 pm	<b>21</b> <b>BINGO</b> 10:45-11:45 AM   <b>Abandoned Canada</b> 12:45-1:15 pm
<b>24</b> <b>Victoria Day Weekend</b>  <b>No Programs Today</b>	<b>25</b>  <b>Martin Luther King &amp; Malcolm X</b> 10:45-11:45 am  <b>Finish the Line</b> 2:45-3:15 pm	<b>26</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Who, What, Where</b> 2:45-3:15 pm	<b>27</b> <b>Fact or Fiction</b> 10:45-11:15 am   <b>Vaccine Info</b> 2:45-3:45 pm	<b>28</b> <b>Birthday Party</b> 10:45-11:15 am  <b>Canadian Trivia</b> 12:45-1:15 pm
<b>31</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm  <b>BINGO</b> 2:45-3:45 pm				

## STEPS TO CONNECT
















1. Dial **613-686-1547** or **1-800-669-6180**
2. Enter Passcode: **8 3 4 6 3 4** then press the # key

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  <b>Disability CPP Info</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>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Recipe Exchange</b> 12:45-1:15 pm	<b>3</b> <b>Table Topics</b> 10:45-11:15 am   <b>Sleep &amp; Health</b> 2:45-3:45 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>Monday Check-In</b> 12:45-1:15 pm   <b>Chesterville</b> 2:45-3:45 pm	<b>8</b> <b>Way with Words</b> 10:45-11:15 am   <b>Music Chat</b> 2:45-3:30 pm	<b>9</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Categories</b> 2:45-3:15 pm	<b>10</b>  <b>OAG: Art Talk</b> 10:45-11:45 am  <b>Short Stories</b> 2:45-3:15 pm	<b>11</b> <b>Gratitude Jar</b> 10:45-11:15 am  <b>Name That Tune</b> 12:45-1:15 pm
<b>14</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm   <b>Music: Twin Flames</b> 2:45-3:45 pm	<b>15</b> <b>Discussion Group</b> 10:45-11:30 am  <b>Trivia</b> 2:45-3:15 pm	<b>16</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Who, What, Where</b> 2:45-3:15 pm	<b>17</b> <b>Table Topics</b> 10:45-11:15 am  <b>Sports Chat</b> 2:45-3:30 pm	<b>18</b> <b>BINGO</b> 10:45-11:45 am  <b>Father's Day</b> 12:45-1:15 pm
<b>21</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm   <b>Turtle Island Storytelling</b> 2:45-3:45 pm	<b>22</b>  <b>Spring Activities in Motion</b> 10:45-11:45 am  <b>Finish the Line</b> 2:45-3:15 pm	<b>23</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm   <b>SCWW Planning Committee</b> 2:45-3:30 pm	<b>24</b> <b>Fact or Fiction</b> 10:45-11:15 am  <b>BounceBack</b> 2:45-3:45 pm	<b>25</b> <b>Birthday Party</b> 10:45-11:15 am  <b>Canadian Trivia</b> 12:45-1:15 pm
<b>28</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm  <b>BINGO</b> 2:45-3:45 pm	<b>29</b> <b>Biographies</b> 10:45-11:15 am  <b>Trivia</b> 2:45-3:15 pm	<b>30</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Canada Day</b> 12:45-1:45 pm		

## STEPS TO CONNECT

1. Dial **613-686-1547** or **1-800-669-6180**
2. Enter Passcode: **8 3 4 6 3 4** then press the # key



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>  <b>Canada Day</b>  <b>No Programs Today</b>	<b>2</b>  <b>Good News</b> 10:45-11:15 am  <b>Radio Plays</b> 12:45-1:15 pm
<b>5</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm   <b>History of Paper Money</b> 2:45-3:45 pm	<b>6</b> <b>Way with Words</b> 10:45-11:15 am   <b>Reducing Added Sugars</b> 2:45-3:45 pm	<b>7</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Categories</b> 2:45-3:15 pm	<b>8</b> <b>Table Topics</b> 10:45-11:15 am    <b>Short Stories</b> 2:45-3:15 pm	<b>9</b> <b>Spiritual Space</b> 10:45-11:15 am  <b>Name That Tune</b> 12:45-1:15 pm
<b>12</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm  <b>Just Joking</b> 2:45-3:15 pm	<b>13</b> <b>Discussion Group</b> 10:45-11:30 am    <b>Trivia</b> 2:45-3:15 pm	<b>14</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm   <b>Women of Brockville</b> 2:45-3:45 pm	<b>15</b>  <b>OAG Art Talk</b> 10:45-11:45 am  <b>Fact or Fiction</b> 12:45-1:15 pm  <b>Sports Chat</b> 2:45-3:30 pm	<b>16</b> <b>BINGO</b> 10:45-11:45 am   <b>Abandoned Canada</b> 12:45-1:15 pm
<b>19</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm   <b>Storytelling with Shawn</b> 2:45-3:15 pm	<b>20</b>  <b>Oral Health</b> 10:45-11:45 am    <b>Finish the Line</b> 2:45-3:15 pm	<b>21</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Categories</b> 2:45-3:15 pm	<b>22</b> <b>Table Topics</b> 10:45-11:15 am    <b>You Be the Judge</b> 2:45-3:15 pm	<b>23</b>  <b>UFO Day</b> 10:45-11:30 am   <b>Wacky Tourist Attractions</b> 12:45-1:15 pm
<b>26</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm  <b>BINGO</b> 2:45-3:45 pm	<b>27</b>  <b>Oscar Peterson &amp; Josephine Baker</b> 10:45-11:45 am    <b>Trivia</b> 2:45-3:15 pm	<b>28</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Across the Miles</b> 3:30-4:30 pm	<b>29</b>  <b>Tales from the Trails with Emily</b> 10:45-11:30 am    <b>Ancestry Chat</b> 2:45-3:45 pm	<b>30</b> <b>Birthday Party</b> 10:45-11:15 am  <b>Canadian Trivia</b> 12:45-1:15 pm

## STEPS TO CONNECT

1. Dial **613-686-1547** or **1-800-669-6180**
2. Enter Passcode: **8 3 4 6 3 4** then press the # key

# AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>CIVIC HOLIDAY</b>  <b>No Programs Today</b>	<b>3</b> <b>Way with Words</b> 10:45-11:15 am  <b>Emancipation Day</b> 2:45-3:45 pm	<b>4</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Categories</b> 2:45-3:15 pm	<b>5</b> <b>Table Topics</b> 10:45-11:15 am    <b>Short Stories</b> 2:45-3:15 pm	<b>6</b> <b>Good News</b> 10:45-11:15 am  <b>Radio Plays</b> 12:45-1:15 pm
<b>9</b> <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm  <b>Just Joking</b> 2:45-3:15pm	<b>10</b> <b>Discussion Group</b> 10:45-11:30 am    <b>Trivia</b> 2:45-3:15 pm	<b>11</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Prairie Innovations</b> 2:45-3:45 pm	<b>12</b> <b>Recipe Exchange</b> 10:45-11:15 am    <b>Ottawa Public Library Services</b> 2:45-3:45 pm	<b>13</b> <b>Spiritual Space</b> 10:45-11:15 AM  <b>Name That Tune</b> 12:45-1:15 pm
<b>16</b> <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm  <b>Sneak Peek at Blindness</b> 2:45-3:45 pm	<b>17</b> <b>Music Chat</b> 10:45-11:30 am    <b>Finish the Line</b> 2:45-3:15 pm	<b>18</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Healthy Aging</b> 2:45-3:45 pm	<b>19</b> <b>Who, What, Where</b> 10:45-11:15 am    <b>Sports Chat</b> 2:45-3:30 pm	<b>20</b> <b>BINGO</b> 10:45-11:45 am  <b>Abandoned Canada</b> 12:45-1:15 pm
<b>23</b> <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm  <b>Wacky Tourist Attractions</b> 2:45-3:30 pm	<b>24</b> <b>Frauds &amp; Scams</b> 10:45-11:45 am    <b>Trivia</b> 2:45-3:15 pm	<b>25</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Freedom on Two Wheels</b> 2:45-3:45 pm	<b>26</b> <b>Fact or Fiction</b> 10:45-11:15 am    <b>History of Pride Parade</b> 2:45-3:45 pm	<b>27</b> <b>Birthday Party</b> 10:45-11:15 am  <b>Canadian Trivia</b> 12:45-1:15 pm
<b>30</b> <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-In</b> 12:45-1:15 pm  <b>BINGO</b> 2:45-3:45 pm	<b>31</b> <b>Biographies</b> 10:45-11:15 am    <b>Book Chat</b> 12:45-1:15pm		<b>29</b>	<b>30</b>

## STEPS TO CONNECT

1. Dial **613-686-1547** or **1-800-669-6180**

## EDUCATIONAL SERIES

### OTTAWA PUBLIC LIBRARY PRESENTS: HOMEBOUND SERVICES

**Thursday, August 12 — 2:45-3:45 PM**

Do you, or someone you know enjoy reading books and audiobooks, listening to music, or watching movies but are unable to get to the library? Let the library come to you!

The Ottawa Public Library's Homebound Service provides free monthly delivery of library materials to Ottawa residents who are unable to visit the library regularly due to age, illness, or disability. Please join us to learn more.

**Presenter:** *Alainna Robitaille and Sarah Lawrance , Public Service Assistance with Ottawa Public Library's Homebound Services*

### OTTAWA POLICE SERVICES (OPS): FRAUDS AND SCAMS

**Tuesday, August 24 — 10:45-11:45 AM**

Beware of Scammers!

Constable Lemieux will be presenting on the different types of Frauds and Scams that OPS commonly get complaints about. She will be speaking about the following items:

- What is Fraud?
- What are the Fraudster's Goals?
- What are the Methods of Conducting Fraud?

Learn about the different types of scams that Ottawa Police commonly see, and get answers to your questions so you can feel confident in dealing with fraudulent phone calls/emails/texts. Constable Lemieux will provide some resources for you to look at to be better informed on how to protect yourself!

**Presenter:** *Constable Stephanie Lemieux, Centretown Community Officer with Ottawa Police Services*

## FREEDOM ON TWO WHEELS: THE STORY OF THE BICYCLE

**Wed. Aug 25  
2:45-3:45 pm**

For many of us, the bicycle is a familiar technology and one that is relatively simple to understand. But it took inventors, mechanics, and bicycle makers many decades to come up with this safe and efficient design. This presentation will take you on a ride through the colourful and quirky history of bicycle design from 1820 to the present.

**Presenter:** *Sharon Babaian, Museum of Science & Innovation*

## CANADA'S PRIDE PARADE

**Thurs. Aug 26  
2:45-3:45 PM**

It is Pride Week in Ottawa! Join us as we take a look at the history and importance of the Pride Parade for the LGBTQ2+ Community across Canada, with a focus on Ottawa.

**Presenter:**  
*Volunteer from  
Ottawa Senior Pride  
Network*

# MUSIC & SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## INFORMATION SESSION: SCWW & GOOD COMPANIONS PROGRAMS Monday, May 3 — 10:45-11:30 PM

Seniors' Centre Without Walls Coordinator, Rachel Sutcliffe, will be on the phone to talk about updates to our Seniors' Centre Without Walls program, to review our policies & procedures, and answer any general questions that you may have about the program. She will also provide information on other services and programs that The Good Companions has to offer.

## MUSIC CHATS WITH BRIAN MCGURRIN MAGICAL MEMORIES Tuesday, June 8 — 2:45-3:30 PM



What do the following song titles have in common: *I'm Movin' On*, *Four Strong Winds*, *Swingin' Shepherd Blues*, *Snowbird*. The answer, as I'm sure you've guessed, is that they were all memorably performed by Canadian artists. *I'm Movin' On* was composed and performed by Hank Snow of Brooklyn,

NS; *Four Strong Winds* composed by Ian Tyson of Victoria BC and performed by Ian and Twylla Dvorkin, aka Sylvia; *Swingin' Shepherd Blues* composed and performed by jazz saxophonist and flautist Moe Koffman of Toronto ON, and *Snowbird* performed by Anne Murray of Springhill, NS., and composed by Gene MacLellan of Val-d'Or, Quebec.

Want to hear more? Tune in for an hour of magical Canadian songs and musical memories.....

**Presenter:** *Brian McGurrin, retired librarian and music enthusiast*

## MOTHER'S DAY CHAT Mon. May 21 2:45-3:15 PM

We are celebrating all mothers, aunts, grandmothers, and any mother-figures in our lives - past or present. Join us for some reminiscing, some trivia, some jokes and a lovely chat.

**Presenter:** *SCWW Team Member*

## FATHER'S DAY CHAT Fri. June 18 12:45-1:15 PM

*Why do fathers take an extra pair of socks when they go golfing?....In case they get a hole in one!*

We are celebrating Father's Day with the best/worst "dad" jokes, trivia and more.

**Presenter:** *SCWW Team Member*



# MUSIC & SPECIAL EVENTS

## SCWW PLANNING COMMITTEE MEETING

Wednesday, June 23 — 2:45-3:30 pm

Have a topic that you are interested in or would like to learn more about? We would like to hear from you.

All are welcome 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:** *Rachel Sutcliffe, SCWW Coordinator*

## CANADA DAY CELEBRATION

Wednesday, June 30 — 12:45-1:45 PM

Join us as we celebrate Canada Day with other SCWW's across our Nation's Capital and rural communities. We will explore some fun facts and trivia, tell some good ol' fashion Canadian jokes and have general chat about the country that we love.

**Presenter:** *Rachel Sutcliffe, SCWW Coordinator*

## NATIONAL UFO AWARENESS DAY

Friday, July 23 — 10:45-11:30 AM



Though actually celebrated on July 2nd, World UFO Day is an awareness day for people to gather together and watch the skies for unidentified flying objects. To celebrate we will take a dive into some of the most famous UFO sightings - including the

Roswell UFO Incident, Kenneth Arnold's sighting, and many more from around the world and right here in Canada.

**Presenter:** *A SCWW Team Member*

## MUSIC CHATS WITH BRIAN: HOT JAZZ AND BOOT- LEG LIQUOR: POP MUSIC OF 1920

Tues. Aug 17  
10:45-11:30 AM

There were songs about movies, cars, radios, airplanes, booze, bootleggers, flappers, jazz....! And more!

It was the start of what was often labelled the *roaring* twenties, meaning pretty much the same thing that Helen Reddy meant fifty years later when she sang: "*I am woman hear me roar*...It was about emancipation and rejection of values that suddenly seemed "stuffy" and "old-fashioned." It meant that hemlines were up and corsets were off, but it was also about general lawlessness and drunkenness. After the ordeal of the First World War, it seems that people just felt like busting loose.

**Presenter:** *Brian McGurrin*

# TRAVELOGUES & STORYTELLING

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## ENCOUNTERS WITH ARTISTS PRESENTS: CELEBRATING INDIGENOUS FIRST PEOPLE'S DAY

To celebrate June 20th's National Celebration of Indigenous First People's Day the Shenkman Art Centre's *Encounters with Artists* Project and MASC bring you two incredible musical and storytelling events.

### TWIN FLAMES

**Monday, June 14 — 2:45-3:45 PM**



Twin Flames take listeners on a musical journey across Canada and the Arctic, echoing the voices of their ancestors and depicting life on the land. Together, Chelsey June (Métis) and Jaaji (Inuk, Mohawk) represent the Indigenous groups in Canada. Their songs are written in English, French and Inuktitut.

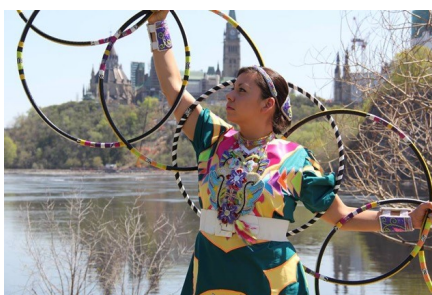
Through music they share the beauty of their cultures and incorporate both traditional Indigenous and western instruments. This interactive show features original songs, thought-provoking stories and an introduction to Canada's History, present and future from an Indigenous perspective.

### STORYTELLING WITH INDIGENOUS EXPERIENCES

**Monday, June 21 — 2:45-3:45 PM**

Indigenous traditional stories hold the knowledge, memories, and identity of Turtle Island First Nations people and communities. Expand your understanding of the diversity and richness of Indigenous culture through these unique and authentic traditional stories.

**Presenter:** Indigenous Experiences



## THE VILLAGE OF CHESTERVILLE

**Mon. June 7  
2:45-3:45 PM**

The Village of Chesterville was already a vibrant community when it became incorporated in 1890. Situated on the Nation River in the County of North Dundas, the first settlement grew up when mills were built circa 1830. The Chesterville and District Historical Society was established in 1984, and restored the original town hall as a Heritage Centre. Society members are presently working to publish a book updating Chesterville's History to 2020, having gathered many stories from local businesses and residents. Join us for a peek at Chesterville's colourful past and some of the recent discoveries relating to this project.

### **Presenters:**

*Caroline Roberts and Gail Parker, The Chesterville and District Historical Society*

# TRAVELOGUES & STORYTELLING

## ABANDONED CANADA

**Fridays: May 21 & July 16 & August 20**  
**12:45 - 1:15 PM**

Join us this summer as we “travel” across the country and explore Canada’s abandoned places. From ghost towns to abandoned tunnel systems, there is a story to tell for all!

**Presenter:** SCWW Team Member

## TRAVEL: WOMEN OF BROCKVILLE

**Wednesday, July 14 — 2:45-3:45 PM**

A lot of Brockville history is dominated by the powerful men who ran businesses and held political power. However, that did not stop Brockville women from standing up and making their own marks on history. From internationally recognized dairy farmers to well known local business owners, Brockville women have helped shape the history of Brockville. Join The Brockville Museum’s Interpretation and Public Program Coordinator Peggy Hause as they discuss some of the city’s impactful women.

**Presenter:** *Peggy Hause, Interpretation and Public Program Coordinator from Brockville Museum*



## STORYTELLING WITH SHAWN ANTHONY

**Monday, July 19 — 2:45-3:15 PM**



Shawn Anthony is a dedicated committee member of The Good Companions. He is also a son, brother and essayist originally from Fogo Island, Newfoundland. Part of the first generation of East Coast transplants into the suburban holes of Toronto, Shawn will share stories about his experiences of culture shift and shock as his family makes moves throughout his childhood.

**Presenter:** Shawn Anthony, writer of *Apse the Gate*

## TRAVEL: WACKY TOURIST ATTRACTIONS

**Fri. July 23**  
**12:45-1:15 PM**  
**Mon. Aug 23**  
**2:45-3:30 PM**

From Doll Island, to upside-down houses, to a wall of chewing gum, there are some very wacky tourist attractions in the world. Come explore some of these places with us! You might be surprised how many are in Canada.

We would love to hear stories from you of some of the wackiest places that you have been too!

**Presenter:**  
SCWW Team  
Member

## ACROSS THE MILES

**Wed. July 28**  
**3:30-4:30 PM**

Connect with and listen to SCWW participants from all across North America.

# REGULAR PROGRAMS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## 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 sets of letters.

### FINISH THE LINE

“There is no time like the \_\_\_\_\_”! Help fill in the blanks of famous quotes, expressions, song lyrics, movie titles and many more 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.

### 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!

### CANADIAN TRIVIA

Love trivia? Love Canada? Put them both together for a half hour of fun!

## FUN & MUSIC

### JUST JOKING

They say that laughter is the best medicine, so join us once a month for your 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!

### 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 as we guess the song title and artist of these mysterious melodies!



# REGULAR PROGRAMS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## CONVERSATIONAL PROGRAMS

### MONDAY CHECK-IN (NEW!)

Start your week off with our new Weekly Monday Check-In Program. This is a space to check-in with each other, ask questions on resources, share ideas or comments, and just a general chat after the weekend.

### DISCUSSION GROUP

Join this monthly group where we will have a theme for discussion each session chosen from participant suggestions. Share ideas and learn new perspectives from each other.

### FUN FACTS

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

### YOU BE THE JUDGE

You are the judge in these real life crime stories. First, you will hear all the facts. Next, with your peers, you will evaluate and discuss the ins and outs of the case, and deliver a verdict! Find out if your outcome matches the real one!

### TABLE TOPICS

Join in on the conversation! We have a list full of fun, unique, and offbeat questions to start interesting and memorable conversations!

### COFFEE WITH NIKKIE

Grab a coffee (or tea or hot chocolate!) and hangout with The Good Companions' own Nikkie Snagg, Volunteer & Membership Coordinator every Wednesday.

## OPEN MIC WITH MIKE: SPORTS CHAT

Each month join Rachel and her co-host Mike from Carleton Place for a lively discussion on the world of sports.

### GRATITUDE JAR

Gratitude is strongly and consistently associated with greater happiness. Join as we share something positive that we were grateful.

### RECIPE EXCHANGE

Do you have a new or special recipe? Share with the group and learn new ones at the same time!

### BOOK CHAT

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

# REGULAR PROGRAMS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## SIT BACK AND RELAX PROGRAMS

### SHORT STORIES

Enjoy as we immerse ourselves into the wonderful world of short stories from a variety of different genres.

### GOOD NEWS

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

### OLD TIME RADIO PLAYS

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

### SPIRITUAL SPACE

Offering a place for all faiths and religions to come together for reflection and prayer. We are pleased to partner with The Aging and Spirituality Committee of the Council on Aging to host our Spiritual Space program. This committee explores the existential questions of human spirituality as a significant aspect of aging.

### BIOGRAPHIES



#### JUNE

**Gordon Lightfoot** - Canadian singer-songwriter and guitarist who achieved international success in folk, folk-rock, and country music



#### AUGUST

**Mother Teresa** - Honoured in the Catholic Church as Saint Teresa of Calcutta, was an Albanian-Indian Roman Catholic nun and Missionary.

**SCWW is designed for you and your interests.**

**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.**

# PARTICIPANTS' CORNER

## SCWW BOOK CHAT GROUP RECOMMENDATIONS:

Here are some books, stories and/or authors that our SCWW Participants recommended during our SCWW Winter Book Chats:

1. *Stella Bain* by Anita Shreve
2. *Perfume Collector* by Kathleen Tessaro
3. *When Calls the Heart & When Love Comes Softly* by Janette Oke
4. *Murdoch Mysteries* by Maureen Jennings
5. *Bless the Beasts and the Children* by Glendon Swarthout
6. *The Girl from Berlin* by Ronald H. Balson
7. *Year One* by Nora Roberts
8. *Once is not Enough* by Jacqueline Susann
9. *The Traveler* by John Twelve Hawks
10. *Too Much and Never Enough: How my Family Created the World's Most Dangerous Man* by Mary L. Trump
11. *Stories from the Vinyl Café* by Stuart McLean

***Have anything else you  
would like us to add to our  
Participant's Corner?  
We would love to hear  
from you—this is your space.***

## SCWW RECIPE EXCHANGE

Our participants are full of wonderful and yummy recipes! Here is one that was shared with our group:

### **Sue's Lazy Squares**

#### ***Ingredients:***

- 1 cup of graham cracker crumbs
- 1/4 cup of melted butter
- 1 cup of chocolate chips
- 1 cup shredded coconut
- 1 can of sweetened milk
- 1 cup chopped walnuts (optional)
- 1 cup of peanut butter chips (optional)

#### ***Instructions:***

1. Preheat oven to 325°
2. Combine butter and crumbs in a bowl. Mix well.
3. Place mixture in 9 x 13 baking pan and pat it down evenly in the bottom.
4. Sprinkle 1 cup of chocolate chips (or whatever flavour you like most) on top.
5. Sprinkle cup of coconut
6. Add in any extra chips or nuts
7. Pour can of sweetened milk all over it
8. Place on middle oven rack
9. Bake for 30 minutes

*Hint: To help lift square out, line pan with parchment paper to lift squares out. They freeze well too!*

## USEFUL RESOURCES

If you feel at any point that you need some extra assistance there are lots of 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: 1-866-797-0000**

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 through the holidays!*)

**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)

**SENIOR SAFETY PHONE LINE**

(Elder Abuse Ontario) **1-866-299-1011**

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

Canada

Ontario



United Way  
East Ontario

OACAO



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



OAG  
GAO



Bank of  
Canada  
Museum



Service  
Canada



OTTAWA POLICE SERVICE  
SERVICE DE POLICE D'OTTAWA  
A Trusted Partner in Community Safety  
Un partenaire fiable de la sécurité communautaire



HOME & COMMUNITY  
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United in our commitment to care



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CENTRE



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SOMERSET OUEST