


Seniors' Centre Without Walls



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

FOR MORE INFORMATION OR TO REGISTER:

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

 **scww@thegoodcompanions.ca**

 **thegoodcompanions.ca**

IN THIS ISSUE

**SAFE HOME
EXERCISES**

CANADA IN SPACE

**STORYTELLING
SERIES**

BINGO

TRIVIA

COFFEE CHAT

AND MORE...





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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, 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.



United Way
East Ontario



Ontario



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 the 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

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
(she/her)
SCWW Coordinator
613-236-0428
ext. 2323



Margaret Armitage
(she/her)
SCWW Program
Assistant
613-236-0428
Ext. 2390



Emily Payne
(she/her)
SCWW Program
Assistant
613-236-0428
Ext. 2390

GROUP ETIQUETTE

Be **Kind** to each other

Be **Respectful** of giving time to others

Be **Mindful** of your impact on your peers

We are a community.

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

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 ARTHRITIS SOCIETY: TIPS FOR HANDLING YOUR HAND ARTHRITIS

Wednesday, September 8 — 2:45-3:45 PM

When you have arthritis in your hands, the pain and restricted range of motion can make many daily tasks more difficult. However, whether your arthritis is mild or severe, there are things you can do to help maintain and even improve your mobility.

Ingrid Beam, a physiotherapist with the Arthritis Society, will discuss Tips for Handling your Hand Arthritis.

This discussion will include:

- A short explanation of the osteoarthritis
- A few strategies on how to alleviate the pain
- Discussion on exercise and methods to protect your joints

Presenter: *Ingrid Beam, Physiotherapist with the Arthritis Society*

OTTAWA RE-OPENING: UPDATES ON THE GOOD COMPANIONS AND COMMUNITY

**Thurs. Sept 2
10:45-11:15 AM**

As Ontario moves through the re-opening phases services and programs across the city are gearing up to re-open their doors to the public and their members.

Join Rachel Sutcliffe, SCWW Coordinator, as she discusses what programs and services are re-opening this fall both at The Good Companions, and in the Ottawa community. She will also discuss some of the general safety protocols, and what to expect if venturing out.

HEALTH & WELLNESS SERIES

SENIORS SAFETY LINE

Thursday, September 16— 10:45-11:45 AM

The Seniors Safety Line (SSL) is the only 24 hour crisis and support line for seniors in Ontario who have experienced any type of abuse or neglect. Callers receive emotional support, safety planning, information and referrals in over 200 languages. This September, Latoya will be on the phone with us to describe in detail what SSL does, who calls the Helpline, the type of calls they receive, and what is Elder Abuse.

Presenter: *Latoya Dwyer, Service Support Coordinator-Assaulted Women's Helpline (AWHL)*

LET'S GET MOVING SERIES: SIMPLE AND SAFE HOME EXERCISES

Meg Stickl is the Seniors Fitness Expert from AIM Fitness. She will be joining us twice this fall for a "Let's Get Moving" series where she will lead us through exercises that you can safely do at home. ***This program requires pre-registration for liability waiver.***

SIMPLE CHAIR EXERCISES YOU CAN DO AT HOME

Thursday, September 23 — 2:45-3:45 PM

Meg will lead you through some fun and simple chair exercises that you can do right at home. They will be exercises that are safe and helpful to build strength and improve flexibility for household tasks for seniors. All fitness levels are welcome!

STAY ACTIVE DURING THE WINTER

Tuesday, November 2 — 10:45-11:45 AM

The winter can be long and many seniors lose their strength and motivation during this season. Meg will share tips to stay motivated and helpful exercises that you can do right at home in order to feel great about your health this winter.

HEALTHY EATING ON A BUDGET

**Tues. Oct 12
2:45-3:45 PM**

Healthy eating can help prevent or manage chronic health conditions, improve energy levels and overall well-being. However, it can be difficult to put into action.

This presentation will provide you with tips for making healthy food choices on a budget, planning balanced meals and cooking for one. Join us for an opportunity to ask your nutrition-related questions and learn simple yet healthy meal and snack ideas.

Presenter:
Catherine Pouliot, Diabetes Educator with Centretown Community Health Centre

HEALTH & WELLNESS SERIES

ANTICIPATORY GRIEF

Tuesday, October 19 — 10:45-11:45 AM



Anticipatory grief differs from grief after a death, and can touch many parts of one's life. What is anticipatory grief and how can we care for ourselves and others when we experience it?

Julie Ann Levett will be on the phone to explain this important process and part of our lives.

Presenter: *Julie Ann Levett, Program Manager from Bereaved Families of Ontario - Ottawa affiliate*

UNDERSTANDING ACUPUNCTURE

Wednesday, November 3 — 10:45-11:45 AM

Dr. Romana Schmidt is a Chiropractor based in Ottawa who also practices acupuncture in order to supplement her work and treat issues such as chronic pain and blood flow throughout the body.

Acupuncture is a form of alternative medicine in which thin needles are inserted into certain points in the body. Dr. Romana will be discussing how acupuncture works in the body and how she uses it to treat a variety of ailments for her patients.

Presenter: *Dr. Romana Schmidt, BSC, DC*

FOUNTAIN OF HEALTH INITIATIVE: PRACTICAL TOOLS FOR HEALTH AND RESILIENCY

Tues. Nov 9
2:45-3:45 PM

Research shows that there are five actions you can take to maximize your health and happiness no matter what your age. Changing the way you think might be one of the most important ways to stay healthy!

Dr. Linda Gobessi will discuss the theory behind The Fountain of Health Initiative and the 5 key actions that can help you stay healthy for life.

Presenter:
*Dr. Linda Gobessi,
MD FRCPC
Geriatric Psychiatry
Community
Services of Ottawa*

HEALTH & WELLNESS SERIES

PAIN MANAGEMENT TWO PART SERIES

WHAT IS CHRONIC PAIN

Monday, November 1 - 2:45-3:45 PM

Pain is a complex physical, emotional, cultural and social experience. Learn the underlying science behind pain, how the nervous system changes with persistent pain and what keeps the cycle of chronic pain going.

Presenter: *Cristin Kargus, Physiotherapist*

10 STRATEGIES FOR COPING WITH CHRONIC PAIN

Tuesday, November 16 — 10:45-11:45 AM

Chronic pain is associated with changes to the nervous system. It affects many aspects of a person's life, including their physical, emotional, social, and even spiritual wellbeing. As a result, a holistic approach that targets each of these components is most effective for retraining the nervous system and improving quality of life. In this presentation, ten concrete strategies for managing pain more effectively will be discussed. Community resources will also be presented.

Presenter: *Dr. Rose Robbins, Clinical, Health and Rehabilitation Psychologist, Pain Clinic, The Ottawa Hospital*

THE ONTARIO DRUG BENEFIT PROGRAM

Monday, November 22 — 2:45-3:45 PM

Navigating drug plans and insurance can be confusing, even if the government is helping to pay for your medications through the Ontario Drug Benefit Program (ODB). Join Angel, a Pharmacist at Bruyère Continuing Care to learn more about the ODB program, and how it applies to you!

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

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

OTTAWA'S OLDER ADULT ACTION PLAN

Tuesday, September, 14 — 10:45-11:45 AM

Ottawa, like many other large cities in Canada and around the world, is taking action to make our city a more age-friendly city. The Ottawa Older Adult Plan (OAP) 2020-2022 supports a long-term vision for our community that values, empowers, and supports older persons and their quality of life. The plan has 24 actions to address the needs of Ottawa's older residents including public transportation, recreational and cultural programming, infrastructure, housing initiatives, and public works.

Sarah Beriault from the City of Ottawa will be presenting a summary of the Older Adult Plan. Hear about some of the details and logistics about specific projects and programs included in the plan.

Presenter: *Sarah Beriault, City of Ottawa*

FREEDOM ON TWO WHEELS: THE STORY OF THE BICYCLE

Wednesday, September 22 — 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 the bicycle design from 1820 to present.

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

OTTAWA ART GALLERY PRESENTS: ART TALK

Join us this fall as the OAG explores two very current and important art themes and topics: Art & Gender and Art & Residential Schools. Curator Alexis Boyle will discuss these themes and how they relate to and influence the world of art.

ART & GENDER

**Thurs. Oct 14
10:45-11:45 AM**

ART & RESIDENTIAL SCHOOLS

**Thurs. Dec 9
10:45-11:45 AM**

Presenter: *Alexis Boyle, Curator with the Ottawa Art Gallery*

OAG
GAO

EDUCATIONAL SERIES

MUSIC CHAT: CANADIAN FIDDLERS THREE

Tuesday, October 5 — 10:45-11:30 AM

King Cole, that merry old soul, had it really good. Long before the days of non-smoking palaces he could snap his fingers to call for some music, and then loll back on his throne, puffing on his pipe and sipping a potent beverage from his bowl.

And why not be merry, with not just one, but three fiddlers at his beck and call, filling his throne room with the lively strains of jigs and reels and polkas, and perhaps an occasional waltz? And lucky him if his fiddlers were anywhere near as talented as Canadian fiddlers like Don Messer, or Jean Carignan, or Natalie MacMaster.

To learn more about our wonderful Canadian fiddlers, come to the SCWW virtual throne room to hear some traditional Anglo-Celtic and Quebecois fiddling, while sipping a stimulating beverage (coffee obviously) but, sorry, no pipe smoking permitted.

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

EARLY INVENTIONS IN OTTAWA

Friday, October 22 - 10:45-11:45 AM

Have you ever thought about when was the first phone call ever made in Ottawa? What about the first person in Ottawa to drive an automobile?

James Powell from the Ottawa Historical Society will take us through the history of important inventions from the past and transport us back in time to when the telephone, electricity, the automobile, the airplane and the television were introduced to Ottawa.

Presenter: *James Powell, Historical Society of Ottawa*



INTRODUCTION TO LGBTQ2+ COMMUNITY TERMINOLOGY AND THEIR SIGNIFICANCE

Mon. Nov 8

2:45-3:45 PM

One of the first things to do when attempting to create a more inviting and inclusive space, is to educate oneself. It can be daunting to know what to do or how to behave when there's so much we don't know about a community. For some, it may feel overwhelming at first to become accustomed to using LGBTQ2+ terminology that you're not familiar with. But with practice it will become more natural and comfortable

Join Amanda Kristalovich from TGC as we explore terminology of the LGBTQ2+ community, its history and significance.

Presenter: *Amanda Kristalovich, LGBTQ2+ Program Coordinator, The Good Companions*

EDUCATIONAL SERIES

SCIENCE & INNOVATION MUSEUM: PEOPLE, PLACES, ARTIFACTS & STORIES Wednesday, November 10 — 2:45-3:45 PM

Artifacts have deep connections to diverse people and geographies. In this presentation, David Pantalony will present some of his favourite discoveries and stories from the national museum collections, as well as objects from across Canada.

Presenter: *David Pantalony, PhD, Museum of Science & Innovation*

AVIATION & SPACE MUSEUM: CANADA'S LEGACY IN SPACE Tuesday, November 23 — 10:45-11:45 AM

Canada has a proud legacy in human space flight and is a global leader in many areas of space technology, including robotics. Erin Gregory will share the history of the legendary Canadarm and how it was instrumental in building the engineering marvel that is the International Space Station.

Presenter: *Erin Gregory, Curator, Aviation and Space Museum*



MUSIC CHAT: A CANADIAN CHRISTMAS

**Tues. Dec 7
10:45-11:30 AM**

No offense to Bing Crosby's *White Christmas* and Nat King Cole's *Chestnuts Roasting*, and of course, the Chipmunks' *Rudolph*, but how about listening to what happens when Michael Bublé starts *Rockin' Around the Christmas Tree* and Nunavut's Susan Aglukark sings *Old Toy Trains*, and the lovable hosers Bob and Doug McKenzie just want beer for the *Twelve Days of Christmas*? And and so many more: folks like Diana Krall, Rita MacNeil, Sarah McLachlan, Gordon Lightfoot, Joni Mitchell, Céline Dion, the Barenaked Ladies, the Canadian Tenors.... and let's not forget Justin Bieber!

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

EDUCATIONAL SERIES: *TRAVEL*

FRONT PORCH TRAVELLERS:

For those not familiar with the Front Porch Travellers, let me take a moment to introduce you. They are six, fictitious, seniors who have become very real over the past many years that they have been presenting their travelogues to various seniors' organizations. Couples Nell and Truman McGiver and Bert and Ethel Davis join sisters Mabel and Maude Gunderson in their virtual adventures around the world.

This fall the Front Porch Travellers are taking us on two international adventures to learn about the history, culture and people of these destinations.

SAVANNAH, GEORGIA, USA

Tuesday, September 7 — 10:45-11:30 AM

Savannah, a coastal Georgia city, is separated from South Carolina by the Savannah River. It's known for manicured parks, horse-drawn carriages and architecture. Its historic district is filled with cobblestoned squares and parks such as Forsyth Park shaded by oak trees covered with Spanish moss.

DONEGAL, IRELAND

Tuesday, December 21— 10:45-11:30 AM

Donegal is a town at the mouth of the River Eske, in northwest Ireland. Originally built in the 15th century, Donegal Castle has later additions from the Jacobean period.

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.

MISSISSIPPI VALLEY TEXTILE MUSEUM

**Wed. Dec 8
2:45-3:45 PM**

The Mississippi Valley Textile Museum (MVTM) is located in the annex of the former Rosamond Woolen Company in Almonte, Ontario.



















Constructed in 1867 this National Historic Site of Canada now features a blend of the old and new, all related to the history of the Mississippi Valley and the textile industry.

Join the curators from the Museum as they explore the history of the mill, and some of the wonderful art exhibits they have on display now.

Presenter:

Mississippi Valley Textile Museum Curators



















SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Health & Wellness Series  Educational Series  Music & Storytelling  Special Events		1 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	2 Community & TGC Updates 10:45-11:15 am Short Stories 2:45-3:15 pm	3 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
6 Labour Day Weekend No Programs Today	7  Front Porch Travels: Savannah 10:45-11:30 am Trivia 2:45-3:15 pm	8 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Tips for Hand Arthritis 2:45-3:45 pm	9 Table Topics 10:45-11:15 am  Grandparents Day 2:45-3:15 pm	10 Spiritual Space 10:45-11:15 am  Sukkot 12:45-1:15 pm
13  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm Just Joking 2:45-3:15 pm	14  Ottawa's Older Adult Plan 10:45-11:45 am Way with Words 2:45-3:15 pm	15 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	16  Seniors Safety Line Info 10:45-11:45 am Sports Chat 2:45-3:30 pm	17 BINGO 10:45-11:45 am Name That Tune 12:45-1:15 pm
20  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm  Storytelling with Shawn 2:45-3:15 pm	21  Music: Gertrude Letourneau 10:45-11:30 am Trivia 2:45-3:15 pm	22 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  History of the Bicycle 2:45-3:45 pm	23 Table Topics 10:45-11:15 am  Simple Home Exercises 2:45-3:45 pm	24 Birthday Party 10:45-11:15 am Decade Time Capsule 12:45-1:15 pm
27  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm BINGO 2:45-3:45 pm	28 Discussion Group 10:45-11:30 am Finish the Line 2:45-3:15 pm	29 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Recipe & Food Chat 2:45-3:15 pm	30 Book Chat 10:45-11:15 am  Afternoon Tea & Tales 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






















OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Health & Wellness Series  Educational Series  Music & Storytelling  Special Events				1  International Seniors' Day 10:45-11:45 am Radio Plays 12:45-1:15 pm
4  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Just Joking 2:45-3:15 pm	5  Music Chat : Canadian Fiddlers 10:45-11:30 am Trivia 2:45-3:15 pm	6 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	7 Table Topics 10:45-11:15 am Short Stories 2:45-3:15 pm	8 Spiritual Space 10:45-11:15 am Name That Tune 12:45-1:15 pm
11 Thanksgiving Monday No Programs Today	12 Way with Words 10:45-11:15 am  Healthy Eating on a Budget 2:45-3:45 pm	13 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  SCWW Planning Committee 2:45-3:30 pm	14  OAG: Art and Gender 10:45-11:45 am You be the Judge 2:45-3:15 pm	15 BINGO 10:45-11:45 am Biographies 12:45-1:15 pm
18  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm  Storytelling with Shawn 2:45-3:15 pm	19  Anticipatory Grief 10:45-11:45 am Trivia 2:45-3:15 pm	20 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	21 Table Topics 10:45-11:15 am Sports Chat 2:45-3:30 pm	22  Early Inventions in Ottawa 10:45-11:45 am Decades Time Capsule 12:45-1:15 pm
25  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm BINGO 2:45-3:45 pm	26 Discussion Group 10:45-11:30 am Finish the Line 2:45-3:15 pm	27 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Across the Miles 3:30-4:30 pm	28 Gratitude Jar 10:45-11:15 am  Afternoon Tea & Tales 2:45-3:45 pm	29 Birthday Party 10:45-11:15 am  Canadian Ghost Stories 12:45-1:30 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



















NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Mindfulness 10:30-11:00 am Just Joking 12:45-1:15 pm  What is Chronic Pain? 2:45-3:45 pm	2  Staying Fit in Winter 10:45-11:45 am Trivia 2:45-3:15 pm	3  Acupuncture Info 10:45-11:45 AM Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	4 Table Topics 10:45-11:15 am Short Stories 2:45-3:15 pm	5 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
8  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm  LGBTQ2+ Terminology 2:45-3:45 pm	9 Way with Words 10:45-11:15 am  Fountain of Health 2:45-3:45 pm	10 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Museum: Artifact Stories 2:45-3:45 pm	11 Remembrance Day No Programs Today	12  Remembrance Day Ceremony 10:45-11:30 am Name That Tune 12:45-1:15 pm
15  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm  Storytelling with Shawn 2:45-3:15 pm	16  Pain Management 10:45-11:45 AM Trivia 2:45-3:15 pm	17 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	18 Table Topics 10:45-11:15 am Sports Chat 2:45-3:30 pm	19 BINGO 10:45-11:45 am Biographies 12:45-1:15 pm
22  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm  Ontario Drug Benefits 2:45-3:45 pm	23  Canadian Legacy in Space 10:45-11:45 am Finish the Line 2:45-3:15 pm	24 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Recipe & Food Chat 2:45-3:15 pm	25 Book Chat 10:45-11:15 am  Afternoon Tea & Tales 2:45-3:45 pm	26 Birthday Party 10:45-11:15 am Decades Time Capsule 12:45-1:15 pm
29  Mindfulness 10:30-11:00 am TV/Movie Chat 12:45-1:15 pm BINGO 2:45-3:45 pm	30 Discussion Group 10:45-11:30 am Trivia 2:45-3:15 pm		 Health & Wellness Series  Educational Series  Music & Storytelling  Special Events	

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

DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Health & Wellness Series  Educational Series  Music & Storytelling  Special Events		1 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	2 Holidays Around the World 10:45-11:15 am Short Stories 2:45-3:15 pm	3 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
6  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Just Joking 2:45-3:15 pm	7  Music Chat: A Canadian Xmas 10:45-11:30 am Way with Words 2:45-3:15 pm	8 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Textile Museum 2:45-3:45 pm	9  Art & Residential Schools 10:45-11:45 am You Be the Judge 2:45-3:15 pm	10 Spiritual Space 10:45-11:15 AM Name That Tune 12:45-1:15 pm  Canadian Connections 3:30-4:30 pm
13  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm  Storytelling with Shawn 2:45-3:15 pm	14  Pet Chat with Mike & Timone 10:45-11:30 am Trivia 2:45-3:15 pm	15 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	16 Table Topics 10:45-11:15 am  Afternoon Tea & Tales 2:45-3:45 pm	17 BINGO 10:45-11:45 am Birthday Party 12:45-1:15 pm
20  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm BINGO 2:45-3:45 pm	21  Travel: Donegal 10:45-11:30 am Finish the Line 2:45-3:15 pm	22 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Sing-a-long with Gary 2:45-3:45 pm	23 Gratitude Jar 10:45-11:15 am Sports Chat 2:45-3:30 pm	24  'Twas the Night Before X-Mas 10:45-11:30 am
27	28	29	30	31  New Year's Eve Countdown 11:30am-12:15 pm
<div>CLOSED FOR THE HOLIDAYS NO PROGRAMS THESE DAYS</div>				

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

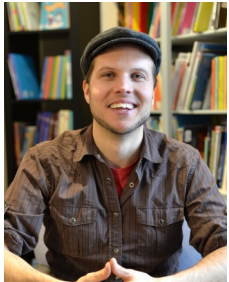
MUSIC & STORYTELLING

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

AFTERNOON TEA AND TALES: TALES OF WISDOM STORYTELLING SERIES

This Storytelling Series brought to you in partnership with The Shenkman Arts Centre *Encounters with Artists Project* and MASC.

Curl up with a warm cup of tea and a telephone for this monthly series featuring MASC artists! Storytellers Sébastien Lemay, Jacqui Du Toit, Jennifer Cayley, and Kim Kilpatrick share tales of wisdom from around the world and right here at home.



Thursday, September 30 - 2:45-3:45 PM

Sébastien Lemay uses storytelling, singing, theatrical play, multiple instruments, and humour to explore nature and Franco-Ontarian culture.



Thursday, October 28 - 2:45-3:45 PM

Born and raised in South Africa, **Jacqui Du Toit** is known for her animated stories from the mother land, involving singing and dramatic impersonations that excite and inspire her audience.



Thursday, November 25 - 2:45-3:45 PM

Jennifer Cayley's repertoire includes literary, historical and personal stories, and yet it is the traditional folk and fairy tales along with some of the world's great epics that are the foundation of her work.



Thursday, December 16 - 2:45-3:45 PM

While **Kim Kilpatrick** is most recognized for her autobiographical works about living with blindness, she tells all types of stories from folktales to epic material, from historical stories to literary pieces.

STORYTELLING WITH SHAWN: FROM FOGO TO TORONTO

Mon. Sept. 20

Mon. Oct 18

Mon. Nov 15

Mon. Dec 13

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 boroughs 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*

MUSIC & STORYTELLING

MUSIC: WHAT A WONDERFUL WORLD

Tuesday, September 21 — 10:45-11:30 AM

Gertrude “Trudy” Létourneau welcomes the colours of autumn with “What a Wonderful World”. She will present a palette of colorful songs and flute melodies to brighten your day. Join in and sing along!

Trudy has been working as a musician at The Perley and Rideau Veterans’ Health Centre for 20 years. She has been engaging our veterans in the music of WWII era. Trudy is also a professional flutist and singer who performs in a variety of venues in the Ottawa area. She was a finalist in the singing competition “Ma Première Place des Arts 2017”.



Presenter: Gertrude Létourneau

SING-A-LONG WITH GARY

Wednesday, December 22 — 2:45-3:45 PM

“Deck-the-halls with sounds of singing!”

Join Gary Palmer as he kicks off the holidays with a rousing Christmas sing-a-long! We invite you to sing along and with enthusiasm to Gary’s piano playing of your favourite Christmas tunes. On-key, off-key, all are welcome.

Presenter: Gary Palmer, musician and TGC Volunteer

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

GRANDPARENTS DAY

Thursday, September 9 — 2:45-3:15 PM

Grandparents are a society and a family's ties to its past as they pass on important values, beliefs and ideals to future generations. Join us as we recognize their wisdom and love. All are welcome whether you are a grandparent or are remembering your own.

CELEBRATING SUKKOT

Friday, September 17 — 12:45-1:15 PM

Sukkot is a weeklong Jewish holiday that comes five days after Yom Kippur. Sukkot celebrates the gathering of the harvest and commemorates the miraculous protection provided for the children of Israel when they left Egypt. Join Rachel, as we explore the history and the tradition of Sukkot.

Presenter: Rachel Sutcliffe, SCWW Coordinator

INTERNATIONAL DAY OF OLDER PERSONS: SPECIAL GUEST JOEL HARDEN, MPP

Friday, October 1 — 10:45-11:45 AM

October 1st is the International Day of Older Persons. This day is to recognise the contributions of our elder generation to the advancement of the world, and the unjust issues they face due to their age and health.

Joel Harden, Ottawa Centre's MPP, will be joining us in celebration. Joel is not only one of The Good Companions and Seniors' Centre Without Walls' biggest champions, he is also the Official Opposition Critic, Accessibility and Persons with Disabilities and Standing Committee on Social Policy — striving to make the lives of seniors better across the province.



SCWW PLANNING COMMITTEE MEETING

Wed. Oct 13
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: *Your SCWW Team*

ACROSS THE MILES

Wed. Oct 27
3:30-4:30 PM

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

SPECIAL EVENTS

HALLOWEEN: CANADIAN GHOST STORIES

Friday, October 29 — 12:45-1:30 PM

From sea to shining sea, Canada is full of creepy and bone-chilling ghost stories. From ghost ships, to haunted mansions and unsolved mysteries—we will explore some of these spooky stories to kick off Halloween weekend.

Presenter: SCWW Facilitator

REMEMBRANCE DAY CEREMONY

Friday, November 12 — 10:45-11:30 AM



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

Presenter: SCWW Facilitator

NOVEMBER & DECEMBER HOLIDAYS AROUND THE WORLD

Tuesday, December 2 — 10:45-11:15 AM

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

Presenter: SCWW Facilitator

CANADIAN CONNECTIONS

Fri. Dec 10

3:30-4:30 PM

We are kicking-off the holiday season by connecting with Seniors' Centre Without Walls participants from across the country.

PET CHAT WITH MIKE AND TIMONE

Tues. Dec 14

10:45-11:30 AM

Timone and Mike—Ottawa's favourite therapy cat and owner—are back on the phone to talk about Timone's important work in the community, and how they are keeping busy during COVID-19. They would love to hear your own pet stories too.



SPECIAL EVENTS

'TWAS THE NIGHT BEFORE CHRISTMAS

Friday, December 24th — 10:45-11:30 AM

*'Twas the day before Christmas, and on the SCWW Line
You could hear people chatting, having a grand ol' time
SCWW friends gathered together to laugh, chat and cheer
To wish each other Merry Christmas and Happy New Year
Another year of jokes, trivia, music and more was had
Despite COVID-19, it was not all that bad
With a schedule to keep and familiar voices each day
We were able to be social, we were able to play
Bonded together through a year full of the unknown
We did it together—with our family on the phone*

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

NEW YEAR'S EVE COUNTDOWN

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

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



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.

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!

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! (See pages 26 & 27 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 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

This is a space to check-in with each other, share ideas or comments, and just have 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.

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.

CURRENT AFFAIRS

Join us on the last Wednesday morning of every month as we discuss events happening at home and around the world.

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.

TV AND MOVIE CHAT

What are you watching these days? Share the good, the bad and the ugly of the movies or shows you've watched.

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

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

RECIPE EXCHANGE & FOOD CHAT

In this chat we can share a favourite recipe, or learn a new one. We will also take a look at the influence of food (popular recipes or types of food) during a certain period of time or region of the world.

DECADES TIME CAPSULE (NEW!)

Each month we take a look at a different decade in history. Learn or reminisce about the clothing, music, inventions, historical events and more.

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



OCTOBER

Her Excellency The Right Honourable Mary Simon— Inuit Leader and Canada's first Indigenous Governor General



NOVEMBER

Bea Arthur— American actress, comedian and activist

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

DO IT YOURSELF HOME SPA DAY RECIPES

Aesthetician Reaghan joined us this past winter to share some simple recipes that you can do to treat yourself at home.

The Youthful Face Mask

Helps with wrinkles and fine lines. It also helps to even out skin tone.

- $\frac{1}{3}$ banana
- 1 tablespoon of honey
- 2 tablespoon of oatmeal or raw oats

Instructions: In a bowl mash the banana until smooth and then add in honey and oats. Mix together and then apply all over the face, avoiding your eyes. Apply over the lips if you want. Leave this mask on for 10-15 minutes. Remove with face cloth and warm water.

The Milk Hand Soak

- 2 cups of warmed whole milk or with powdered milk
- 2 tablespoons of honey

Heat up milk in the microwave make sure its not too hot and then add in honey. Soak your hands for 10 minutes. While your hands are soaking focus on relaxing. The milk is going to re-moisturize your hands and make them extremely soft. Take your hands out and add moisturizer to them.

WHAT WE ARE READING

Some recommendations from our Summer Book Chat

1. *Storyteller: My Life in Lyrics* by Dolly Parton
2. *The Award* by Danielle Steele
3. *Cry, the Beloved Country* by Alan Paton
4. *Column of Fire* by Ken Follet
5. *Boys from Brazil* By Ira Levin
6. *Curious Mind* by Janet Evanovich
7. *The Marrow Thieves* by Cherie Dimaline

WHAT WE ARE WATCHING






Murder She Wrote
Beverly Hills Housewives
Chicago Med Chicago Fire
Shark Week
Midsomer Murders
The Walking Dead
Witches
Country Music Concert Movies
(Dolly Parton & Kenny Rogers)
Call the Midwife
Holmes on Homes
Agatha Christie movies/shows
60 minutes
Pretty in Pink
Jeopardy
CNN TV



SCWW BINGO PATTERNS






1

Hard Line - Up & Down

B	I	N	G	O
				
				
		FREE		
				
				





2

Hard Line - Side to Side

B	I	N	G	O
				
		FREE		










3

4 Corners

B	I	N	G	O
				
		FREE		
				

4

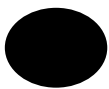
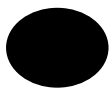
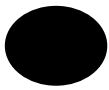
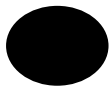
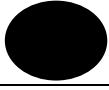
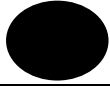




Letter T

B	I	N	G	O
				
				
				
				
				

Follow along more easily to our SCWW BINGO with these set patterns. We will call out the pattern and the number assigned to each pattern to show the example.



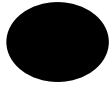







5

Two Hard Lines -
Up & Down

B	I	N	G	O
				
				
		FREE		
				
				

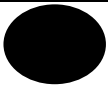



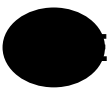
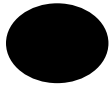



6

Two Hard Lines -
Side to Side

B	I	N	G	O
				
				
		FREE		






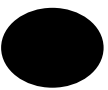


7

Letter X

B	I	N	G	O
				
				
				
				
				

8

Inside Square

B	I	N	G	O
				
		FREE		
				

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)

SENIORS SAFETY PHONE LINE

(Elder Abuse 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



**OAG
GAO**

