



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

**JANUARY - APRIL 2022
PROGRAM GUIDE**

Seniors' Centre Without Walls



**FREE TELEPHONE GROUP ACTIVITIES FOR 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

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EXERCISES**

**BLACK HISTORY IN
ONTARIO**

**ST. PATRICK'S DAY
KITCHEN PARTY**

BINGO

FUN FACTS

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
613-741-6025

Cantonese or Mandarin

Helen Pei, 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



Seniors' Centre Without Walls

Frequently Asked Questions

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!

**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.*

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

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



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



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



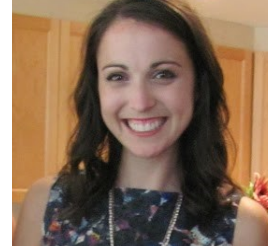
Rana Yassine
(she/her)
SCWW Program
Assistant
613-236-0428
Ext. 4260



Kody Moore
(she/her)
SCWW Placement
Student

This is not Goodbye... Just Farewell

Dear SCWW Participants,



In December, I will start a new chapter in my life. The Good Companions is fortunate to be the recipient of a very generous private donation for a 3-year pilot project to expand the SCWW program across Ontario and into the Atlantic Provinces. I will join this new project as the Ontario Provincial Lead Coordinator until April, and then I will be taking a little hiatus for a second parental leave.

I hosted my first SCWW call in April 2015. I think I might have had 1 other person on the phone. One person turned to 2, turned to 5... suddenly I blinked and it was 2021 and I had 25 people on one call.

I started this program because I wanted to make a difference in my community, in the lives of people just like you. It was a dream job, a perfect fit for me. It is now time for me to help other organizations across Ontario support people like you in their own communities. To make sure that everyone is able to be connected to a program like ours. To make sure that people have an opportunity to be a part of their community, to continue to live safely and healthily at home, to continue learning, and most importantly, continue to build new friendships and connections even while at home. Everyone deserves these opportunities as we age.

I wanted to personally thank everyone who has come through this program and shared their time and lives with me. I have grown and learned so much over the years and it is due to all the wonderful people I have met on the phone. I wish everyone all the best, and please keep in touch!

Rachel Sutcliffe
Former SCWW Coordinator

RESPECTFUL CONDUCT POLICY

To ensure a safe and welcoming space, we ask all participants, facilitators and guest presenters to observe our Conduct Policy and Group Etiquette:

- To be respectful towards all staff, volunteers, participants and telephone operators (including our conference call provider).
- To create an inclusive environment that honours people of all cultures, traditions, faiths, genders, sexual orientation, abilities, and life experiences.
- To engage in appropriate subject matters and language.
- To allow everyone to contribute by not dominating the conversations.
- To respect all group members and their opinions, even if they differ from your own.
- To allow program facilitators to lead the conversation or activity, and manage the other participants.

If you have any questions or concerns regarding this policy, or have an issue with another participant or facilitator, please contact SCWW:

613-236-0428 ext. 2323
scww@thegoodcompanions.ca

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.

MISSED A PROGRAM?

Most 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.

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*

SIMPLE CHAIR EXERCISES

Last Wednesday Each Month — 12:45-1:15 PM

Join Senior's Fitness Expert, Meg Stickl, for a monthly mini-workout. Meg will lead us through exercises that you can safely do from home, and can easily be added into your daily or weekly routine. **Must pre-register by calling or emailing us to fill out the fitness liability waiver.**

Presenter: Meg Stickl, Seniors' Fitness Expert with Aim Fitness

ONLINE ONTARIO: HEALTH-FOCUSED SELF-MANAGEMENT PROGRAM

Tuesday, January 18 — 10:45-11:45 AM

Allan Puderer from Self-Management Ontario will be detailing the programming offered through the Ontario Online Self-Management Program. The Ontario Self-Management Program provides online and telephone-based health programs that focus on self-management strategies. Services include Help With Your Health, Powerful Tools for Caregivers, Health Coaching, and Progress Over Pain. They are free for all residents of Ontario.

Presenter: Allan Puderer, Online Self-Management Program Coordinator, Chronic Disease Self-Management

ON YOUR HEART...GET SET...MOVE!!

Thurs. Feb 10
10:45-11:45 AM

February is *Heart Month*, a time to reflect on the importance of our heart health and to learn about how we can manage our risk factors for heart disease. Even in the middle of winter, there are ways in which we can stay active and take care of our heart health.

Join Krystina Lewis, a Registered Nurse with specialty in cardiovascular care from the University of Ottawa and University of Ottawa Heart Institute, for a discussion about the importance of being active, amongst other heart healthy activities. The session will include guided exercises which can be done safely from the comfort of your own home.

Presenter:
Krystina Lewis, RN, MN, PhD, CCN(C) University of Ottawa & University of Ottawa Heart Institute

HEALTH & WELLNESS SERIES

STAYING UP WHEN THINGS SEEM DOWN Tuesday, February 15 — 10:45-11:45 AM

This presentation will focus on tips and strategies for self-care, especially during winter and the pandemic. What are the signs and symptoms of depression and seasonal affective disorder? What can be done to intervene when your mental health becomes an issue?

Social Worker Alice Koekkoek has been working with older adults for many years. She will provide us answers to these questions, and share simple yet powerful techniques to boost your mood when you need it most.

Presenter: *Alice Koekkoek, MSW*

STROKE INFORMATION 101: PREVENTION, IDENTIFICATION & TYPES OF STROKES Tuesday, March 15 — 10:45-11:45 AM

Anna Humber, RPN, will be offering a crash course on the basic information you should know about strokes. She will be discussing types of strokes, including TIAs or “mini strokes,” causes and risk factors, warning signs, prevention, and will offer valuable insight on what happens after a stroke, as well as the recovery process.

Presenter:
*Anna Humber,
Registered
Practical Nurse*

Face is it drooping?
Arms can you raise both?
Speech is it slurred or jumbled?
Time to call 9-1-1 right away.

Act **F A S T** because the quicker you act, the more of the person you save.

© Heart and Stroke Foundation of Canada, 2018

AGING & CANNABIS Thurs. March 24 10:45-11:45 AM

Patricia Clark, National Executive Director with Active Aging Canada, will present an overview of their new publication: *Be Wise- Cannabis and Older Adults*.

Topic highlights will include:

- Facts about cannabis
- Aging and cannabis
- Therapeutic use
- Risks and side effects
- Questions to ask your doctor

Patricia is not a medical doctor and will not be able to answer certain questions, but will provide you with information that will educate you so that you can make an informed decision and will provide you with additional resources. Healthy aging begins with being informed and educated on health issues.

Presenter:
*Patricia Clarke,
National Executive
Director with Active
Aging Canada*

HEALTH & WELLNESS SERIES

ADVANCE CARE PLANNING

Monday, April 11 — 2:45-3:45 PM

According to recent statistics, 80% of us have given end-of-life care some thought, but less than 20% have an advanced care plan and only 36% of those say they have talked to their family about their future care plans. Advance Care Planning (ACP) is a process of reflection and communication. It is a time for you to reflect on your values and wishes, and to let those around you know what kind of health and personal care you want in the future.

In this presentation, facilitators from Compassionate Ottawa will help you understand why an ACP is important and help you choose and inform a substitute decision-maker, which is the person who will make medical and health-care decisions on your behalf when you are unable to. You will also learn how to start these important conversations with your loved ones. Planning today makes sure that your wishes are known and may bring peace of mind to you, your family and those who may have to make decisions on your behalf.



Compassionate Ottawa
Compassion Ottawa

***Presenter: Jena Davarajah,
Program Coordinator with
Compassionate Ottawa***

TIPS & TRICKS: DECLUTTER & GET ORGANIZED

Tuesday, April 12 — 10:45-11:45 AM

Whether it is de-cluttering to downsize or annual spring Cleaning, Gisele from Altered Spaces—Altered Lives is here to help. She understands that this can be a large and challenging process for many. Listen in as she provides some guidance on how to get started, how to move through the process and general tips on de-cluttering and organizing your space to work best for you.

Presenter: Gisele Grenier Miller (CPPA, CRTS), Altered Spaces - Altered Lives

MAKING GOOD HEALTH DECISIONS WITH YOUR HEALTH CARE TEAM

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

Do you know what is needed to make a good quality health decision with your health care provider?

Join Krystina Lewis, Registered Nurse from the University of Ottawa and University of Ottawa Heart Institute, who will share tips and tricks about what questions to ask, how to be best prepared for a health appointment, and ways to be an active and engaged client/patient of a health care team.

***Presenter:
Krystina Lewis,
RN, MN, PhD,
CCN(C) University of Ottawa &
University of
Ottawa Heart
Institute***

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

HISTORY OF THE GOOD COMPANIONS & SCWW PROGRAM

Thursday, January 13 — 2:45-3:30 PM

The Good Companions is an incredible organization that has been helping seniors across Ottawa since 1955. The programs and services it offers have changed a lot over the years, but at the heart of everything it does, is the hope to support and enhance the well-being of the community.

Join Rachel Sutcliffe as she talks about the history of The Good Companions (TGC), and describes the history and expansion of the Seniors' Centre Without Walls program.

Presenter: Rachel Sutcliffe, SCWW Ontario Lead Coordinator

APPLYING FOR OAS & GIS: ELIGIBILITY, BENEFITS & IMPACT OF COVID BENEFITS

Monday, January 24 — 2:45-3:45 PM

Service Canada will be giving a presentation on applying for the Old Age Security, GIS and other programs offered. If you have just turned 64 or are over 64, this talk is for you.

Please join us to find out more about the eligibility criteria, how it's calculated, what benefits can work for you and how to apply.

We will touch upon understanding the impact of the COVID benefits and resources you can tap into regarding your situation.

Presenter: *Stephanie Pothier, Citizen Services Specialist, Citizen Service Branch, Service Canada*

Service
Canada 

CANADA'S SPACE & AVIATION MUSEUM: THE AVRO ARROW

Thurs. Jan. 27
10:45-11:45 AM

The Avro Canada CF-105 Arrow was a supersonic interceptor jet aircraft designed and built in the 1950s. It was one of the most advanced aircrafts of its era, helping to establish Canada as a world leader in scientific research and development.

In February 1959, the program was quickly cancelled. The cancellation was the topic of considerable political controversy at the time, and the subsequent destruction of the aircraft in production remains a topic for debate among historians and industry pundits.

Discover the history and mystery of the Arrow.

Presenter: *Erin Gregory, Canada's Space & Aviation Museum*

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

TURTLE CONSERVATION

Tuesday, February 1 — 10:45-11:45 AM

The Ontario Turtle Conservation Centre's goal is to protect and conserve Ontario's native turtles and the habitat in which they live. Join Wendy Baggs as she talks about the importance of turtle conservation, the types of injuries the hospital receives, how they get injured turtles from across Ontario, and how the hospital treats and rehabilitates the turtles. Wendy will also share information on the life cycle of a turtle and how turtles hibernate in the winter for 6 months, as well as what turtles eat, where they live and the role they play in the aquatic and terrestrial ecosystem.



Presenter: *Wendy Baggs, Education Coordinator, Ontario Turtle Conservation Centre*

CNEO 211: CONNECTING THE OTTAWA COMMUNITY TO NEEDED RESOURCES

Tuesday, March 1 — 2:45-3:45 PM

We all need help sometimes, but when it comes to finding and accessing services in our community, reaching out can be intimidating. John Hoyles, Executive Director of Community Navigation of Eastern Ontario, will be presenting about one way to find services that are right for you: dialing 211. John will outline what a call looks like, the kinds of services 211 can connect you to (including mental health services), and the importance of reaching out when you are struggling and not sure where to turn.



Presenter: *John Hoyles, Executive Director, Community Navigation of Eastern Ontario*

A LOOK BACK AT HISTORY: COMPARING THE SPANISH FLU & COVID-19

Wed. March 9
2:45-3:45 PM

It will be almost two years ago to the day that all across Canada we were told to physically isolate and shelter in place. As the numbers of COVID-19 cases rose globally, threatening our health care systems' capacity and our daily living, so did our anxiety and fear of the unknown.

Join historian David Pantalony as we compare the two most historically recent global Pandemics: the Spanish Flu of 1918 and COVID-19. How has this comparison evolved from two years ago?

Presenter: *David Pantalony, Curator, Physical Sciences & Medicine, Canada's Museums of Science & Innovation*

EDUCATIONAL SERIES

TALKING ABOUT GARDENING SERIES

Avid gardener Wayne Radford will be on the phone with us this spring for two exciting gardening talks:

THE GREEN THUMB PROJECT

Your very own garden patch! Join us as we discuss why gardening is so popular, how to start a simple garden - even without a garden or balcony. We will discover the health benefits of working with soil, plants, and some easy setups with a variety of options for vibrant results that can encourage us through to spring.

Wednesday, March 16 — 10:45-11:45 AM

YOUR SPRING GARDENING SUCCESS

Join us to discuss how to grow an edible garden with a simple setup, even without a yard or balcony. We will discuss starting your own seedlings to good results. We will discuss watering methods, and ways to keep your starting plants healthy and happy, as well as which varieties grow well for best results.

Friday, April 22 — 10:45-11:45 AM

Presenter : *Wayne Radford, New Colony Farm, with experience from Concordia Greenhouse, Incredible Edibles, and City Farm School*



EXPLORING LGBTQ2+ TERMINOLOGY: GENDER VS. SEX

**Tues. March 29
10:45-11:45 AM**

In the fall, we were introduced to LGBTQ2+ terminology, and its history and significance. We're pleased to continue this conversation as we explore gender vs. sex.

The concepts of gender and sex continue to be used interchangeably, despite efforts to address this issue. What is the difference between these terms and why do both terms matter? There's a lot more to being male, female, or any gender than the sex assigned at birth. Your biological or assigned sex does not always tell your complete story.

Join Ben and his partner Murray as we dive deeper into our understanding of using inclusive terminology.

Presenter:
Ben Murray, Ottawa Senior Pride Network

EDUCATIONAL SERIES

INTRODUCTION TO TECHNOLOGY SERIES

Human Endeavour is a charitable organization delivering programs for seniors. One of their initiatives is to educate seniors on technology.

DE-MYSTIFYING COMPUTERS

Wednesday, March 30 — 2:45-3:45 PM

Interested in computers but don't know where to start? This presentation will help to "de-mystify" the process of getting a computer and breaking down computer jargon that can be overwhelming.

This presentation will focus on:

- Explaining various hardware technologies (desktop, laptop, tablet) and where to use them;
- Comparing various computer technologies, their capacities and features;
- How to evaluate each technology in order to make a purchase;
- Information on various software used on computers – what it is, how it works, and common types of operating systems.

UNDERSTANDING INTERNET PACKAGES & COMMON CELL PHONE & WI-FI ISSUES

Thursday, April 28 — 2:45-3:45 PM

You picked a computer – now what about "getting online"? This presentation will help you evaluate and select a home internet package, and talk about some common cell phone and Wi-Fi signal issues:

This presentation will focus on:

- What is home internet?
- Basic information and features of home internet packages and important considerations when selecting a package;
- Comparing a few packages;
- Rural home internet options; and
- Bad Wi-Fi signal/reception? How do you improve it?

OTTAWA SPORTS STORIES

**Thurs. March 31
10:45-11:45 AM**

During the 19th century, Ottawa residents played hard. They might not have had a lot of free time, but the range of activities they engaged in was vast. Recall the day when the best cricketers of old England took on the Ottawa Cricket Club in the morning, and that afternoon the Ottawa Baseball Club met the Boston Red Stockings.

Learn about the origins of hockey, Lord Stanley of Stanley Cup fame, and his daughter Isobel, the pioneering woman hockey player. What about the time when going to the horse races meant bundling up and heading out to the ice track on the Ottawa River? James Powell will talk about these and other sporting stories of old Ottawa.

Presenter: *James Powell, Ottawa's Historical Society*




















JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Monday Check-in 12:45-1:15 pm	<div> Winter Program Registration Week </div>			7 Good News 10:45-11:15 am
10  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm Just Joking 2:45-3:15 pm	11 Way with Words 10:45-11:15 am	12 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	13  History of TGC & SCWW 2:45-3:30 pm	14 BINGO 10:45-11:45 am Music Requests 12:45-1:30 pm
17  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm  Storytelling with Shawn 2:45-3:15 pm	18  Self-Management Program 10:45-11:45 am Trivia 2:45-3:15 pm	19 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Wonders of the World 2:45-3:30 pm	20 Table Topics 10:45-11:15 am Sports Chat 2:45-3:30 pm	21 Biographies 10:45-11:15 am Name That Tune 12:45-1:15 pm
24  Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm  OAS, GIS & CERB 2:45-3:45 pm	25  Winter Olympics 10:45-11:15 am Finish the Line 2:45-3:15 pm	26 Fun Facts 10:45-11:15 am  Chair Exercise 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	27  Canada's Avro Arrow 10:45-11:45 am Book Chat 2:45-3:15 pm	28 Birthday Party 10:45-11:15 am Decades Time Capsule 12:45-1:15 pm
31  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm			 Health & Wellness Series  Educational Series  Art & Travel  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 #

FEBRUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  Turtle Conservation 10:45-11:45 am Trivia 2:45-3:15 pm	2 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	3 Table Topics 10:45-11:15 am  A Life Told Through Poetry 2:45-3:45 pm	4 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
7  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm Just Joking 2:45-3:15 pm	8  Music Chat: Songs for Pandemic Times 10:45-11:30 am Way with Words 2:45-3:15 pm	9 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Discover Black History in Ontario 2:45-3:45 pm	10  Heart Health Exercises 10:45-11:45 am Brain Teasers & Riddles 2:45-3:15 pm	11  Westminster Dog Show 10:45-11:15 am Spiritual Space 12:45-1:15 pm
14  Mindfulness 10:30-11:00 am  Valentine's Day 12:45-1:15 pm  Storytelling with Shawn 2:45-3:15 pm	15  Staying Up When Things Seem Down 10:45-11:45 am Trivia 2:45-3:15 pm	16 Fun Facts 10:45-11:15 am  SCWW Planning Committee 12:45-1:30 pm Who, What, Where 2:45-3:15 pm	17 Table Topics 10:45-11:15 am Sports Chat 2:45-3:30 pm	18 BINGO 10:45-11:45 am Name That Tune 12:45-1:15 pm
21 Family Day No Programs Today	22 Discussion Group 10:45-11:30 am Finish the Line 2:45-3:15 pm	23 Fun Facts 10:45-11:15 am  Chair Exercise 12:45-1:15 pm Recipe & Food Chat 2:45-3:15 pm	24 Gratitude Jar 10:45-11:15 am  A Traveler Travels Again 2:45-3:45 pm	25 Birthday Party 10:45-11:15 am Decades Time Capsule 12:45-1:15 pm
28  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm			 Health & Wellness Series  Educational Series  Art & Travel  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 #

MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Trivia 10:45-11:15 am 211—Connecting You to Services 2:45-3:45 pm	2 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	3 Table Topics 10:45-11:15 am Short Stories 2:45-3:15 pm	4 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
7 Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm Just Joking 2:45-3:15 pm	8 Way with Words 10:45-11:15 am International Women's Day 2:45-3:30 pm	9 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Spanish Flu vs. COVID-19 2:45-3:45 pm	10 Riddles & Brain Teaser 10:45-11:15 am Author Interview 2:45-3:45 pm	11 Billings Estate 10:45-11:45 am Music Request 12:45-1:15 pm
14 Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Storytelling with Shawn 2:45-3:15 pm	15 Stroke Information 10:45-11:45 AM Trivia 2:45-3:15 pm	16 Green Thumb Project 10:45-11:45 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	17 Table Topics 10:45-11:15 am St. Patrick's Day Kitchen Party 2:45-3:45 pm	18 BINGO 10:45-11:45 am Name That Tune 12:45-1:15 pm
21 Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm Sébastien Lemay 2:45-3:45 pm	22 Vintage & Vibrant Event No Programs Today	23 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Wonders of the World 2:45-3:30 pm	24 Aging & Cannabis 10:45-11:45 am Sports Chat 2:45-3:30 pm	25 Birthday Party 10:45-11:15 am Biographies 12:45-1:15 pm
28 Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	29 LGBTQ2+ Terminology 10:45-11:45 am Finish the Line 2:45-3:15 pm	30 Fun Facts 10:45-11:15 am Chair Exercise 12:45-1:15 pm De-Mystifying Computers 2:45-3:45 pm	31 Ottawa Sports Stories 10:45-11:45 am Book Chat 2:45-3:15 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 #

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Health & Wellness Series  Educational Series  Art & Travel  Special Events				1 Good News 10:45-11:15 am  Canadian Connection: April Fools Day 2:30-3:30 pm
4  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm Just Joking 2:45-3:15 pm	5  Music Chat: Dancing the Hoochie Koochie 10:45-11:30 am Way with Words 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  World Health Day with Joel Harden 10:45-11:30 am Short Stories 2:45-3:15 pm	8 BINGO 10:45-11:45 am Music Request Line 12:45-1:30 pm
11  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm  Advanced Care Planning 2:45-3:45 pm	12  Declutter & Get Organized 10:45-11:45 am Trivia 2:45-3:15 pm	13 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Cumberland Museum Tour 2:45-3:45 pm	14  Good Health Decisions 10:45-11:45 am Spiritual Space 2:45-3:15 pm	15 Good Friday No Programs Today
18 Easter Monday No Programs Today	19 Discussion Group 10:45-11:30 am Finish the Line 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  Spring Garden Success 10:45-11:45 am Name That Tune 12:45-1:15 pm
25  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	26  Springtime Music with Gertrude 10:45-11:30 am Trivia 2:45-3:15 pm	27 Fun Facts 10:45-11:15 am  Chair Exercise 12:45-1:15 pm Recipe & Food Chat 2:45-3:15 pm	28 Gratitude Jar 10:45-11:15 am  Internet Packages & Wi-Fi Issues 2:45-3:45 pm	29 Birthday Party 10:45-11:15 am Decades Time Capsule 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 #

ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

STORYTELLING SERIES: SHAWN ANTHONY

January 17, February 14 & March 14 — 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 Gape*

TRAVEL: WONDERS OF THE WORLD

January 19 & March 23 — 2:45-3:30 PM



The world is filled with so many amazing human made structures - some have vanished, but some are still very much around. Travel with us as we explore some of these amazing structures such as

the Lighthouse of Alexandria and the Mayan city of Chichén Itzá.

Presenter: *SCWW Team Member*

MUSIC CHAT: SONGS FOR PANDEMIC TIMES

Tuesday, February 8 — 10:45-11:30 AM

This presentation will focus on life-affirming songs that can help us to weather this bruising period of pandemic affliction, physical isolation and mental distress. Positive motivations can be stimulated by musical messages, so let's allow ourselves to be uplifted by the perspectives offered in songs such as *Over the Rainbow*, *The Good Life*, *Both Sides Now*, and *You'll Never Walk Alone*.

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

BECOMING HISTORY: A LIFE TOLD THROUGH POETRY

Thurs. Feb 3
2:45-3:45 PM

103 years in the life of a woman and the city in which she lived. *Becoming History, A Life Told Through Poetry*, follows Kathleen Dorothy Marchand over 11 decades in the neighbourhoods of Old Ottawa East and Old Ottawa West. Abandoned by her parents and raised by an older couple, the collection chronicles her childhood, schooling, working life, and her marriage and the raising of eight children. It explores her last few years in the Grace Manor as she navigates her daily life there, trying to reconcile memories of her earlier life and staying positive at the end of her life. All told by her child, Blaine.

Presenter:
*Blaine Marchand,
Local Writer*

ART & TRAVEL

TRAVEL: DISCOVERING BLACK HISTORY IN ONTARIO

Wednesday, February 9 — 2:45-3:45 PM

Did you know that Ontario played a pivotal role for black slaves fleeing the southern United States during the 1800s? Its proximity to Michigan allowed southwestern Ontario to be the “caboose” and the final leg of an exhausting and harrowing journey for many fleeing slavery.

To honour Black History month, we will take a tour of a few designated heritage sites around Ontario that tell the story of the Underground Railroad and preserve the legacy of Black history in Ontario.

Presenter: *SCWW Team Member*

TRAVEL: A TRAVELER TRAVELS AGAIN

Thursday, February 24 — 2:45-3:45 PM

Monty is a constant traveler, and has provided us with many travel stories over the years, but since March of 2020, he hasn't gone far, for very good reasons. Long distance trips are still not on his menu, not yet anyway. Fortunately, Monty's youngest sister lives in New York State, and although the land border stayed closed, the urge to go somewhere propelled Monty to fly to go and see her. So Monty flew, accepting the inconvenience and cost of COVID tests and lack of direct flights. The only thing Monty had asked of his sister was to take him somewhere not too far, where he could see the ocean. She obliged and together they discovered the charms of a few small towns on the Connecticut coast of Long Island Sound.



Join Monty as he chats navigating travel with COVID-19 protocols, and describes some of the places he visited.

Presenter: *Monty, SCWW Volunteer*

AUTHOR INTERVIEW: RUTH LATTA AND HER BOOK, *A GIRL SHOULD BE*

**Thurs. March 10
2:45-3:45 PM**

Join us for an exclusive interview with Ruth Latta—local historical-fiction author and SCWW participant. Ruth will talk about her journey and experience in writing, and her inspiration for her novels, with a special look at her new book, *A Girl Should Be*. Set in the 1920s and early 1930s, the novel focuses on a young woman named Annie as she leads as exciting a life as she can in rural and small town Manitoba until the Great Depression.

Presenter:
Ruth Latta, local author



ART & TRAVEL

TRAVEL: BILLINGS ESTATE MUSEUM

Friday, March 11 — 10:45-11:45 AM



The Billings family settled on the shores of the Rideau River in 1812 and took an active role in shaping the community as it evolved over time and until the 1970s when they left the estate. They helped build farms and churches, ran a dairy operation, and contributed to the

development of the Byward Market by providing produce for sale and building the "Farmers' Bridge". Join us for a virtual tour of this National Historic Site.

Presenter: *Billings Estate National Historic Site Curator*

STORYTELLING & MUSIC: SÉBASTIEN LEMAY

Monday, March 21 — 2:45-3:45 PM

A storyteller who also plays multiple instruments, Sébastien is passionate about personal interactions, travel, nature, the arts and the wisdom of our ancestors. He uses storytelling, singing, theatrical play and humor with his instruments to create interactive and playful animations, combining his passions of nature and the arts.

Join Sébastien as he takes us on various adventures through the magical use of storytelling and music.

Presenter: *Sébastien Lemay*



MUSIC CHAT: A SLICE OF HISTORY— DANCING THE HOOCHIE KOOCHIE

Tues. April 5
10:45-11:30 AM

In a charming retro film from 1944, Judy Garland saucily encouraged Louis to meet her at the St. Louis World's Fair where they would "*dance the hoochie-coochie*." But the term was actually coined to describe an oriental dancer featured on the midway of an earlier World's Fair in Chicago in 1893. Visitors to the Fair were equally thrilled by sharpshooter Annie Oakley, the original Ferris Wheel, and the music of John Philip Sousa, the Mormon Tabernacle Choir, Antonin Dvořák and ragtime pianist Scott Joplin.

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

ART & TRAVEL

TRAVEL: CUMBERLAND MUSEUM TOUR

Wednesday, April 13 — 2:45-3:45 PM

Representing a fascinating period in our history - the 1920s and 1930s - the Cumberland Heritage Village Museum's collection represents the social, cultural, technological, and economic changes of the era between the First and Second World Wars.

Step back in time with us as we explore this unique time in history and take a virtual tour through the museum.

Presenter: *Curator from the Cumberland Museum*

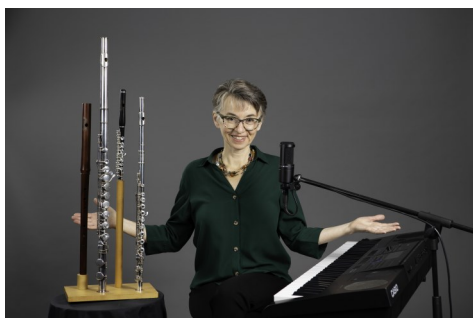
MUSIC: APRIL SHOWERS BRING MAY FLOWERS!

Tuesday, April 26 — 10:45-11:30 AM

Spring is here and Trudy is back! Join her in a joyful performance of songs and melodies that will brighten your day. As always, she'll invite you to sing along and tap your toes to energizing folk tunes played on her flutes.

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.

Presenter: *Gertrude "Trudy" Létourneau*



"Gertrude Létourneau is an electric performer who is wired with talent from the top of her head to the tip of her toes, whether engaging the audience in a rousing sing-a-long, or mesmerizing us with an intimate love song."

Linda Belans, award-winning U.S. radio journalist and dance and theater critic, Raleigh News & Observer

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

PREPARING FOR THE 2022 WINTER OLYMPIC GAMES

Tuesday, January 25 — 10:45-11:15 AM

The 24th Winter Olympic Games will start on February 4th in Beijing, China. Join us as we explore some of the history of the Winter Olympic Games, the events, and which Canadian athletes to keep track of these games.

BEIJING 2022



Presenter: SCWW Team Member

WESTMINSTER KENNEL CLUB DOG SHOW

Friday, February 11 — 10:45-11:15 AM

Founded in 1877, the Westminster Kennel Club Dog Show is one of the oldest continuously running sporting events in North America. Each February for over 100 years, one preeminent pooch wins the coveted title of “Best in Show”. Join us as we explore the history of the show, the categories, past winners, and some facts about this “fur-midable” competition.

Presenter: SCWW Team Member

VALENTINE'S DAY CELEBRATION

Monday, February 14 — 12:45-1:15 PM

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

We will be celebrating Valentine's Day with some jokes, poems, and a little trivia.

Presenter: SCWW Team Member

SCWW PLANNING COMMITTEE MEETING

Wed. Feb 16

12:45-1:30 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

ST. PATRICK'S DAY: DOOLEY FAMILY KITCHEN PARTY

Thur. March 17
2:45-3:45 PM

It's our annual Dooley Family St. Patrick's Day Kitchen Party! Kevin Dooley and Doug McKenna will help us celebrate with an hour full of songs, stories, laughter and much more.

Presenters: Kevin Dooley and Doug McKenna

SPECIAL EVENTS

INTERNATIONAL WOMEN'S DAY: WOMEN'S ACHIEVEMENTS IN CANADA

Tuesday, March 8 — 2:45-3:30 PM

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. Join us as we learn about and celebrate the incredible Canadian women you didn't learn about in history class!



CANADIAN CONNECTION: APRIL FOOL'S DAY SPECIAL CALL

Friday, April 1 — 2:30-3:30 PM

From British Columbia, to Edmonton, to Winnipeg, join SCWW participants from all across this wonderful country for a fun discussion and chat this April Fool's Day...And that's no joke!

WORLD HEALTH DAY: SPECIAL GUEST JOEL HARDEN, MPP OTTAWA CENTRE

Thursday, April 7 — 10:45-11:30 AM

World Health Day is a global health awareness day celebrated every year on April 7th. It is an opportunity to bring attention to global health each year.

We are honoured to celebrate this year with Joel Harden, MPP for Ottawa Centre, who will lead us in a discussion on health issues right here in Ontario and across Canada.



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 set 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 other categories.

TIP-TOP TRIVIA

Researchers have found that memory loss can be improved simply by doing mental exercise every day. Give your brain a workout with our tip-top trivia questions.

FUN FACTS

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

CATEGORIES

Name a type of flower, a hockey team, a brand of cereal! Work together as a group to see how many items in a category you can name.

WHO, WHAT, WHERE

We have a list of clues pertaining to a person, place or thing—work as a group to figure out the answer.

FACT OR FICTION

Think you can tell the difference between fact and fiction? What you think you know and the truth may surprise you!

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!

MUSIC REQUEST

Have a favourite song you haven't heard in a while? Join us and listen to songs picked by you!

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 bi-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.

BRAIN TEASERS & RIDDLES

Who doesn't love brain teasers and challenging riddles? If you think you're already a pro at solving tricky riddles, put yourself to the test and stretch your brain with us.

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 and hangout with The Good Companions' own Nikkie Snagg, Volunteer & Membership Coordinator every Wednesday.

CURRENT AFFAIRS

Join us once per 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 currently reading, or share a great book that you've read in the past.

OPEN MIC WITH MIKE: SPORTS CHAT

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

GRATITUDE JAR

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

RECIPE 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

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!

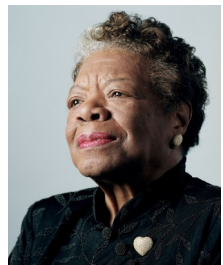
SPIRITUAL SPACE

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

BIOGRAPHIES



FRIDAY, JANUARY 21 — 10:45-11:45 AM
Stompin' Tom Connors — Canadian country and folk singer and songwriter.



FRIDAY, MARCH 25 — 12:45-1:45 PM
Maya Angelou — poet, memoirist and civil rights 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.

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 - The 4 Corners

B	I	N	G	O
●				●
		FREE		
●				●

#4 - The Letter "T"

B	I	N	G	O
●	●	●	●	●
		●		
		●		
		●		
		●		

#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 - The Letter "X"

B	I	N	G	O
●				●
	●		●	
		F●E		
	●		●	
●				●

#8 - Inside Square

B	I	N	G	O
	●	●	●	
	●	FREE	●	
	●	●	●	

PARTICIPANTS' CORNER

EASY AND DELICIOUS MEATBALLS

These can be served as an appetizer or as a meal with rice!

2lbs frozen, precooked meatballs (approx. 48 meatballs)
 1 1/2 cups ketchup (can substitute chili sauce)
 3/4 cup grape jelly

Place all ingredients in a slow cooker, stir to combine. Cook on low for 3-4 hours. If you haven't got a slow cooker, they can be done in a pot on the stove at very low heat for about half an hour or so.

WHAT WE ARE READING

The Amber Room by Steve Berry
 The Church on the Street by Deacon Robert Kinghorn
 I Believe by Alister McGrath
 Coins of Canada by J.A. Haxby & R.C. Willey
 The Midnight Library by Matt Haig

WHAT WE ARE WATCHING



The Good Doctor
 Chicago Med
 Chicago Fire
 Jeopardy
 The Walking Dead
 Hawaii Five-0

USEFUL RESOURCES

If you feel at any point that you need some extra assistance there are many resources out there. We are happy to help you connect with them, or tell you a little bit more about what they have to offer.

Here are just a few:

OTTAWA PUBLIC HEALTH — (613) 580-6744

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

TELE-HEALTH ONTARIO — 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

