



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

**MAY - AUGUST 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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**CANADIAN TRIVIA**

**AND MORE...**



**Ontario**



**United Way  
East Ontario**





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

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

Emilie Tessier, 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**

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

## **Favourite SCWW Programs:**

Fun Facts, Biographies, BINGO



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

## **Favourite SCWW Programs:**

Trivia, Monday Check-In, Finish the Line



**Rana Yassine**  
(she/her)  
SCWW Program Assistant  
613-236-0428  
Ext. 2390

## **Favourite SCWW Programs:**

Table Topics, Categories, Music Requests



**Kay Angliss McDowell**  
(she/her)  
SCWW Placement Student

## **A Message from Your Coordinator**

Welcome to the summer edition of your Seniors' Centre Without Walls Program Guide! We have a rich lineup of stimulating, informative, and entertaining programs and presentations scheduled for the next four months, there's a little something for everyone!

I wanted to take a moment to express my sincere gratitude to each and every one of you for welcoming me with wide open arms as I stepped into this new role as SCWW Coordinator. Rachel has been the heart & soul of this program since its inception in 2015, and she left very big shoes to fill, but you have all been so kind and patient as I transitioned into this new position.

I also have some news of my own to share: in September, I will welcome my first child and I couldn't be more thrilled about this exciting new adventure I am about to embark on! Of course, I will still be here for the summer months, but I wanted to be sure to provide you with sufficient notice of upcoming staffing changes.

We are pleased to welcome a new student to our team for the summer. Kay Angliss McDowell is a Master of Social Work student from Carleton University. You'll be sure to hear her on the phone over the next few months!

As always, your SCWW team is here for you. If you have questions, concerns, program suggestions, topics you'd like to hear about, or just want to chat, give us a call!

Emma Revell  
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 — 2:45-3:15 PM

Join Seniors' 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*

## ELDER ABUSE 101

Wednesday, May 11 — 2:45-3:45 PM

Join us to learn about what elder abuse is, the prevalence of elder abuse, types of abuse, and warning signs. We will also discuss ageism as a social norm; in order to confront elder abuse, we need to confront our ageist attitudes.

**Presenter:** *Laura Proctor, Elder Abuse Prevention Ontario*



Elder Abuse  
Prevention  
Ontario

## VACCINATIONS IN THE AGING POPULATION: WHAT YOU NEED TO KNOW

**Tues. May 17  
10:45-11:45 AM**

Keri Zacher, RN, a general medicine nurse and healthcare worker for more than 15 years, will be speaking on current vaccine requirements and recommendations, as well as the history of immunization in Canada.

Keri will discuss risks and side effects, types of vaccines, and the impact they have on our lives. Keri is here to answer all of your general questions about immunizations.

**Presenter:**  
*Keri Zacher,  
Registered Nurse,  
The Ottawa Hospital*



# HEALTH & WELLNESS SERIES

## EYE HEALTH & CATARACTS

Thursday, June 2 — 2:45-3:45 PM

Currently, more than 2.5 million Canadians are living with cataracts. More than 350,000 cataract surgeries are performed each year. Join our informative session on cataracts disease and how it impacts one's life. Pascale from the Ottawa Hospital will be providing us with knowledge and understanding on what cataracts are, why they occur, how they occur, who they affect, how to live with the disease, forms of treatment, and much more.

**Presenter:** *Pascale Rinfret, Nurse Educator at The Ottawa Hospital*



## JOURNALING & MENTAL HEALTH

Thursday, June 9 — 10:45-11:45 AM

Anita Manley is officially a fellow senior (55+), and is the co-founder and co-facilitator of "Journaling as a Wellness Tool". She has been offering this group in the Women's Mental Health Initiative at The Royal since 2012. Anita is delighted to be presenting to you on the topics of "Intentions and Gratitudes in Journaling".

**Presenter:** *Anita Manley, Royal Ottawa Mental Health Centre*

***\*You must pre-register for this presentation in order to receive a journal. Spots are limited, so don't delay!***



Mental Health - Care & Research  
Santé mentale - Soins et recherche

## BOUNCING BACK AFTER A FALL

Wed. July 20  
2:45-3:45 PM

Wendy Barkley is a Nurse Practitioner who brings a holistic health focus to her practice. She will be discussing falls in a way that is not often talked about, as she will not only cover prevention, but also ways to bounce back from injury or illness by focusing on the whole self.

This talk will include regaining functional ability, self-advocacy in the medical field, and maintaining mental wellness during recovery.

**Presenter:**  
*Wendy Barkley,  
Dancing Willow  
Wellness*



# EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## OAG ART TALK: ESMAA MOHAMOUD'S EXHIBITION "TO PLAY IN THE FACE OF CERTAIN DEFEAT"

**Tuesday, May 31 — 10:45-11:45 AM**

*To Play in the Face of Certain Defeat* is a celebration of diversity and an urgent call to action around issues of racial marginalization. Taking inspiration from the African American writer Ralph Ellison, artist Esmaa Mohamoud explores the ways in which Black bodies at once appear—and yet are rendered metaphorically invisible—within the spaces they navigate. She re-examines understandings of contemporary Blackness, questioning the definitions of Blackness as a colour and shade, and/or as a societal or cultural construction.

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

## CONNECTED CANADIANS: TECHNOLOGY TRAINING & SUPPORT FOR OLDER ADULTS

**Thursday, June 23 — 2:45-3:45 PM**

Looking for tech support? Connected Canadians is a national non-profit organization with a mandate to provide technology training and support freely to all Canadian seniors, fostering digital literacy skills and reducing isolation and loneliness. By 2030, their goal is for all Canadian seniors to have access to free technology training and support.

Through partnerships with retirement residences and senior serving organizations, they support older adults by providing tailored remote workshops and 1-on-1 training sessions, device donations and lending, as well as many other custom programs centered around entertainment and art.

Working side-by-side with older adults, their skilled technology mentors tackle clients' various technology challenges. Their clients learn to use digital platforms like Zoom to connect with their families and loved ones, access medical professionals (Telehealth), government services and more. These services play a critical role in seniors' lives by providing them with the skills they need to feel empowered and less isolated.

**Presenter:** Ken Roy, Connected Canadians

## OAG ART TALK: DON KWAN'S EXHIBITION "LANDSCAPE, LEGACY AND LOSS"

**Tues. June 28  
10:45-11:45 AM**

Don Kwan is a queer third-generation Chinese-Canadian artist, whose work explores place, identity, representation and family memory across time. Using a multidisciplinary approach for this exhibition, Kwan engages with the City of Ottawa's Firestone Collection of Canadian Art (FCCA).

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





# EDUCATIONAL SERIES

## HISTORY OF ROYAL VISITS & TOURS

Thursday, July 7 — 2:45-3:45 PM

Over the years, there have been many Royal Visits to Canada. Did you know that the first one occurred way back in 1860 when the Prince of Wales, the future King Edward VII, came to the country when he was only eighteen?

The first time a reigning monarch visited Canada was in 1939 when King George VI and Queen Elizabeth crisscrossed the country by train prior to the start of World War II. This tour was of huge importance, constitutionally, politically and economically. The King came to Canada, not as King of England, or King of the British Empire, but as King of Canada.

Thirteen years later, his daughter, the young Princess Elizabeth, and her husband, the dashing Prince Philip, made their first of many trips to Canada.

Come listen to James Powell from the Historical Society of Ottawa speak about these and other Royal Visits and Tours.

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



The Historical Society  
of Ottawa

## UPDATES FROM THE OPP: FRAUDS & SCAMS

Tuesday, July 12 — 10:45-11:45 AM

This presentation will focus on 4 of the latest and most common fraud types affecting communities daily. We will share red flags to be on the lookout for and will also share tips on how to prevent yourself from becoming a victim of fraud.



**Presenter:** *Representative from the Ontario Provincial Police*

## PABLUM TO PACE- MAKERS TO PEANUT BUTTER: CANADIAN INVENTIONS THAT CHANGED THE WORLD

Tues. July 26  
10:45-11:30 AM

The good people of Canada are responsible for many inventions you use every day. Especially if you're someone who plays Trivial Pursuit in a Wonderbra while eating peanut butter smeared on McIntosh apples! Canadian inventors have patented more than one million inventions. Let's take a look at some of the top inventions brought to us by those from Canada, including natural-born citizens, residents, companies, or organizations based here.

**Presenter:**  
*SCWW Team  
Member*

# EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## HISTORY OF THE TELEPHONE

Tuesday, August 2 — 10:45-11:45 AM

These days, everybody seems to have a telephone in their purse or pocket. People talk and text on them, use them to photograph and film events, watch their favourite television shows, follow social media, and even use them to get traffic directions. They have become indispensable to modern life. But are you familiar with the history of the telephone? Did Alexander Graham Bell truly invent it? What were the telephone wars? When and who introduced the telephone to Ottawa? These are just some of the questions to be answered when James Powell from the Historical Society of Ottawa returns to talk about the origins of the telephone.

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

## MUSEUM OF HEALTH CARE: SPARE PARTS

Thursday, August 4 — 10:45-11:45 AM

Technology has changed our lives! We live in an age where printing a new leg, restarting a heart and replacing teeth is the daily norm. Join us for a fascinating look into the history and evolution of some of the most commonly replaced parts of the body: the pacemaker, dentures and prosthetics.

**Presenter:** *Claire Notman, Programming and Communications Coordinator, Museum of Health Care at Kingston*

## FAKES AND PHONIES: THE HISTORY OF COUNTERFEITING IN CANADA

Thursday, August 25 — 2:45-3:45 PM

The creators of banknotes are always locked in a struggle with those who seek to copy them. This presentation explores the process by which the Bank of Canada keeps money safe from counterfeiting, and some stories of forgeries past.

**Presenter:** *Visitor Services Team, Bank of Canada Museum*

# ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## SHAWN ANTHONY'S STORY SHOP

May 16, June 13, July 11 & Aug. 15 — 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

July 18 & August 22 — 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 Great Wall of China and the Roman Colosseum.



**Presenter:** *SCWW Team Member*

## MUSIC CHAT: RAIN, RAIN GO AWAY

Tuesday, June 7 — 10:45-11:30 AM

Everybody seems to like a "pitter-pattering" kind of rain. And even a heavy downpour couldn't dampen the spirits of Gene Kelly in *Singin' in the Rain*. And we admit that *April showers bring the flowers that bloom in May*. But let's face it: most of us prefer to get our water from a faucet, and even our kiddies keep telling the rain to *Go Away!* So I ask you, why do *Raindrops Keep Falling On My Head* in so many pop songs?

**Presenter:** *Brian McGurrin, Retired Librarian & Music Enthusiast, and his daughter, Kelly McGurrin*

## STORYTELLING WITH KIM

Tues. July 5  
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.

**Presenter:**  
*Kim Kilpatrick*

## MYSTERIES OF THE BERMUDA TRIANGLE

Thurs. July 14  
2:45-3:30 PM

Strange things are said to have happened in an area of sea between Bermuda, Miami, and Puerto Rico. Ships and planes have vanished there without a trace. Can these events be explained, or is there really something mysterious about the area? Decide for yourself by hearing some facts and first-hand accounts about the Bermuda Triangle.

**Presenter:**  
*Emma Revell,  
SCWW Coordinator*

# ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## TRAVEL: NEWFOUNDLAND

Thursday, July 28 — 10:45-11:45 AM

Did you know that Vikings settled in Newfoundland long before it was discovered by John Cabot? Have you ever heard of mummering? Do you know what the expression “who knit ya?” means? Join Emily as she talks about the history, traditions, and culture of this unique province and “enjoy a good yarn” as she adds her own stories about her experiences of travelling back to her hometown.

**Presenter:** *Emily Payne, SCWW Program Assistant*

## MUSIC CHAT: REQUIEMS: PALESTRINA TO ANDREW LLOYD WEBBER

Tuesday, August 9 — 10:45-11:30 AM

*Requiem* is a Latin word meaning, “rest” or “repose” and musical settings of requiem prayers for the repose of the souls of the departed have a long tradition in Christianity. This chat represents only a tiny selection from over 2000 such settings composed over the past six centuries, from the beautiful polyphonic works of renaissance composers, and moving forward with uplifting requiems by Mozart and Verdi, right up to more recent times with Andrew Lloyd Webber and (would you believe?) Simon and Garfunkel!
















**Presenter:** *Brian McGurrin, Retired Librarian & Music Enthusiast, and his daughter, Kelly McGurrin*

## FRONT PORCH TRAVELLERS: ZAMBIA

Tuesday, August 30 — 2:45-3:30 PM

Often described as one of Africa’s last true wildernesses, Zambia is known for its beautiful scenery, walking safaris, and abundance of wildlife, including the “Big Five”: lions, elephants, leopards, Cape buffalos, and black rhinoceroses. So, get your cameras ready, pack your safari gear, and let’s zip on over to Zambia.

**Presenter:** *SCWW Team Member*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>Monday Check-in</b> 12:45-1:15 pm	<b>3</b>  <div> <b>Summer Program Registration Week</b> </div>	<b>4</b> <b>Fun Facts</b> 10:45-11:15 am	<b>5</b>	<b>6</b> <b>Good News</b> 10:45-11:15 am
<b>9</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-in</b> 12:45-1:15 pm   <b>Mother's Day</b> 2:45-3:15 pm	<b>10</b> <b>Way with Words</b> 10:45-11:15 am	<b>11</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm   <b>Elder Abuse 101</b> 2:45-3:45 pm	<b>12</b>    <b>Nurses Week</b> 2:45-3:45 pm	<b>13</b> <b>BINGO</b> 10:45-11:45 am  <b>Music Requests</b> 12:45-1:30 pm
<b>16</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Current Affairs</b> 12:45-1:15 pm   <b>Storytelling with Shawn</b> 2:45-3:15 pm	<b>17</b>  <b>Vaccine Info</b> 10:45-11:45 am   <b>Trivia</b> 2:45-3:30 pm	<b>18</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Categories</b> 2:45-3:15 pm	<b>19</b> <b>Table Topics</b> 10:45-11:15 am   <b>Sports Chat</b> 2:45-3:30 pm	<b>20</b> <b>Biographies</b> 10:45-11:15 am  <b>Name That Tune</b> 12:45-1:15 pm
<b>23</b>  <b>Victoria Day</b>  <b>No Programs Today</b>	<b>24</b> <b>Brain Teasers &amp; Riddles</b> 10:45-11:15 am  <b>Finish the Line</b> 2:45-3:15 pm	<b>25</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm   <b>Chair Exercise</b> 2:45-3:15 pm	<b>26</b> <b>Canadian Trivia</b> 10:45-11:15 am   <b>Book Chat</b> 2:45-3:15 pm	<b>27</b> <b>Birthday Party</b> 10:45-11:15 am   <b>Intergenerational Day</b> 12:45-1:45 pm
<b>30</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Fact or Fiction</b> 12:45-1:15 pm  <b>BINGO</b> 2:45-3:45 pm	<b>31</b>  <b>OAG Art Talk</b> 10:45-11:45 am   <b>Trivia</b> 2:45-3:30 pm		 <b>Health &amp; Wellness Series</b>  <b>Educational Series</b>  <b>Art &amp; Travel</b>  <b>Special Events</b>	

## STEPS TO CONNECT

1. Dial **613-686-1547**
2. Enter Passcode: **8 3 4 6 3 4** then press #













MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Health &amp; Wellness Series</b>  <b>Educational Series</b>  <b>Art &amp; Travel</b>  <b>Special Events</b>		<b>1</b> <b>Fun Facts</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Queen's Platinum Jubilee</b> 2:45-3:15 pm	<b>2</b> <b>Short Stories</b> 10:45-11:15 am   <b>Cataracts &amp; Eye Health</b> 2:45-3:45 pm	<b>3</b> <b>Good News</b> 10:45-11:15 am  <b>Radio Plays</b> 12:45-1:15 pm
<b>6</b>  <b>Mindfulness</b> 10:30-11:00 am <b>Monday Check-in</b> 12:45-1:15 pm  <b>Just Joking</b> 2:45-3:15 pm	<b>7</b>  <b>Music Chat: Rain, Rain Go Away</b> 10:45-11:30 am  <b>Way with Words</b> 2:45-3:15 pm	<b>8</b> <b>Fun Facts</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Categories</b> 2:45-3:15 pm	<b>9</b>  <b>Journaling &amp; Mental Health</b> 10:45-11:45 am  <b>You Be The Judge</b> 2:45-3:15 pm	<b>10</b> <b>Spiritual Space</b> 10:45-11:15 am  <b>Music Requests</b> 12:45-1:30 pm
<b>13</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Current Affairs</b> 12:45-1:15 pm   <b>Storytelling with Shawn</b> 2:45-3:15 pm	<b>14</b> <b>Discussion Group</b> 10:45-11:30 am   <b>Trivia</b> 2:45-3:30 pm	<b>15</b> <b>Fun Facts</b> 10:45-11:15 am   <b>SCWW Planning Committee</b> 12:45-1:30 pm <b>Who, What, Where</b> 2:45-3:15 pm	<b>16</b> <b>Table Topics</b> 10:45-11:15 am   <b>Sports Chat</b> 2:45-3:30 pm	<b>17</b> <b>BINGO</b> 10:45-11:45 am  <b>Name That Tune</b> 12:45-1:15 pm
<b>20</b>  <b>Mindfulness</b> 10:30-11:00 am <b>Monday Check-in</b> 12:45-1:15 pm   <b>Father's Day</b> 2:45-3:15 pm	<b>21</b> <b>Brain Teasers &amp; Riddles</b> 10:45-11:15 am   <b>Finish the Line</b> 2:45-3:15 pm	<b>22</b> <b>Fun Facts</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Recipe &amp; Food Chat</b> 2:45-3:15 pm	<b>23</b> <b>Canadian Trivia</b> 10:45-11:15 am    <b>Connected Canadians</b> 2:45-3:45 pm	<b>24</b> <b>Birthday Party</b> 10:45-11:15 am  <b>Decades Time Capsule</b> 12:45-1:15 pm
<b>27</b>  <b>Mindfulness</b> 10:30-11:00 am <b>Fact or Fiction</b> 12:45-1:15 pm  <b>BINGO</b> 2:45-3:45 pm	<b>28</b>  <b>OAG Art Talk</b> 10:45-11:45 am   <b>Trivia</b> 2:45-3:30 pm	<b>29</b> <b>Fun Facts</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm   <b>Chair Exercise</b> 2:45-3:15 pm	<b>30</b> <b>Gratitude Jar</b> 10:45-11:15 am    <b>Canada Day</b> 2:45-3:15 pm	

## STEPS TO CONNECT

1. Dial **613-686-1547**

















2. Enter Passcode: **8 3 4 6 3 4** then press #

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b>  <b>Canada Day</b>  <b>No Programs Today</b>
<b>4</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-in</b> 12:45-1:15 pm  <b>Just Joking</b> 2:45-3:15 pm	<b>5</b> <b>Way with Words</b> 10:45-11:15 am   <b>Storytelling with Kim</b> 2:45-3:45 pm	<b>6</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Categories</b> 2:45-3:15 pm	<b>7</b> <b>Curiosity Corner</b> 10:45-11:15 am   <b>Royal Family Tours &amp; Visits</b> 2:45-3:45 pm	<b>8</b> <b>Good News</b> 10:45-11:15 am   <b>Canadian Connections</b> 2:30-3:30 pm
<b>11</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Current Affairs</b> 12:45-1:15 pm   <b>Storytelling with Shawn</b> 2:45-3:15 pm	<b>12</b>  <b>OPP Frauds &amp; Scams</b> 10:45-11:45 am  <b>Trivia</b> 2:45-3:30 pm	<b>13</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Who, What, Where</b> 2:45-3:15 pm	<b>14</b> <b>Table Topics</b> 10:45-11:15 am   <b>Mysteries of the Bermuda Triangle</b> 2:45-3:15 pm	<b>15</b> <b>BINGO</b> 10:45-11:45 am  <b>Music Requests</b> 12:45-1:30 pm
<b>18</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-in</b> 12:45-1:15 pm   <b>Wonders of the World</b> 2:45-3:30 pm	<b>19</b> <b>Brain Teasers &amp; Riddles</b> 10:45-11:15 am  <b>Finish the Line</b> 2:45-3:15 pm	<b>20</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm   <b>Fall Prevention &amp; Recovery</b> 2:45-3:45 pm	<b>21</b> <b>Canadian Trivia</b> 10:45-11:15 am  <b>Sports Chat</b> 2:45-3:30 pm	<b>22</b> <b>Biographies</b> 10:45-11:15 am  <b>Name That Tune</b> 12:45-1:15 pm
<b>25</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Fact or Fiction</b> 12:45-1:15 pm  <b>BINGO</b> 2:45-3:45 pm	<b>26</b>  <b>Canadian Inventions</b> 10:45-11:30 am  <b>Trivia</b> 2:45-3:30 pm	<b>27</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm   <b>Chair Exercise</b> 2:45-3:15 pm	<b>28</b>  <b>Newfoundland Travelogue</b> 10:45-11:45 am  <b>Book Chat</b> 2:45-3:15 pm	<b>29</b> <b>Birthday Party</b> 10:45-11:15 am   <b>International Tiger Day</b> 12:45-1:45 pm

## STEPS TO CONNECT

1. Dial **613-686-1547**
2. Enter Passcode: **8 3 4 6 3 4** then press #

# AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Civic Holiday</b> <b>No Programs Today</b>	<b>2</b>  <b>History of the Telephone</b> 10:45-11:45 am  <b>Way with Words</b> 2:45-3:15 pm	<b>3</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Categories</b> 2:45-3:15 pm	<b>4</b>  <b>Spare Parts</b> 10:45-11:15 am  <b>Short Stories</b> 2:45-3:15 pm	<b>5</b> <b>Good News</b> 10:45-11:15 am  <b>Radio Plays</b> 12:45-1:15 pm
<b>8</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-in</b> 12:45-1:15 pm  <b>Just Joking</b> 2:45-3:15 pm	<b>9</b>  <b>Music Chat: Requiems</b> 10:45-11:30 am  <b>Trivia</b> 2:45-3:30 pm	<b>10</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Who, What, Where</b> 2:45-3:15 pm	<b>11</b> <b>Table Topics</b> 10:45-11:15 am  <b>You Be The Judge</b> 2:45-3:15 pm	<b>12</b> <b>BINGO</b> 10:45-11:45 am  <b>Music Requests</b> 12:45-1:30 pm
<b>15</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Current Affairs</b> 12:45-1:15 pm   <b>Storytelling with Shawn</b> 2:45-3:15 pm	<b>16</b> <b>Discussion Group</b> 10:45-11:30 am   <b>Finish the Line</b> 2:45-3:15 pm	<b>17</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Recipe &amp; Food Chat</b> 2:45-3:15 pm	<b>18</b> <b>Canadian Trivia</b> 10:45-11:15 am   <b>Sports Chat</b> 2:45-3:30 pm	<b>19</b> <b>Spiritual Space</b> 10:45-11:15 am  <b>Name That Tune</b> 12:45-1:15 pm
<b>22</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Monday Check-in</b> 12:45-1:15 pm   <b>Wonders of the World</b> 2:45-3:30 pm	<b>23</b> <b>Brain Teasers &amp; Riddles</b> 10:45-11:15 am   <b>Trivia</b> 2:45-3:30 pm	<b>24</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Curiosity Corner</b> 2:45-3:15 pm	<b>25</b> <b>Gratitude Jar</b> 10:45-11:15 am   <b>Bank of Canada Museum</b> 2:45-3:45 pm	<b>26</b> <b>Birthday Party</b> 10:45-11:15 am  <b>Decades Time Capsule</b> 12:45-1:15 pm
<b>29</b>  <b>Mindfulness</b> 10:30-11:00 am  <b>Fact or Fiction</b> 12:45-1:15 pm  <b>BINGO</b> 2:45-3:45 pm	<b>30</b> <b>TV &amp; Movie Chat</b> 10:45-11:15 am    <b>Travel: Zambia</b> 2:45-3:30 pm	<b>31</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm   <b>Chair Exercise</b> 2:45-3:15 pm	 <b>Health &amp; Wellness Series</b>  <b>Educational Series</b>  <b>Art &amp; Travel</b>  <b>Special Events</b>	

## STEPS TO CONNECT

1. Dial **613-686-1547**
2. Enter Passcode: **8 3 4 6 3 4** then press #

# SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## MOTHER'S DAY CHAT

**Monday, May 9 — 2:45-3:15 PM**

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

**Presenter:** SCWW Team Member

## WITH TENDER LOVING CARE: THE HISTORY OF NURSING IN CANADA

**Thursday, May 12 — 2:45-3:45 PM**

Nurses today are an integral and respected part of Canada's healthcare system—that hasn't always been the case. Learn about the early 19<sup>th</sup> century roots of nursing, and how the profession has changed over the decades.

**Presenter:** *Claire Notman, Programming and Communications Coordinator, Museum of Health Care at Kingston*

## CELEBRATING INTERGENERATIONAL DAY

**Friday, May 27 — 12:45-1:45 PM**

The City of Ottawa will be proclaiming June 1<sup>st</sup> as Intergenerational Day—a day to celebrate the value of connections between different generations.

Christine Franklin, co-founder of iGenOttawa, will speak on the benefits of intergenerational connections and highlight local activities that encourage individuals of different ages to connect in meaningful ways. The discussion will also explore simple ideas for taking small actions that can lead to more neighbourly connections throughout the year.

iGenOttawa is a community initiative established in 2019 to promote the value of intergenerational connections. It also teams up with community partners, including TGC, to highlight, encourage and initiate activities that bring different generations together.

**Presenter:** *Christine Franklin, iGenOttawa*

## 70 YEARS ON THE THRONE: THE QUEEN'S PLATINUM JUBILEE

**Wed. June 1  
2:45-3:15 PM**

Queen Elizabeth II ascended to the throne in 1952, and will celebrate her platinum jubilee this year! We'll take a look back at her historic reign and fascinating life.

**Presenter:** SCWW Team Member

## SCWW PLANNING COMMITTEE MEETING

**Wed. June 15  
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*

# SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## FATHER'S DAY CHAT

**Monday, June 20 — 2:45-3:15 PM**

*I spent a lot of time, money, and effort childproofing my house... but the kids still get in!*

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

**Presenter:** SCWW Team Member

## CANADA DAY CELEBRATION

**Thursday, June 30 — 2:45-3:15 PM**

Join us as we celebrate Canada Day! We will explore some fun facts and trivia, tell some good old fashioned Canadian jokes and have a general chat about the country that we love.

**Presenter:** SCWW Team Member

## CANADIAN CONNECTIONS

**Friday, July 8 — 2:30-3:30 PM**

Join us as we connect with Seniors' Centre Without Walls participants from across the country.

**Presenter:** SCWW Team Member

## INTERNATIONAL TIGER DAY

**Friday, July 29 — 12:45-1:45 PM**

We're celebrating International Tiger Day with our friends from Jungle Cat World Wildlife Park! Learn about some of your favourite animals up-close from the comfort of your home! With sound bites of tigers, lions and even wolves, immerse yourselves in the sounds of the wild.

**Presenter:** Ashley Maika, Jungle Cat World Wildlife Park



# 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!

### CANADIAN TRIVIA

Think you know everything about Canada? Test your knowledge with our all Canadian trivia.

## FUN & MUSIC

### JUST JOKING

They say that laughter is the best medicine, so join us every other 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 page 22 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.

### 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

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.

### 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!

### 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.

### TV & 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 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 & 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 during a certain period of time or region of the world.

## DECADES TIME CAPSULE

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

## CURIOSITY CORNER

Have an interesting question you would like answered? We will hop on the internet and try to track it down for you!

# REGULAR PROGRAMS

## 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, MAY 20 — 10:45-11:15 AM**

**Commander Chris Hadfield**

Canadian astronaut, engineer, fighter pilot, singer, and author.



**FRIDAY, JULY 22 — 10:45-11:15 AM**

**Dionne Quintuplets**

First quintuplets known to have survived infancy.

**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 - One Line - Any Direction

B	I	N	G	O
●				
●				
●		FREE		
●				
●				

## #2 - Two Lines - Any Direction

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 - Inside Square

B	I	N	G	O
	●	●	●	
	●	FREE	●	
	●	●	●	

## #6 - The Letter "X"

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

# PARTICIPANTS' CORNER



## WHAT WE ARE READING

Women and Children First by Gil Paul

Another Woman's Husband by Gil Paul

Biography of Calamity Jane

Jefferson's Daughters by Catherine Kerrison

## WHAT WE ARE COOKING: SUE'S STRAWBERRY TARTS

### Ingredients

Frozen tart shells (e.g. Tenderflake)

1 cup milk

2 egg yolks

1/3 cup white sugar

1/2 tsp vanilla extract

2 tbsp flour

Strawberries

Jelly of choice



### Directions

Follow directions on box to bake tart shells.

### To Make the Custard:

Combine your yolks (make sure there are no whites at all), sugar and vanilla in a bowl. Beat it until it makes "ribbons"- about 3-4 minutes. Then beat in the flour. Then add milk slowly, mixing constantly.

Pour your custard into a pot, bring to a boil, stirring constantly with a wooden spoon. Reduce heat, continue to cook for 2-3 minutes until it thickens (should be thicker than pudding).

Pour custard into shells, cool down in fridge.

Wash and hull berries, slice in half or smaller if using larger berries. Place on top of cooled custard. Brush jelly on top of strawberries (currant jelly, strawberry jelly, or whichever you've picked). Brush as much or as little as you like. Enjoy!



## 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



**iGenOttawa**



Bank of  
Canada  
Museum | Musée de  
la Banque  
du Canada

