



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

**SEPTEMBER - DECEMBER 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

IN THIS ISSUE

BONE HEALTH 101

**CELEBRATING
OKTOBERFEST**

**HISTORY OF
WITCHCRAFT**

MUSIC REQUESTS

WEEKLY TRIVIA

BINGO

AND MORE...



Ontario



**United Way
East Ontario**





TABLE OF CONTENTS

SCWW FAQs & Info.....p. 3
Health & Wellness Series.....p. 6
Educational Seriesp. 9
Arts & Travelp. 12
Calendarsp. 13
Special Eventsp. 19
Regular Programs.....p. 22
BINGO Patterns.....p. 25
Participants' Cornerp. 26
Municipal Election Info ...p. 27
Useful Resources.....p. 28

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

Cici He, 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 local number, and no special equipment is needed.

Accessibility

This program guide is 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 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**

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



Emily Payne
(she/her)

SCWW Coordinator
613-236-0428
Ext. 2323

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



Jessica Zhang
(she/her)

SCWW Program Assistant
613-236-0428
Ext. 4260



Tasjha Keil

SCWW Placement Student

Bye for Now!



The time has come for me to embark on my next great adventure: parenthood! I am so excited to see what the next year brings as I welcome my first child, and I thank all of you for your kind words and excitement regarding this next chapter in my life. I will miss each of you immensely and will think of you every Wednesday morning while you are learning and sharing new fun facts each week! I leave you in the very capable hands of Emily, who you have all gotten to know over the last year; I know she will do an amazing job while I am away.

I also want to take this opportunity to thank Kay and Kody for all of their hard work over the last few months. Kay has wrapped up her student placement and has now completed the requirements for her Master's of Social Work— well done! Kody was an essential part of this team over the summer as our Canada Summer Jobs program assistant; we wish her all the best as she completes the final year of her Bachelor of Social Work!

You will hear a couple new voices over the phone in the coming months: Tasjha Keil will be completing her student placement with SCWW from September to December. You will also meet Jessica Zhang, our newest Program Assistant. Jessica spent the summer months working at The Good Companions in the Adult Day Program and I just know she will be a great addition to this team.

Wishing everyone a wonderful year and can't wait to catch up next September!

Emma Revell, Seniors' Centre
Without Walls Coordinator (on leave)

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*

MIND YOUR BRAIN HEALTH

Thursday, September 22 — 2:45-3:45 PM

Get an overview of the brain, aging, and dementia. The speaker will also share tips on healthy lifestyle choices that can help in preventing and delaying some forms of dementia. Learn about the early warning signs of dementia and how The Dementia Society supports individuals who are living with dementia.

Presenter: *German Chique-Alfonzo, MD, MHPE Candidate, Education & Program Coordinator, The Dementia Society of Ottawa and Renfrew County*



The
**Dementia
Society**

Ottawa and Renfrew County

WORLD MENTAL HEALTH DAY: MENTAL HEALTH & MENTAL WELLNESS IN THE COMMUNITY

**Thurs. Oct. 6
2:45-3:45 PM**

Join the Canadian Mental Health Association to get your questions answered about mental health and mental wellness. This presentation will include information about services available in our community as well as the importance of lowering stigma and raising awareness about mental health.

Presenter: *Michael McGee, Canadian Mental Health Association*



Canadian Mental
Health Association
Mental health for all

HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

IMMUNIZATIONS: A WAY TO PROTECT OURSELVES AND OTHERS (AN UPDATE)

Tuesday, October 18 — 10:45-11:45 AM

The topic of immunizations often stirs up many questions. Ever wondered when to get certain vaccines or if they are appropriate for you? Why are they important and are there any side effects? Join Angel Deng, a Pharmacist working at Bruyère in Geriatric Rehabilitation, to review some vaccinations for seniors. You'll learn about a few vaccinations that are important for protecting yourselves and/or others.

Presenter: *Angel Deng, Clinical Pharmacist at Elisabeth Bruyère Hospital*

Bruyère 

BONE HEALTH 101

Thursday, October 20 — 10:45-11:45 AM

Osteoporosis Canada presents Bone Health 101, a session that explores what osteoporosis is, the risk of fracturing a bone, how to maintain healthy bones, the impact of nutrition and physical activity, and fall prevention.

Presenter: *Cathy Percy, Community Engagement Coordinator, Osteoporosis Canada*

 **OSTEOPOROSIS**
CANADA

JOURNALING & SELF-ESTEEM

Thursday, October 27 — 10:45-11:45 AM

Anita Manley is officially a fellow senior (55 plus), 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 topic of *Self-Esteem Journaling*.

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

DIABETES EDUCATION

**Tues. Nov. 15
10:45-11:45 AM**

Join us for an educational workshop on diabetes. The team from Centretown Community Health Centre will be sharing more information on causes, symptoms and prevention techniques.

This event will be followed by a 'CANRISK' screening on November 16, 17, 18 during work hours for participants who are interested in figuring out whether they are at high-risk of developing diabetes. Interested participants in the Champlain region will be contacted directly by the Centretown Community Health Centre over the telephone. Those who are already diagnosed with diabetes will be referred to a Diabetes Education Program.

*You must pre-register for this event in order to be contacted for the CANRISK screening.

Presenter: *Sylvia Nulah, Centretown Community Health Centre*

HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

AROMATHERAPY & ESSENTIAL OILS

Thursday, December 1 — 2:45-3:45 PM

Essential oils are powerful tools to have in our natural home kit to support our emotional, physical, and spiritual health and well-being, and for house cleaning! Join certified Essential Oil Specialist, Ruth Heyerdahl, for a fun, interactive presentation that discusses three safe ways essential oils can be used to support you. Bring your essential oil questions and concerns. What are some things you have heard about essential oils? Do you wonder if they are true? This is your chance to have your questions answered by a trained professional who does not sell essential oils.

Presenter: SCWW Participant,
Ruth Heyerdahl



ARTHRITIS EDUCATION

Tuesday, December 6 — 10:45-11:45 AM

Did you know at least 1 in 5 Canadians of all ages seek healthcare for arthritis? In fact, arthritis is the most common chronic health condition in Canada, and a major cause of morbidity, disability and health care utilization. Join Prateeksha from the Physiocare Physiotherapy & Rehab Centre to learn more about the history of arthritis, who is susceptible to arthritis, why arthritis occurs, how it happens, what a person with arthritis goes through, the types of arthritis and more.

Presenter: *Prateeksha Viradiya, Physiocare Physiotherapy & Rehab Centre*



DECLUTTER AND GET ORGANIZED: PART 2

Thurs. Dec. 8
2:45-3:45 PM

We're so excited to welcome back Gisele from Altered Spaces - Altered Lives to share more great tips and tricks to declutter and get organized!

She understands that this can be an overwhelming 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 Miller, Altered Spaces - Altered Lives*

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

VOTING IN THE CITY OF OTTAWA'S 2022 MUNICIPAL ELECTIONS

Thursday, September 8 — 2:45-3:45 PM

The 2022 Municipal Elections to elect a Mayor, 24 City Councillors, and 37 School Board Trustees will take place on Monday, October 24. Join us to learn about the many opportunities electors have to cast their vote including voting by mail, appointing a proxy to vote on your behalf, and voting in-person. We will also discuss the accessible tools and options that electors have to mark their ballot in-person, both independently and with the assistance of an election worker, friend, or support person.

Presenters: *Krista Bressette, Caitlin Corcoran, and Melanie Chartrand, City of Ottawa's Elections Office*

RELIGIONS OF THE WORLD

Tuesday, September 13 — 10:45-11:45 AM

Join Dr. Anne Vallely, an anthropologist of religion, as she explores some major religious traditions of humankind, including world views, belief systems, ritual practices, and spiritualities.

Presenter: *Dr. Anne Vallely, Associate Professor, Classics and Religious Studies, University of Ottawa*



uOttawa

MUSEUM OF NATURE: COASTAL ADVENTURE

Tuesday, September 20 — 10:45-11:45 AM

Join us on a Coastal Adventure during which you will learn about tidepool animals. Our dynamic Science Interpreter will guide you along the discovery of a tidepool habitat, its unique & adaptable inhabitants and how humans are learning from and impacting this special place.

Presenter: *Benoit Lalande, Program Developer, Canadian Museum of Nature*



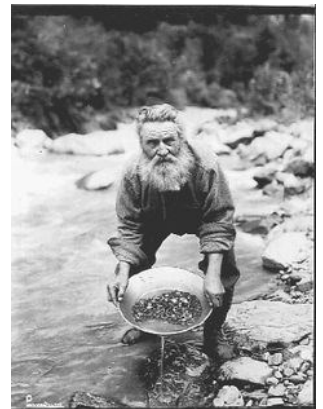
canadian museum of nature
nature
musée canadien de la nature

YUKON GOLD RUSH

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

In the 19th century, major gold rushes took place all over the world, including in Australia, New Zealand, Brazil, South Africa, the United States, and Canada. In this program we will discuss the history of the gold rush, the geographical area, the art of mining, and the hardships people faced during this exciting time period.

Presenter: *SCWW Team Member*



EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

HISTORY OF WITCHCRAFT

Thursday, October 13 — 2:45-3:45 PM

Join us to learn about the fascinating history of witches all the way from ancient mythology to modern-day witchcraft. Listen to legends, lore, and stories of witchcraft through the ages that include both fictional and real-life witches.

Presenter: SCWW Team Member

75 WAYS TO SAVE ON HOUSEHOLD EXPENSES

Thursday, November 4 — 10:45-11:45 AM

Participants will gather tips on how to save on various household expenses including utilities, transportation, groceries and personal items. Participants will also be encouraged to share their best practices with each other.

Presenter: Mark Kalinowski, Financial Educator, Credit Counselling Society



INTRODUCTION TO ONLINE SHOPPING

Monday, November 7 — 2:45-3:45 PM

Online shopping is currently the most convenient way for most people to buy anything and have it delivered to their doorstep within hours! You don't need to get up and go through the hassle of grocery shopping without a car anymore, you can independently select your items online from your home, and have someone deliver them straight to you. Join us as we welcome back Noor Din from Human Endeavour if you're interested in learning more about e-commerce and how you can safely shop online.

Presenter: Noor Din, Human Endeavour



**Human
Endeavour**
humanendeavour.org

MEDICAL INNOVATIONS OF THE FIRST WORLD WAR

Tues. Nov. 8
2:45-3:45 PM

With the introduction of new weapons of war in 1914, it was necessary for healthcare to adapt to save the lives of soldiers. Discover the amazing innovations that evolved during the Great War that we still benefit from today.

Presenter:
Claire Notman,
Programming & Communications
Coordinator,
Museum of
Healthcare
at Kingston



EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

THIS BELONGS IN A MUSEUM: A PHONE CALL INTO THE PAST WITH THE WAR MUSEUM

Wednesday, November 23 — 2:45-3:45 PM

Participants will listen and interact with a Canadian War Museum guest speaker as they share interesting information about three intriguing artifacts from the War Museum's galleries. Working with the presenter, participants will explore what artifacts can teach us about the past and discover some of the stories behind the objects from the First World War. The three selected objects are: *Teddy*, *The Battle of Courcelette* (painting), and Francis Pegahmagabow's *Headdress*.

Presenters: *Ashlee Beatie & Kathryn Lyons, Canadian War Museum*



IMMIGRATING TO CANADA

Thursday, November 24 — 2:45-3:45 PM

Immigrating to a new country can be full of challenges as well as rewards. Join Eric Ndimma as he shares his experience of immigrating to Canada from Hong Kong after leaving his birthplace of Kumba, Cameroon.

Presenter: *Eric Ndimma*

HOLIDAYS AROUND THE WORLD

Thursday, December 8 — 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 Team Member*

ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

NEW SERIES: WORLD MYTHOLOGY September 12 & November 21 — 2:45-3:15 PM

The purpose of a myth is to provide the listener with a truth which the audience then interprets for themselves within the value system of their own culture. Join us as we learn more about Greek and Norse mythologies. We'll learn their history and fun facts, and will also have an open discussion to share our thoughts and ideas.

Presenter: SCWW Team Member

STORYTELLING WITH SHAWN & MARIE Sept. 19, Oct. 17, Nov. 14, Dec. 12 — 2:45-3:15 PM

Join friends of The Good Companions, Shawn Anthony & Marie Robertson, for half an hour of stories sure to make you laugh, think, and reflect.

Presenters: Shawn Anthony & Marie Robertson

UNDER THE SEA: SHIPWRECKS Thursday, September 22 — 10:45-11:30 AM

Shipwrecks are movie magic fodder, from disaster films like The Poseidon Adventure to dramas such as Castaway or even comedies like Fool's Gold. But what are the real stories of the actual ships buried in "watery graves" and the treasures they hold? Besides the ones we know about, the sea holds approximately 3 million undiscovered shipwrecks and countless treasures; join us to learn more about the stories behind them!

Presenter: SCWW Team Member

OAG ART TALK: STANLEY WANY Tuesday, September 27 — 12:45-1:45 PM

Wany's multimedia installation brings together immersive video footage of the unpredictable waves of the Atlantic Ocean, with sculptural approximations of the compartments in which human beings were stored below decks on slaving ships.

Presenter: Representative from the Ottawa Art Gallery




















MUSIC CHAT: DANCING THE HOOCHIE KOOCHIE

**Tues. Oct 11
10:45-11:45 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, and Antonin Dvořák.

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























SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Health & Wellness Series  Educational Series  Art & Travel  Special Events			1 <div>Fall Program Registration</div>	2 Good News 10:45-11:15 am
5 Labour Day No Programs Today	6 <div>Fall Program Registration</div> Trivia 2:45-3:15 pm	7 Fun Facts 10:45-11:15 am	8 Table Topics 10:45-11:15 am  Elections Ottawa 2:45-3:45 pm	9 Centre Closed for Volunteer Recognition Event No Programs Today
12  Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm  World Mythology 2:45-3:15 pm	13  World Religions 10:45-11:45 am Finish the Line 12:45-1:15 pm Trivia 2:45-3:15 pm	14 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	15  Oktoberfest 10:45-11:45 am Sports Chat 2:45-3:30 pm	16 BINGO 10:45-11:45 am Music Requests 12:45-1:30 pm
19  Mindfulness 10:30-11:00 am Current Events 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	20  Museum of Nature 10:45-11:45 am Discussion Group 12:45-1:15 pm Trivia 2:45-3:15 pm	21 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	22  Under the Sea: Shipwrecks 10:45-11:30 am  Mind Your Brain Health 2:45-3:45 pm	23 Biographies 10:45-11:15 am Name That Tune 12:45-1:15 pm
26  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	27 Way with Words 10:45-11:45 am  OAG Art Talk 12:45-1:45 pm Trivia 2:45-3:15 pm	28 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Chair Exercise 2:45-3:15 pm	29  Yukon Gold Rush 10:45-11:30 am Book Chat 2:45-3:15 pm	30 Birthday Party 10:45-11:15 am  National Day for Truth & Reconciliation 12:45-1:30 pm

STEPS TO CONNECT

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






OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm Just Joking 2:45-3:15 pm	4  International Day of Older Persons 10:45-11:45 am Finish the Line 12:45-1:15 pm Trivia 2:45-3:15 pm	5 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  SCWW Planning Committee 2:45-3:30 pm	6 Short Stories 10:45-11:15 am  World Mental Health Day 2:45-3:45 pm	7 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
10 Thanksgiving No Programs Today	11  Music Chat: Hoochie Koochie 10:45-11:45 am  Thanksgiving Chat 12:45-1:15 pm Trivia 2:45-3:15 pm	12 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	13 Table Topics 10:45-11:15 am  History of Witchcraft 2:45-3:45 pm	14 Spiritual Space 10:45-11:15 am Music Requests 12:45-1:30 pm
17  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	18  Immunizations 10:45-11:45 am Brain Teasers 12:45-1:15 pm Trivia 2:45-3:15 pm	19 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	20  Bone Health 101 10:45-11:45 am Sports Chat 2:45-3:30 pm	21 BINGO 10:45-11:45 am Name That Tune 12:45-1:15 pm
24  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm  Music with George 2:45-3:45 pm	25 Way with Words 10:45-11:15 am  OAG Art Talk 12:45-1:45 pm Trivia 2:45-3:15 pm	26 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Chair Exercise 2:45-3:15 pm	27  Journaling & Self-Esteem 10:45-11:45 am You Be the Judge 2:45-3:15 pm	28 Birthday Party 10:45-11:15 am  Canadian Ghost Stories 12:45-1:30 pm
31  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	<div>  Health & Wellness Series  Educational Series  Art & Travel  Special Events </div>			

STEPS TO CONNECT

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

NOVEMBER 2022




















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  Travel: Galapagos 10:45-11:30 am Finish the Line 12:45-1:15 pm Trivia 2:45-3:15 pm	2 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Recipe & Food Chat 2:45-3:15 pm	3  75 Ways to Save 10:45-11:45 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  Online Shopping 2:45-3:45 pm	8  WWI Medical Innovations 10:45-11:45 am Music Requests 12:45-1:30 pm Trivia 2:45-3:15 pm	9 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	10  Remembrance Day Ceremony 10:45-11:30 am Biographies 2:45-3:15 pm	11 Remembrance Day No Programs Today
14  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	15  Diabetes Education 10:45-11:45 am TV & Movie Chat 12:45-1:15 pm Trivia 2:45-3:15 pm	16 Fun Facts 10:45-11:15 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 Sports Chat 2:45-3:30 pm	18 BINGO 10:45-11:45 am Music Requests 12:45-1:30 pm
21  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm  World Mythology 2:45-3:15 pm	22  King Tut: 100 Years Later 10:45-11:15 am Discussion Group 12:45-1:15 pm Trivia 2:45-3:15 pm	23 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  War Museum 2:45-3:45 pm	24 Book Chat 10:45-11:15 am  Immigrating to Canada 2:45-3:45 pm	25 Birthday Party 10:45-11:15 am Name That Tune 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 Way with Words 10:45-11:15 am  OAG Art Talk 12:45-1:45 pm Trivia 2:45-3:15 pm	30 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Chair Exercise 2:45-3:15 pm	 Health & Wellness Series  Educational Series  Art & Travel  Special Events	

STEPS TO CONNECT

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

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

DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Health & Wellness Series  Educational Series  Art & Travel  Special Events			1 Short Stories 10:45-11:15 am  Aromatherapy Safety 2:45-3:45 pm	2 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
5  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm Just Joking 2:45-3:15 pm	6  Arthritis Education 10:45-11:45 am Finish the Line 12:45-1:15 pm Trivia 2:45-3:15 pm	7 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	8  Holidays Around the World 10:45-11:15 am  Decluttering 2:45-3:45 pm	9 BINGO 10:45-11:45 am Music Requests 12:45-1:30 pm
12  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	13  Music Chat: Spirit of Christmas 10:45-11:45 am Brain Teasers 12:45-1:15 pm Trivia 2:45-3:15 pm	14 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	15 Table Topics 10:45-11:15 am Sports Chat 2:45-3:30 pm	16 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 pm  Canadian Connections 2:30-3:30 pm
19  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	20  Christmas Music with Trudy 10:45-11:45 am  OAG Art Talk 12:45-1:45 pm Trivia 2:45-3:15 pm	21 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Chair Exercise 2:45-3:15 pm	22 Gratitude Jar 10:45-11:15 am You Be the Judge 2:45-3:15 pm	23 Centre Closed for the Holidays
Saturday 24  Twas the Night Before Christmas 10:45-11:30 am	Centre Closed for the Holidays	Centre Closed for the Holidays	Centre Closed for the Holidays	Saturday 31  New Year's Eve Countdown 11:30 am-12:15 pm

STEPS TO CONNECT

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

ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

MUSIC WITH GEORGE

Monday, October 24 — 2:45-3:45 PM

Join us for an hour of live music with friend of The Good Companions, George McNaule. Sing along with George as he entertains you with old favourites you know and love!

Presenter: *Musician George McNaule*

OAG ART TALK: DARK ICE

Tuesday, October 25 — 12:45-1:45 PM

Dark Ice demonstrates the intersections between the unique artistic, studio, and land-based practices of Leslie Reid of Ottawa, ON, and Robert Kautuk of Kangiqtugaapik (Clyde River), NU.

Presenter: *Representative from the Ottawa Art Gallery*

TRAVELOGUE: GALAPAGOS ISLANDS

Tuesday, November 1 — 10:45-11:30 AM

Often described as an “enchanted archipelago,” Ecuador’s Galápagos Islands live up to its reputation. These volcanic islands are renowned for featuring unique wildlife species found nowhere else in the world, making The Galápagos a living museum. Sit back and let us take you on a journey to the World Heritage Site that inspired Charles Darwin’s Theory of Evolution.

Presenter: *SCWW Team Member*



KING TUT: 100 YEARS LATER

**Tues. Nov. 22
10:45-11:45 AM**

Tutankhamen (King Tut) was an Egyptian pharaoh who ruled from 1341-1423 B.C. 2022 marks the 100th anniversary of the discovery of King Tut’s tomb - the only tomb found intact in Egypt. Join us for an opportunity to learn about the history of this young pharaoh and the mysteries of his tomb.

Presenter: *SCWW Team Member*

OAG ART TALK: JOBENA PETONOQUOT

**Tues. Nov. 29
12:45-1:45 PM**

Jobena Petonoquot brings together community, art history, colonization, religion and resilience, by carrying family histories and holistic and relational knowledge from her Anishinābe and Naskapi relations into her experiences and rigorous artistic practice.

Presenter: *Representative from the Ottawa Art Gallery*

ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

MUSIC CHAT: THE SPIRIT OF CHRISTMAS

Tuesday, December 13 — 10:45-11:45 AM

Bing Crosby's performance of *I'm Dreaming of a White Christmas* is generally considered to be one of the most successful recordings of all time. But apart from expressing a fondness for writing Christmas cards and a misty longing for yesteryear, what does the song actually say? In what way is it different in spirit from, let us say, Harry Belafonte's recording of *Mary's Boy Child*, composed by Jester Hairston, an obscure expert on Black spirituals whose grandparents had lived in slavery? Where does the notion of Christmas spirit originate and how is it expressed in musical performances? Let's chat.

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

CONCERT: CHRISTMAS WITH TRUDY

Tuesday, December 20 — 10:45-11:45 AM

Join us for a lively performance with Gertrude "Trudy" Létourneau. You'll get to sing your favourite Christmas songs and listen to beautiful carols played on her 4 different flutes. You can even ask for special requests! Trudy has been working as a musician at Perley Health for the past 22 years. She enjoys engaging our veterans in the music of WWII era. Gertrude also presents concerts in several seniors' homes in the Ottawa area.

Presenter: *Musician Gertrude Letourneau*



"Gertrude is one of our favourite entertainers at Carlingwood! Her ability to so beautifully play a range of instruments as well as sing, leaves us in awe. Besides being an extraordinarily multi-talented musician and performer, she is so personable and fun, the residents absolutely love her! A true gem!" Lynda Steele, Activity Director at Carlingwood Retirement Residence

OAG ART TALK: A FAMILY PALETTE: FRANCES- ANNE

JOHNSTON,
FRANZ
JOHNSTON &
FRANKLIN
ARBUCKLE

Tues. Dec. 20
12:45-1:45 PM

A Family Palette brings together for the first time the work of Frances-Anne Johnston, Franz Johnston and Franklin Arbuckle – three artists from the same family.

Acting as a purposeful feminist recovery project, we focus more deeply on Frances-Anne. Using a feminist lens, we shed light on the ways Frances-Anne Johnston and her relatives have contributed to the development of Canadian art.

Presenter:
*Representative from
the Ottawa Art
Gallery*

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

PROST! CELEBRATING OKTOBERFEST Thursday, September 15 — 10:45-11:15 AM

Every fall, millions of people gather in Munich, Germany to drink beer, eat soft pretzels, and celebrate the royal family as well as showcase local agriculture. Join us if you're interested in learning more about Oktoberfest, and the sorts of fun activities that occur during the event. Let us know if you've been to the event, and share your experience!

Presenter: SCWW Team Member

HONOURING THE NATIONAL DAY FOR TRUTH & RECONCILIATION Friday, September 30 — 12:45-1:15 PM

September 30, 2021, marked the first National Day for Truth and Reconciliation, a day that coincides with Orange Shirt Day. This day recognizes the tragic legacy of residential schools, the missing children, the families left behind and the survivors of these institutions. You can join us in a safe space to learn more about the importance of this new holiday and what steps are being taken on the path to reconciliation.

Presenter: SCWW Team Member



INTL DAY OF OLDER PERSONS: SPECIAL GUEST JOEL HARDEN, MPP Tues. Oct. 4 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 also sits on the social policy committee— striving to make the lives of seniors better across the province.



SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

SCWW PLANNING COMMITTEE

Wednesday, October 5 — 2:45-3:30

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

All are welcome and encouraged to join our SCWW Planning Committee Meeting to provide feedback and make suggestions of topics, presentations and activities for our next program guide!

Presenter: *Your SCWW Team*

THANKSGIVING CHAT

Tuesday, October 11 — 12:45-1:15 PM

Thanksgiving is a wonderful day dedicated to celebrating and acknowledging kindness, as well as appreciation for what we have. Kindness and appreciation can be given in so many different forms to all people/pets/things we value! What does Thanksgiving mean to you? How do you celebrate this special day? Join us as we chat about our experiences with Thanksgiving, and share what you're thankful for with the group.

Presenter: *SCWW Team Member*

HALLOWEEN: CANADIAN GHOST STORIES

Friday, October 28 — 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 Team Member*



REMEMBRANCE DAY CEREMONY

Thurs. Nov. 10
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 Team Member*



SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

CANADIAN CONNECTIONS

Friday, December 16 — 2:30-3:30 PM

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

Presenter: SCWW Team Member

TWAS THE NIGHT BEFORE CHRISTMAS

Saturday, December 24 — 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!*

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

Presenter: SCWW Team Member

NEW YEAR'S EVE COUNTDOWN

Saturday, 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!)

Presenter: SCWW Team Member



The Good Companions will be closed for the holidays from Friday, December 23rd until Monday, January 2nd inclusive.

No SCWW Programs will run except for December 24th and December 31st.

Phone messages will not be checked during this time. See the back cover for useful phone numbers & resources you can access during the closure.

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 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 25 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.

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.

TV & MOVIE CHAT

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

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.

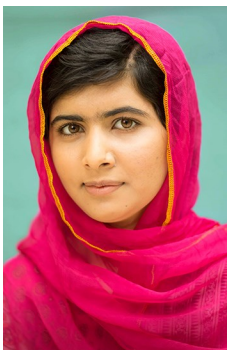
BIOGRAPHIES



FRIDAY, SEPT 23 — 10:45-11:15 AM

Terry Fox

Canadian athlete, humanitarian, and cancer research activist.



THURSDAY, NOV 10 — 2:45-3:15 PM

Malala Yousafzai

Pakistani activist for female education and the 2014 Nobel Peace Prize laureate.

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
●	●	●	●	●
	●			
		●	●	
			●	
				●

#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
●				●
	●		●	
		●		
	●		●	
●				●

WHAT WE ARE COOKING: EASY STROGANOFF

Ingredients

1lb ground beef
Green onions
Mushrooms
Sliced zucchinis
Black pepper to taste
1 tsp garlic powder
1/2 tsp paprika
2 cans Cream of Mushroom soup
Serve on top of rice or potatoes or broad noodles



Directions

Brown ground beef in a frying pan and drain fat. Add vegetables, pepper, garlic and paprika. Stir in 2 cans cream of mushroom soup. Let simmer for 5-10 minutes. Serve on top of your preference of rice, potatoes, or broad egg noodles. Enjoy!



WHAT WE ARE LISTENING TO

I Still Believe in You—Vince Gill

When Will I Be Loved—Linda Ronstadt

Night Moves—Bob Seger

Jolene—Dolly Parton

Barbara Ann—The Beach Boys

Für Elise—Beethoven

WHAT WE ARE READING

A Fair Country: Telling Truths About Canada by John Ralston Saul

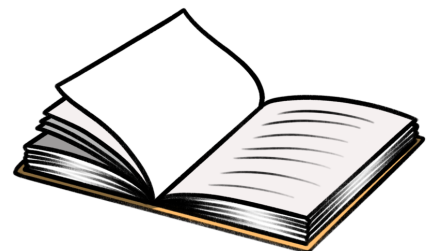
The Clockmaker's Daughter by Kate Morton

Pretty Little Wife by Darby Kane

Catch-22 by Joseph Heller

Talking to Strangers by Malcolm Gladwell

Stephanie Plum Series by Janet Evanovich



You have three options to cast your vote in the 2022 Municipal Elections:

1. Vote by special mail-in ballot

You can apply to vote by mail from **September 1 to September 16 at 4:30pm** by submitting an application to the Elections Office online at ottawa.ca/vote, by mail, phone, email, or in person. Special ballot voter kits with instructions on how to cast your ballot will be mailed the week of September 26. Completed special mail-in ballot must be returned to the Elections Office or a Client Service Centre by 4:30pm on October 24 in order to be counted.

2. Vote by proxy

If you can't make it to a voting place, you can appoint a proxy to vote on your behalf. To vote by proxy, you and your proxy must fill out two copies of the Appointment for Voting Proxy - Form 3. This form is available on ottawa.ca/vote. The proxy must take the completed forms to the Elections Office or any Client Service Centre during regular business hours, and have it certified by City staff from September 1 to October 24. The proxy brings the original copy of the certified form and a piece of personal identification to an in-person voting location during one of the seven opportunities and casts your ballot.

3. Vote in person

There are seven in-person voting days to choose from:

- Special Advance Vote Days from September 24 to September 27 from 10 am to 8 pm;
- Advance Vote Days on October 7 and 14 from 10 am to 8 pm with the exception of long-term care centres and retirement homes which may have reduced hours; and
- Voting Day on October 24 from 10 am to 8 pm with the exception of long-term care centres and retirement homes which may have reduced hours.

Beginning September 1, visit ottawa.ca/vote and use the "Where do I vote?" tool or contact the Elections Office to find out when and where you can vote.

Accessibility initiatives at voting places

All voting places are fully accessible, and several accessibility tools are available to electors including:

- Large print ballots
- Magnifying sheets
- Braille listing of candidates and ballot templates
- Accessible Vote Tabulator (available at certain advance voting locations) with:
 - A braille keypad
 - Left-right paddles (colour-coded left and right paddles)
 - A sip-puff device
- Bilingual visual support through a 19-inch screen with zoom, high contrast features
- Bilingual audio through headphones
- Access to a cell phone with Elections call centre staff on standby.

Para Transpo

Para Transpo customers can reserve their trip to and from a voting place one week in advance for the 2022 Municipal Elections. Contact Para Transpo at 613-560-5000 for more information or call 613-244-7272 to book your trip.

Need more information?

Staff are available to help. Visit ottawa.ca/vote or contact the Elections Office by phone at **613-580-2660** or email at elections@ottawa.ca for more information on voting in the 2022 Municipal Elections.

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

