



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

**JANUARY-APRIL 2023
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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LUNAR NEW YEAR

ORAL HEALTH

**EMERGENCY
PREPAREDNESS**

STORYTELLING

MUSIC REQUESTS

WEEKLY TRIVIA

BINGO

AND MORE...



Ontario



**United Way
East Ontario**



Ottawa



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

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. 2236

Favourite SCWW Programs:

Birthday Party, BINGO, Good News



Tasjha Keil

SCWW Placement Student
613-236-0428
Ext. 4260

Favourite SCWW Programs:

Fact or Fiction, Just Joking

A Message From Your Coordinator

It's hard to believe another year has come and gone, and what a year it's been with the ongoing pandemic. It has been a challenging year for everyone.

As we look ahead to the new year, it is a great time to take a pause and reflect on the resilience you have all shown during these trying times. It is important to remember to be gentle with ourselves and instead of ruminating on all the things we wish we had done, give yourself the space to think about what you *have* accomplished, big or small.

This time of the year is also a great opportunity to look back on the good times we had this year. Since I started at The Good Companions I have so many fond memories of conversations we have had over the phone and I know there are even more to come.

I hope everyone had a safe and happy holiday and I look forward to speaking with all of you in the near future!

Emily Payne, Seniors' Centre
Without Walls 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*

INTERVIEW WITH A NURSE

Wednesday, January 25 — 2:45-3:45 PM

Anna Humber began her career as a Registered Practical Nurse in the middle of the pandemic and has since worked in a hospital setting in many different capacities, including on the stroke ward and the Intensive Care Unit. Join us for a conversation about what it is like to work on the front lines and get your questions answered about the day-to-day experiences of nurses and other healthcare workers.

Presenter: *Anna Humber, RPN*



ARTHRITIS EDUCATION

Thurs, Jan 26
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



HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

CANCER EDUCATION

Wednesday, February 1 — 2:45-3:45 PM

Have you or a loved one been affected by cancer? What is cancer? How does Cancer affect people living or affected by this disease? Join the cancer system navigator as she shares various support systems, resources and tools to support people who are affected by cancer.

Presenter: *Cancer System Navigator, Ottawa Regional Cancer Foundation*



Ottawa Regional
**Cancer
Foundation**

**Fondation
du cancer**
de la région d'Ottawa

AROMATHERAPY & ESSENTIAL OILS PART II: ESSENTIAL OIL USE FOR SENIORS

Wednesday, February 22 — 2:45-3:45 PM

Essential oils are powerful tools that can be used to support our emotional, physical, and spiritual well-being, as well as help us clean our living space! During this interactive presentation, we will discuss the pros and cons of essential oils and seniors. This is the time to have your questions and concerns answered by a trained professional who does not sell essential oils. Join certified Essential Oil Specialist, Ruth Heyerdahl, to chat about safe ways (or if) essential oils can be used to support you.

Presenter: *Ruth Heyerdahl, Essential Oil Specialist & SCWW Participant*

MENTAL HEALTH & WELLNESS IN THE COMMUNITY

Tues, Mar 4
10:45-11:45 AM

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

Presenter: *Michael McGee, Canadian Mental Health Association*

HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

JOURNALING & MENTAL HEALTH: PART 3

Thursday, March 23 — 10:45-11:45 AM

Anita Manley is officially a fellow senior (55 plus), a new Nana, 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 "Lists and Improving Communication".

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

COPING WITH HEARING LOSS

Wednesday, March 29 — 2:45-3:45 PM

Understanding and going through hearing loss on your own can be difficult. The Canadian Hearing Services helps Deaf and hard of hearing Canadians overcome barriers to participation. Join us to learn more about how hearing loss occurs, and what sort of barriers you or your loved ones may face and how they can be overcome.

Presenter: *Fallon Longtin, Hearing Care Counsellor at Canadian Hearing Services*

SUPPORTING A DYING LOVED ONE

Wednesday, April 5 — 2:45-3:45 PM

The one thing that is guaranteed when we are all born into this world, is that we all will eventually and inevitably face our death and the death of those around us. There is no easy answer when it comes to navigating the permanency of death and how to talk to our loved ones as they are dying. Sophea from Bayshore Home Health, will be joining us to share her own experiences and of those around her, both professionally and personally, in hopes to normalize and open this conversation, and provide some useful information for those of us that may relate.

Presenter: *Sophea Taing, Care Manager, Bayshore Home Health*

HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

PARKINSON'S CANADA: CAN YOU HAVE PARKINSON'S DISEASE WITHOUT A TREMOR?

Thursday, April 13 — 2:45-3:45 PM

Come find out about all of the symptoms, both motor and non-motor, associated with Parkinson's. We will also discuss treatment options, what you need to do if you have Parkinson as well as how to help someone who lives with the disease.

Presenter: *Ginette Trottier, Program and Services Coordinator, Parkinson's Canada*



ORAL & DENTAL HEALTH AND THE EFFECTS OF AGING

Tuesday, April 18 — 10:45-11:45 AM

April is Oral Health Month! Presented by Ottawa Dental Society, learn how various health conditions and medications can affect your oral health and what you can do to address these changes.

Presenter: *Dr. Jennifer Tan, DMD, MS, FRCD(C), or colleague, Chair Communications & PR, Ottawa Dental Society*



EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

SUPERSTITIONS AROUND THE WORLD

Friday, January 13 — 12:45-1:15 PM

Irrational as they may be, we all have a superstition or two. Whether it's a lucky pair of pants or an aversion to Friday the 13th, superstitions are important to us because they give meaning to the often-random nature of luck and put us in the driving seat of our destiny. Here we run through the surprising cultural histories behind some of the world's most common supernatural beliefs.

Presenter: SCWW Team Member

INTERNATIONAL HOLOCAUST REMEMBRANCE DAY

Thursday, February 2 — 2:45-3:45 PM

The International Holocaust Remembrance Day is observed on January 27th, 2023. Join the Montreal Holocaust Museum to learn about the story of Jewish communities before, during and after the Holocaust. Through the life stories of survivors, the Museum invites you to reflect on the destruction caused by prejudice, racism and antisemitism.



Musée Holocauste Montréal
Montreal Holocaust Museum

Presenter: Montreal Holocaust Museum

HISTORY OF THE US POSTAL SERVICE

Tues. Feb 14 10:45-11:15 AM

February is Postal Service Month, and so this discussion dives into the fascinating history of the United States Postal Service. In addition to delivering all your love letters and valentines, the U.S. Postal Service also helped win the Revolutionary War, increase literacy in America, and boost America's economy.

Presenter: SCWW Team Member

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

A COLOURFUL TRIBUTE TO THE JET AGE— JOHN GRAHAM'S NORTHERN LIGHTS MURAL

Thursday, February 9 — 10:45-11:45 AM

John Graham's Northern Lights, is a large, colourful 3-D mural that was on display at the Winnipeg International Airport from 1964 until 2011. The mural is now disassembled and in the storage of the Canada Aviation and Space Museum, but even in its current state, it can tell us a lot about the history of aviation in Canada. Join Valerie Wood, Assistant Curator, as she explores this fascinating art piece.

Presenter: *Valerie Wood, Canadian Aviation & Space Museum*

REAL ESTATE FOR OLDER ADULTS

Thursday, February 23 — 2:45-3:45 PM

Join Paul McAllister on this important call to discuss different items related to seniors and Real Estate. Paul is a Real Estate Broker with 9 years of experience & who specializes in helping seniors. The process can seem daunting, but Paul will share some great advice to ease your concerns. Some questions that will be discussed include: Should I stay or is time to move? What do I do with all of my things? Should I fix up my home or leave it? My kids are all out of town, can they still be involved in the process?

Presenter: *Paul McAllister, Real Estate Broker*

WICCA & PAGANISM

Wednesday, March 1 — 2:45-3:45 PM

Wicca is a modern Pagan religion with practitioners around the globe... and in Ottawa! She will explore the surprising history of the 20th-century Pagan revival and what it's like to be part of a Wiccan coven.

Presenter: *Heather Logan, Wiccan High Priestess*

CYBER- SECURITY PRINCIPLES

**Monday, March 6
10:45-11:45 AM**

With technology becoming a huge outlet to accessing important things like online banking, paying bills, online shopping, it is very normal to feel a bit anxious and wonder whether your personal information is truly protected from hackers and cyberattacks. Join us with Noor Din to learn about what cybersecurity is, and how cybersecurity works to protect our data within the very popular digital world.

Presenter: *Noor Din, Founder & CEO at Human Endeavour*

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

SHIPWRECKS: PART 2

Monday, March 20 — 2:45-3:45 PM

A few months ago, we dove into exploring some of the most well-known shipwrecks scattered across the globe. Due to the treacherous nature of the sea, we have plenty more yet to uncover. This time, we will explore the ships that met their fates in the Canadian waters! Let us set sail together to learn of these ill-fated nautical voyages.

Presenter: SCWW Team Member

OTTAWA PUBLIC LIBRARY HOMEBOUND SERVICES

Thursday, March 30 — 10:45-11:45 AM

Do you love reading and exploring new educational material but can't access the internet or visit the library? Homebound is a free service offering monthly delivery of Ottawa Public Library (OPL) materials directly to the homes of Ottawa residents who are unable to visit the library regularly due to age, illness or disability. It's not just books! There are several other types of material that can be borrowed based on your individual needs. Join us to learn more about what Homebound has to offer from the perspective of a professional, and share your experience with Homebound if you are already a customer.

Presenter: Courtney Mellor - Supervising Librarian in the Alternative Services Department at the OPL



FRONT PAGE OTTAWA

Thurs. April 6
2:45-3:45 PM

From the archives of the Ottawa Citizen, and the pen of senior writer Bruce Deachman, comes Front Page Ottawa, the latest release from Ottawa Press and Publishing. The book encapsulates a collection of Citizen stories going back to 1845, the year the newspaper published its first edition. (It was called The Packet back then.) The Citizen was there to cover the Great Farini and Elvis Presley, the Great Hull Fire, and the collapse of the Heron Road Bridge. Important stories, routine stories, bizarre stories — the Ottawa Citizen has covered them all. In the process, it has told the story of the nation's capital. Join us as we read the most interesting headlines from Ottawa's history!

Presenter: SCWW Team Member

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

THE MAGNIFICENT MONARCH BUTTERFLY

Wednesday, April 19 — 2:45-3:45 PM

Margaret Larson has been working with monarch butterflies for almost twenty years. It started as just an interest and quickly grew into a passion. In the summers she raises them and shares with others who are interested. In winters, she has written 5 booklets on different aspects of their life story. She also does a lot of crafts that involve monarchs, i.e. origami butterflies, Christmas cards with a monarch theme, and especially important - making milkweed seed mudballs with a group of enthusiasts to throw around town and country to increase the growth of milkweed....the only plant that the monarch caterpillars will eat. Margaret speaks at churches, schools, senior's centres, etc. She has received various awards for her work including the Ontario Senior Achievement Award in 2017.

Margaret has also prepared special Magnificent Monarch goodie bags. If you would like to receive one, please pre-register in advance of the presentation date and one will be mailed to you.

Presenter: *Margaret Larson*

EMERGENCY PREPAREDNESS

Wednesday, April 26 — 2:45-3:45 PM

Emergency Preparedness requires individuals and families to follow 3 simple steps – Knowing what Risks you could encounter, Having a Plan to mitigate those risks and finally Organizing materials to support you and family for at least the first 72 hours in an Emergency. The Canadian Red Cross facilitators provide first hand experience and will review the Risks that exist in your area, assist in developing your personal plan and demonstrate how to assemble an Emergency Kit. In the end you will be better prepared to manage during an Emergency event.

Presenter: *Canadian Red Cross*

ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

MYTHOLOGY SERIES

Tues. Jan 10 & Tues. March 7 —10:45-11:45 AM

The purpose of a myth is to provide the hearer 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 the interesting topics of Celtic and Ancient Chinese mythologies. We will go over the history of the mythologies as well as some fun facts. We will also have an open discussion to share our thoughts and ideas.

Presenter: SCWW Team Member

STORYTELLING WITH MARIE

Jan 16, Feb 13, Mar 13, Apr 17—2:45-3:15 PM

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

Presenter: Marie Robertson

TRAVELOGUE: HAWAII

Tuesday, January 17 — 10:45-11:15 AM

Hawaii is most known for its beautiful beaches—some of them with unusual colors. Many beaches are filled with white sand, but other Hawaiian shores are covered with green, red, pink, and even black sand. Have you traveled or have wanted to travel to Hawaii? This is your chance to discuss your experience, and learn more about what Hawaii brings!

Presenter: SCWW Team Member

OAG ART TALKS

Jan 31, Feb 28, Mar 28, Apr 25 — 12:45-1:15 PM

Join our friends at the Ottawa Art Gallery as they continue their monthly Art Talks. During these sessions, we will get a virtual tour of a variety of exhibitions at the OAG and an in-depth description of the many art pieces on display.

Presenter: Danielle Valade, Ottawa Art Gallery

CANADIAN TOURIST ATTRAC- TIONS


Tues. Jan 24 &
Tues, Mar 21
10:45-11:15 AM

Canada isn't just known for being the second largest country in the world and its cold winters. There are several spectacular tourist attractions around Canada's 10 provinces and 3 territories. Throughout this series, we will learn and discuss tourist attractions across Canada one province and territory at a time! This time around, we will be covering the provinces of Alberta and British Columbia.

Presenter: SCWW
Team Member



JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Fun Facts 10:45-11:15 am	5	6 Good News 10:45-11:15 am
Winter Program Registration				
9 Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm TV & Movie Chat 2:45-3:15 pm	10 World Mythology 10:45-11:15 am Trivia 2:45-3:15 pm	11 Fun Facts 10:45-11:15 pm Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	12 Radio Plays 2:45-3:15 pm	13 Biographies 10:45-11:15 am Superstitions 12:45-1:30 pm
16 Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Storytelling Series 2:45-3:15 pm	17 Travelogue: Hawaii 10:45-11:45 am Finish the Line 12:45-1:15 pm Trivia 2:45-3:15 pm	18 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	19 Table Topics 10:45-11:15 am Sports Chat 2:45-3:30 pm	20 BINGO 10:45-11:45 am Music Requests 12:45-1:30 pm
23 Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm Lunar New Year 2:45-3:30 pm	24 Canadian Attractions 10:45-11:15 am Discussion Group 12:45-1:15 pm Trivia 2:45-3:15 pm	25 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Interview with a Nurse 2:45-3:45 pm	26 Arthritis Education 10:45-11:45 am Book Chat 2:45-3:15 pm	27 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 pm
30 Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	31 Way with Words 10:45-11:15 am OAG Art Talk 12:45-1:15 pm Trivia 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 #

FEBRUARY 2023





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Health & Wellness Series  Educational Series  Art & Travel  Special Events		1 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Cancer Education 2:45-3:45 pm	2 Short Stories 10:45-11:15 am  Holocaust Museum 2:45-3:45 pm	3 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
6  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm Just Joking 2:45-3:15 pm	7  Music Chat 10:45-11:45 am Finish the Line 12:45-1:15 pm Trivia 2:45-3:15 pm	8 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	9  Northern Lights Mural 10:45-11:45 am  Planning Committee 2:45-3:30 pm	10  Black History Month 10:45-11:45 am Spiritual Space 12:45-1:15 pm
13  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	14  History of USPS 10:45-11:15 am  Valentine's Chat 12:45-1:15 pm Trivia 2:45-3:15 pm	15 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	16 Table Topics 10:45-11:15 am Sports Chat 2:45-3:30 pm	17 BINGO 10:45-11:45 am Music Requests 12:45-1:30 pm
20 Family Day No Programs Today	21  Family Day Chat 10:45-11:15 am Brain Teasers 12:45-1:15 pm Trivia 2:45-3:15 pm	22 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Aromatherapy 2:45-3:45 pm	23 You Be the Judge 10:45-11:15 am  Real Estate 2:45-3:45 pm	24 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 pm
27  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	28 Way with Words 10:45-11:15 am  OAG Art Talk 12:45-1:45 pm Trivia 2:45-3:15 pm			

STEPS TO CONNECT

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

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Health & Wellness Series  Educational Series  Art & Travel  Special Events		1 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Wicca/Paganism 2:45-3:45 pm	2 Short Stories 10:45-11:15 am Music Requests 2:45-3:30 pm	3 Good News 10:45-11:15 am  Soup Day 12:45-1:15 pm
6  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm  Cybersecurity 2:45-3:45 pm	7  World Mythology 10:45-11:15 am Finish the Line 12:45-1:15 pm Trivia 2:45-3:15 pm	8 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Intl Women's Day 2:45-3:45 pm	9 Gratitude Jar 10:45-11:15 am Travelogue: Tokyo 2:45-3:15 pm	10 BINGO 10:45-11:45 am Music Requests 12:45-1:30 pm
13  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	14  Mental Health 10:45-11:45 am Food & Recipe Chat 12:45-1:15 pm Trivia 2:45-3:15 pm	15 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	16 Table Topics 10:45-11:15 am Sports Chat 2:45-3:30 pm	17 Biographies 10:45-11:45 am  St Patrick's Day 12:45-1:45 pm
20  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm  Shipwrecks 2:45-3:15 pm	21  Canadian Attractions 10:45-11:15 am Brain Teasers 12:45-1:15 pm Trivia 2:45-3:15 pm	22 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	23  Journaling 10:45-11:45 am Book Chat 2:45-3:15 pm	24 Radio Plays 10:45-11:15 am Music Requests 12:45-1:30 pm
27  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	28 Way with Words 10:45-11:15 am  OAG Art Talk 12:45-1:15 pm Trivia 2:45-3:15 pm	29 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Hearing Loss 2:45-3:45 pm	30  OPL Services 10:45-11:45 am  Creativity Exchange 2:45-3:15 pm	31 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 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
3  Mindfulness 10:30-11:00 am  April Fool's 12:45-1:15 pm Just Joking 2:45-3:15 pm	4  Storytelling with Dalia 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  Supporting Loved Ones 2:45-3:45 pm	6 Short Stories 10:45-11:15 am  Front Page Ottawa 2:45-3:45 pm	7 Good Friday No Programs Today
10 Easter Monday No Programs Today	11  Music Chat 10:45-11:45 am  Easter 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  Titanic Remembrance Day 10:45-11:15 am  Parkinson's 2:45-3:45 pm	14 BINGO 10:45-11:45 am Radio Plays 12:45-1:15 pm  Canadian Connections 2:30-3:30 pm
17  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	18  Oral Health 10:45-11:45 am TV & Movie Chat 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  Monarch Butterflies 2:45-3:45 pm	20 Table Topics 10:45-11:15 am Sports Chat 2:45-3:30 pm	21 Spiritual Space 10:45-11:15 am Music Requests 12:45-1:30 pm
24  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	25 Brain Teasers 10:45-11:15 am  OAG Art Talk 12:45-1:15 pm Trivia 2:45-3:15 pm	26 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm  Emergency Preparedness 2:45-3:45 pm	27 You Be the Judge 10:45-11:15 am Who, What, Where 2:45-3:15 pm	28 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 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 #

ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

MUSIC CHAT: I WANNA BE LOVED

Tuesday, February 7—10:45-11:15 AM

Perennial questions. Every composer from Giuseppe Verdi to Paul McCartney has looked at this "love" thing from every possible angle, in every key, both major and minor, and racked his brain to explain it. Is it idealistic or realistic? A baffling euphoria? A fatal obsession? Mature or immature? And what about sensuality and passion? So we've assembled a few of the leading specialists, such as Elton John and Frank Sinatra, to benefit from their special expertise on the issue. Let's chat.

Presenters: *Brian & Kelly McGurrin*

TRAVELOGUE: TOKYO, JAPAN

Thursday, March 9—2:45-3:15 PM

Tokyo is the capital city of Japan and the most populous metropolitan area in the world. It is one of the most captivating cities in the world, from the majestic temples of traditional Japan to the bright neon lights of Shibuya. Have you ever travelled to Tokyo Japan? Would you want to travel there? Join us to discuss and learn more about the magnificent Tokyo!

Presenter: *SCWW Team Member*

CREATIVITY EXCHANGE

Thursday, March 30 — 2:45-3:15 PM

Do you consider yourself a creative person but don't feel like you get the opportunity to share your fabulous work with others? Have you read a poem or seen a piece of art work that really inspired you? What does creativity mean to you? This is your chance, join our SCWW group and share with us your creative journey in life!

Presenter: *SCWW Team Member*

STORYTELLING WITH DALIA

Tuesday, April 4 — 10:45-11:45 AM

Join in the conversation as Dalia Gesser, a published author living just north of Kingston, reads her stories about family, pets, and people in the community, that will trigger memories and anecdotes to share. Dalia's work has appeared in 'Conscious Women' and 'Chicken Soup for the Soul' book series, 'Kingston Life', 'Montreal Writes' and 'Vista' magazines.

MUSIC CHAT: POMP & CIRCUMSTANCE

Tues. Apr 11
10:45-11:45 AM

The Encyclopaedia Britannica labels the military march as a "lasting bequest" from the aggressive Ottomans that began to conquer parts of Asia, Africa and Eastern Europe during the late Middle Ages, and who used a form of march music to, "regulate the functioning of armies in the field by communicating orders, and keeping time during maneuvers." And before long a whole bunch of composers started writing marches in the Turkish style: marches for solemn occasions, such as Beethoven's Marcia Funebre, marches for entertainment, such as Glenn Miller's American Patrol, and even that famous march to the altar - Mendelssohn's Wedding March. Let's chat about marches.

Presenters: *Brian & Kelly McGurrin*

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

LUNAR NEW YEAR

Monday, January 23— 2:45-3:45 PM

Lunar New Year marks the beginning of a new year on China's traditional lunisolar calendar. It is the most important festival in China (where it is known as Chinese New Year or Spring Festival), and it is also widely celebrated in South Korea (as Seollal), in Vietnam (as Tet), as well as Singapore, Indonesia, Malaysia, and other countries. By the order of the 12 animals on the Chinese zodiac, this year is the Year of the Rabbit! Join us as we learn about the traditions, stories, and origins of this holiday!



Presenter: *Jessica Zhang, SCWW Program Assistant*

SCWW PLANNING COMMITTEE

Thursday, February 9—2:45-3:30 PM

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!

Presenters: *Your SCWW Team*

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

HONOURING BLACK HISTORY MONTH

Friday, February 10—10:45-11:45 AM

Black History Month (February) is a time to celebrate and highlight the best of Black History and culture, and to honour the ancestors and leaders of Black communities, their accomplishments and their continued fight for liberation. Join the group as we learn and discuss more about Black history and the significance of Black History month in not only the past, but modern-day.

Presenter: SCWW Team Member

VALENTINE'S DAY CHAT

Tuesday, February 14 — 12:45-1:15 PM

Roses are red, violets are blue, come celebrate Valentine's Day with your favourite phone crew! Once again, we will be celebrating Valentine's Day with some jokes, poems, and a little trivia, as well as some fun discussions.

Presenter: SCWW Team Member

FAMILY DAY CHAT

Tuesday, February 21 — 10:45-11:15 AM

There is no single way to define "family", the definition is up to us as individuals. Whether you celebrate family day with relatives, close friends, your pets, or with our fantastic SCWW phone group, every single one of us has or has had someone close to us that we consider, or considers us as family. Join us for a family day chat and share how you and the ones you care for show gratitude to one another.

Presenter: SCWW Team Member

HOME-MADE SOUP DAY

Fri. Mar 3
12:45-1:15 PM

February 4th heats up with National Home-made Soup Day. In every cuisine, soup provides a rich basis of flavor and history. Grab some homemade soup and join us as we learn more about the significance of soup, the history of soup, and the many different types of soup across the world coming from all sorts of cultures. Don't forget to let us know what your favorite soup is!

Presenter:
SCWW Team Member

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

INTERNATIONAL WOMEN'S DAY

Wednesday, March 8 — 2:45-3:45 PM

Erin Lee is an experienced, passionate advocate who has spent decades working to end violence against women. Her work spans anti-violence programs, school board initiatives, provincial associations and numerous boards and committees. Currently Erin is the Executive Director of Lanark County Interval House and Community Support, co-founder of the Lillian Hayes Memorial Fund, CSWBP member, Coordinating Committee member and member of the Victimology Advisory of Algonquin College. In most recent years, Erin was a recipient of the MAG, Award of Distinction and the ETFO award for social change. Erin was a member of the EVA inquest working group and offered testimony related to rural realities as a neighbouring rural county. Erin Lee's advocacy is characterized as solution-focused, mentoring to new advocates and inclusive to all. Erin will speak about International Women's Day, and the significance to the work to end violence against women. She will speak to the current work and how everyone can be a part of the solution.

Presenter: *Erin Lee, Executive Director of Lanark County Interval House and Community Support*

ST PATRICK'S DAY

Fri. Mar 17 — 12:45-1:45 PM

St. Patrick's Day is celebrated annually on March 17, the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for over 1,000 years! The festivities of this holiday have flourished to be celebrated by many countries and the day brings grand parades, everything adorned in green, leprechauns, shamrocks, and traditional Irish dishes like corned beef and cabbage – just to name a few! We will also be welcoming our special guests from the Dooley Family for some reminiscing and musical entertainment. You'll be our lucky charm if you join us for our SCWW St Patrick's Day celebration!

Presenters: *The Dooley Family & SCWW Team Member*

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

APRIL FOOL'S

Monday, April 3— 12:45-1:15 PM

Which day of the year do monkeys like best? The first of April! Join us to learn about how April Fool's Day became a tradition, and discover some hilarious, and not so hilarious April Fools pranks that people have pulled on each other.

Presenter: SCWW Team Member

EASTER CHAT

Tuesday, April 11 — 12:45-1:15 PM

Easter is one of the principal holidays, or feasts, of Christianity. It marks the Resurrection of Jesus three days after his death. Easter celebrations have since expanded to include the iconic Easter bunny, eggs hunts, and of course, lots of chocolate! Join us to learn some fun facts about Easter, and tell us how you celebrate or have celebrated this holiday yourself, with your family, or friends.

Presenter: SCWW Team Member

TITANIC REMEMBRANCE DAY

Thursday, April 13—10:45-11:15 AM

Titanic Remembrance Day is observed every year on April 15th. Many of us may have seen the movie based on the true tragic event that occurred. Titanic's story still resonates a hundred years later because it's a tragedy with strong symbolic nature. Join us to learn more about the history of the Titanic, the aftermath, why it's still important today to remember what happened, and much more.

Presenter: SCWW Team Member

CANADIAN CONNECTIONS

Fri. April 14

2:30-3:30 PM

April showers might bring May flowers, but if the rainy spring weather is getting you down, cheer up by joining us and other SCWWs from across the country for some lively discussion and reminiscing.

Presenter:
SCWW Team Member



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, JAN 13 — 10:45-11:15 AM

Harriet Tubman

Harriet Tubman was an American abolitionist and social activist. Born into slavery, Tubman escaped and subsequently made some 13 missions to rescue approximately 70 slaves, including family and friends, using the network of antislavery activists and safe houses known as the Underground Railroad.



FRIDAY, MAR 10 — 10:45-11:15 AM

Lucy Maud Montgomery

Lucy Maud Montgomery OBE, published as L. M. Montgomery, was a Canadian author best known for a collection of novels, essays, short stories, and poetry beginning in 1908 with *Anne of Green Gables*.

**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
●				●
	●		●	
		●		
	●		●	
●				●

PARTICIPANTS' CORNER

WHAT WE ARE COOKING: CHICKEN NOODLE SOUP

Ingredients:

- 1 tablespoon butter
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 4 (14.5 oz) cans of chicken broth
- 1 (14.5 oz) can vegetable broth
- 1/2 pound chopped cooked chicken breast
- 1 and a half cups egg noodles
- 1 cup sliced carrots
- 1/2 teaspoon each basil & oregano
- salt and pepper to taste

Directions:

1. Melt butter in large pot over medium heat. Add onion and celery and cook about 5 minutes or until tender.
2. Add chicken broth, vegetable broth, chicken, carrots, noodles, basil, oregano, salt, and pepper. Stir to combine and bring to a boil.
3. Reduce heat and simmer for about 20 minutes or until chicken is cooked through.



WHAT WE ARE LISTENING TO

Yesterday Once More by The Carpenters

Hey Jude by Paul McCartney

Bridge Over Troubled Water by Simon & Garfunkel

Stay Awhile by The Bells

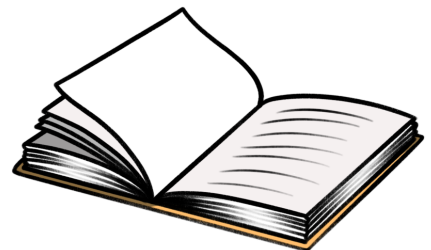
WHAT WE ARE READING

Madame Victoria by Catherine Leroux

Superfudge by Judy Blume

The Book of Lost Names by Kristin Harmel

The Wives by Tarryn Fisher



PARTICIPANTS' CORNER

QUOTE OF THE DAY

May the stars carry your sadness away,
May the flowers fill your heart with beauty
May hope forever wipe away your tears
And, above all, may silence make you strong
-Chief Dan George

“ ”



WHAT WE ARE WATCHING

Top Chef
Old Westerns
The Blind Side
Outer Limits
The Good Doctor
New Amsterdam

WHAT WE ARE SAYING ABOUT SCWW

“Because of the Seniors’ Centre Without Walls, I finally understand what community means.”

“I phone in to have fun and learn things. It gives me something to look forward to.”

“The benefit I get from feeling connected to others is terrific and SCWW provides me with a great connection.”

“It gives me hope.”

SCWW VOICE-TO-FACE PARTY

On November 29th, 2022, we had the pleasure of hosting our first “Voice-to-Face” party since 2019. A huge thank you goes out to all of the staff who worked very hard to organize this event, but most of all, we want to thank each and every one of you who were able to attend. For the folks who missed the event, know that you were very missed and we sincerely hope you will be able to join us next year! We hope you enjoy these photos as a way to remember what a fantastic day we had.

This event was sponsored by Bell Canada with thanks to Sandy McDonald.

We would also like to thank the following special guests for attending the event and continuing to fund our program: Debbie Sullivan and Valerie Andrews from the Ministry for Seniors & Accessibility, Cameron Ketchum from the United Way of Eastern Ontario, and Kate Capegreco from the City of Ottawa.



SCWW VOICE-TO-FACE PARTY



Did you have your photo taken and don't see it here, but want a copy of it?

If so, give us a call and we will send you one!

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

