



The Good Companions
Seniors' Centre
Supporting a Vibrant Community

**MAY-AUGUST 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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FRAUDS & SCAMS

**TRAVELOGUE:
OTTAWA**

SLEEP HEALTH

**CALGARY
STAMPEDE**

WEEKLY TRIVIA

BINGO

AND MORE...



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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.

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*



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



Aisha Xasan
(*she/her*)
SCWW Placement Student
613-236-0428
Ext. 4260

A Message From Your Coordinator

Warmth and sunshine have finally arrived after a long winter! Getting outside even in the summer can be challenging for some, so we hope that you all can enjoy the weather in whatever ways you are able to, whether it's by going for a walk or simply opening the window and breathing in the fresh air.

I would like to start with a friendly reminder to everyone that we do have a very diverse group of participants on the phone, all of whom bring something they can contribute to the group as a whole. Please be respectful of **everyone** at all times. Rude, disrespectful, or discriminatory comments will not be tolerated by our staff.

On a much lighter note, it has been a busy winter for our team so we want to take a moment to welcome to all of our new participants and thank you all for taking the leap to try something different. We would also like to thank all of our more seasoned participants for being such a welcoming group every time someone new is on the line.

We are also excited to announce that based on feedback we have received, we have decided to add a second trivia program each week on a *trial* basis. Please note that everyone can only participate in one of the two programs (both will have the same questions), and pre-registration for your chosen time slot is **mandatory** so that we can monitor numbers. This will be the case even if you normally call yourself in.

Looking forward to hearing you all soon!

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*

CULTIVATING GOOD HABITS

Monday, May 29 — 10:30-11:30 AM

Join Jessica Lemieux for a special session on how to practice implementing the habits we want to achieve in our daily lives.

Please note that this presentation will be replacing our usual mindfulness session

Presenter: *Jessica Lemieux, MSW, Owner of Cultivation Therapy Services*

INTERVIEW WITH A NURSE: PART II

Wednesday, May 31 — 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*

HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

INTRODUCTION TO ELDER ABUSE AWARENESS AND PREVENTION

Tuesday, June 6 — 10:45-11:45 AM

This presentation provides participants an opportunity to gain a better understanding of what constitutes elder abuse, how to recognize the risk factors and signs of abuse, how to report it and how to best to support an older adult experiencing or at-risk of abuse.

Presenter: *Mary Shkoury, Prevention Consultant, Elder Abuse Prevention Ontario*



**Elder Abuse
Prevention
Ontario**

CARING FOR A LOVED ONE WITH MOTORNEURONS DISEASE

Friday, June 23 — 10:45-11:45 AM

While Amyotrophic Lateral Sclerosis (ALS) is the most common form of motor-neurons diseases, there are many similar illnesses that fall under the same umbrella. Regardless of the specific illness, it impacts not only the individual, but the people who care for them. Join us for an open conversation about the realities of living with motor-neurons disease from the perspective of someone who cared for her brother as his disease progressed.

Please note: The content of this presentation is from the experience of one person and is not intended to be able to respond to any medical questions. In addition, please be mindful that the content of this presentation may be difficult for those with personal experiences around ALS or other forms of motor-neurons diseases.

Presenter: *Anne Vallely*

SLEEP HEALTH FOR OLDER ADULTS

Wed. June 28
2:45-3:45 PM

As we age, our sleep patterns change. The behaviours and attitudes toward sleep that we have developed throughout our life impact our quality of sleep and thus our day to day lives. Please join us for an interactive discussion on how to improve your sleep habits and the factors that might get in the way.

Presenter: *Ashley Nelson, MSW, RSW, & Orry Miller, MSW, RSW, at The Royal Ottawa*



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

HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

HEALTHY AGING & PROTEIN

Thursday, July 6 — 2:45-3:45 PM

A presentation by a Community Dietitian of Somerset West Community Health Centre about the importance of protein for seniors. Learn practical tips for ensuring you are meeting your protein needs!

Presenter: *Community Dietitian, Somerset West Community Health Centre*

MULTIPLE SCLEROSIS CANADA

Thursday, July 13— 2:45-3:45 PM

MS Canada provides educational presentations to support individuals affected by MS and those interested in learning more about the disease and what we do. Information provided includes an overview of Multiple Sclerosis (MS) and treatment strategies, plus the programs and services we offer, and how the community can get involved to help us achieve our vision of a world free of MS.

Presenter: *Laurie Murphy, Education Specialist, Program Delivery Team, MS Canada*

ALS AWARENESS

Thursday, August 3— 2:45-3:45 PM

ALS (Amyotrophic Lateral Sclerosis) is a progressive neurodegenerative disease that affects the nerve cells in the brain and spinal cord. During the upcoming presentation on ALS awareness, the speaker will discuss the nature of ALS, its symptoms, and its impact on patients and their families. The importance of early diagnosis and treatment for ALS patients will be emphasized, and some of the challenges that come with managing the disease will be highlighted. Be sure to join us, together with Krishna Sagoo, Community Lead from the ALS Society of Canada, to discover more about ALS and to share your experiences of how ALS may have affected your life or the lives of your loved ones.

Presenter: *Krishna Sagoo, Community Lead from the ALS Society*

MACULAR DEGENERATION

Tues. Aug 22

10:45-11:45 AM

Macular degeneration is a common eye condition that affects many people, especially those over the age of 50. It is a disease that causes the central portion of the retina, known as the macula, to deteriorate, leading to loss of vision in the center of the visual field. Join us on this day to learn and understand better what macular degeneration is from a professional through The Ottawa Hospital.

Presenter: *Karen Sauve, Nurse Educator at The Ottawa Hospital*



EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

PROTECTING YOURSELF FROM FRAUDS AND SCAMS

Tuesday, May 23 — 10:45-11:45 AM

Stephanie Lemieux is currently assigned as the Centretown Community Police Officer and will be presenting to the group about the Top 10 (11 actually) scams that the Ottawa Police investigates most often. This presentation will take you through the top scams, explaining what they are and how the scammers are doing them, in hopes of educating participants so that they don't fall victim to such fraudsters.

Presenter: *Constable Stephanie Lemieux, Ottawa Police Services*

SUPERSTITIONS AROUND THE WORLD: PART II

Tuesday, June 13 — 10:45-11:45 AM

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. Last time, we went through the surprising cultural histories behind some of the world's most common supernatural beliefs. There are so many more superstitions we have yet to discuss – things to do – or maybe not to do... up to you!

Presenter: *Jessica Zhang, SCWW Program Assistant*



OPL HOME-BOUND SERVICES

Tues. July 4
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*

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

FRONT PAGE OTTAWA: STORIES FROM THE OTTAWA CITIZEN 1845-PRESENT

Monday, July 10 — 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*

WOMEN IN THEATRE THROUGHOUT HISTORY

Monday, July 24 — 2:45-3:45 PM

Women have played a significant role in theatre throughout history, despite facing numerous challenges and obstacles along the way. In the early days of theatre, women were not allowed to perform on stage, and male actors would often play female roles. Join our SCWW group to discover how women began to take on more prominent roles both on and off stage throughout history.

Presenter: *SCWW Team Member*

AVIATION MUSEUM: ROYAL CANADIAN AIR FORCE

Wed. Aug 2
2:45-3:45 PM

Valerie Wood, the Assistant Curator at the Canada Aviation and Space Museum will be presenting on the development of the Museum's Cold War exhibition, which explores how the Cold War period was a time of great change within the Royal Canadian Air Force and Canadian society at large. We will discuss some of the stories and artifacts we have uncovered for the exhibition.

Presenter: *Valerie Wood*



CANADA AVIATION
AND SPACE MUSEUM
MUSÉE DE L'AVIATION
ET DE L'ESPACE
DU CANADA

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

CYBERSECURITY PART II

Thursday, August 10 — 2:45-3:45 PM

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*

HOW TO BE AN ALLY TO THE LGBTQ2+ COMMUNITY

Monday, August 21 — 10:45-11:45 AM

This session discusses what being an ally to the LGBTQ2+ (Lesbian, Gay, Bisexual, Transgender, Queer, and Two Spirited) community can look like and why its important to stand up against misogyny, hate and support our community. We will explore the true meaning of the word “allyship” and practical strategies on how to demonstrate allyship in our day-to-day lives.

Presenter: *Stephane Gauthier, LGBTQ2+ Coordinator at The Good Companions*

ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

MUSIC CHAT: FEELING GROOVY: THE ARTISTRY OF PAUL SIMON

Tuesday, May 9 — 10:45-11:45 AM

After several years of struggling to write successful pop hits, firstly in the rock 'n' roll style of the 'fifties, and then in the folk idiom of the early 'sixties, Paul Simon began to view his early compositions as overly derivative and unoriginal. Oftentimes he would sit on the floor in the darkness of the family bathroom, musing on the state of society, and being comforted by the sound of his guitar enhanced by the slight echo chamber effect of the wall tiles. It was on one such occasion in November 1963, that he began to softly sing, "Hello darkness my old friend....", and so began to compose The Sound of Silence, the first of his many truly original and memorable songs. This chat will also include Simon's Homeward Bound, Cathy's Song and his 59th Street Bridge Song, as well as related songs by John Lennon, Paul McCartney and Bob Dylan.

Presenter: *Brian McGurrin*

STORYTELLING WITH MARIE

May 15, June 12, July 17, Aug 14—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*

CANADIAN TOURIST ATTRACTIONS

May 25, June 22, July 27, August 24 — 10:45-11:30 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 Saskatchewan, Manitoba, our very own Ontario, and Quebec.

Presenter: *SCWW Team Member*

OAG ART TALKS

Tues. May 30;
Tues. June 27;
Tues. July 27 &
Tues. Aug 29
12:45-1:45 PM

Join our friends at the Ottawa Art Gallery (OAG) 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*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Fun Facts 10:45-11:15 am	4 Trivia 12:45-1:15 pm	5
Summer Program Registration				
	Trivia 2:45-3:15 pm			
8 Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Just Joking 2:45-3:15 pm	9 Music Chat 10:45-11:45 am Trivia 2:45-3:15 pm	10 Fun Facts 10:45-11:15 pm Coffee with Nikkie 12:45-1:15 pm Categories 2:45-3:15 pm	11 Short Stories 10:45-11:15 am Trivia 12:45-1:15 pm	12 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
15 Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm Storytelling Series 2:45-3:15 pm	16 Mother's Day 10:45-11:15 am Finish the Line 12:45-1:15 pm Trivia 2:45-3:15 pm	17 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Int'l Day Against Homophobia 2:45-3:45 pm	18 Table Topics 10:45-11:15 am Trivia 12:45-1:15 pm Sports Chat 2:45-3:30 pm	19 BINGO 10:45-11:45 am Music Requests 12:45-1:30 pm
22 Victoria Day No Programs Today	23 Frauds & Scams 10:45-11:45 am Discussion Group 12:45-1:15 pm Trivia 2:45-3:15 pm	24 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	25 Canadian Attractions 10:45-11:45 am Trivia 12:45-1:15 pm Book Chat 2:45-3:15 pm	16 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 pm
29 Cultivating Good Habits 10:30-11:30 am Fact or Fiction 2:45-3:45 pm BINGO 2:45-3:45 pm	30 Intergenerational Day 10:45-11:45 am OAG Art Talk 12:45-1:45 pm Trivia 2:45-3:15 pm	31 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Interview with a Nurse 2:45-3:45 pm	<ul style="list-style-type: none"> 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 #

JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>  Health & Wellness Series  Educational Series  Art & Travel  Special Events </p>			<p>1</p> <p>Short Stories 10:45-11:15 am</p> <p>Trivia 12:45-1:15 pm</p> <p> Planning Committee 2:45-3:30 pm</p>	<p>2</p> <p>Good News 10:45-11:15 am</p> <p>Radio Plays 12:45-1:15 pm</p>
<p>5</p> <p> Mindfulness 10:30-11:00 am</p> <p>Monday Check-in 12:45-1:15 pm</p> <p>Just Joking 2:45-3:15 pm</p>	<p>6</p> <p> Elder Abuse 101 10:45-11:45 am</p> <p>Finish the Line 12:45-1:15 pm</p> <p>Trivia 2:45-3:15 pm</p>	<p>7</p> <p>Fun Facts 10:45-11:15 am</p> <p>Coffee with Nikkie 12:45-1:15 pm</p> <p>Categories 2:45-3:15 pm</p>	<p>8</p> <p>Gardening Chat 10:45-11:15 am</p> <p>Trivia 12:45-1:15 pm</p> <p>Gratitude Jar 2:45-3:15 pm</p>	<p>9</p> <p>Biographies 10:45-11:15 am</p> <p>Discussion Group 12:45-1:30 pm</p>
<p>12</p> <p> Mindfulness 10:30-11:00 am</p> <p>Current Affairs 12:45-1:15 pm</p> <p> Storytelling Series 2:45-3:15 pm</p>	<p>13</p> <p> Superstitions 10:45-11:45 am</p> <p>Brain Teasers 12:45-1:15 pm</p> <p>Trivia 2:45-3:15 pm</p>	<p>14</p> <p>Fun Facts 10:45-11:15 am</p> <p>Coffee with Nikkie 12:45-1:15 pm</p> <p>Who, What, Where 2:45-3:15 pm</p>	<p>15</p> <p>Table Topics 10:45-11:15 am</p> <p>Trivia 12:45-1:15 pm</p> <p>Sports Chat 2:45-3:30 pm</p>	<p>16</p> <p>BINGO 10:45-11:45 am</p> <p>Music Requests 12:45-1:30 pm</p>
<p>19</p> <p> Mindfulness 10:30-11:00 am</p> <p>Monday Check-In 12:45-1:15 pm</p> <p> Father's Day Chat 2:45-3:15 pm</p>	<p>20</p> <p>Finish the Line 10:45-11:15 am</p> <p>TV & Movie Chat 12:45-1:15 pm</p> <p>Trivia 2:45-3:15 pm</p>	<p>21</p> <p>Fun Facts 10:45-11:15 am</p> <p>Coffee with Nikkie 12:45-1:15 pm</p> <p> Summer Solstice 2:45-3:15 pm</p>	<p>22</p> <p> Canadian Attractions 10:45-11:30 am</p> <p>Trivia 12:45-1:15 pm</p> <p>Book Chat 2:45-3:15 pm</p>	<p>23</p> <p> Living with Motorneurons Disease 10:45-11:45 am</p> <p> Famous Singers 12:45-1:15 pm</p>
<p>26</p> <p> Mindfulness 10:30-11:30 am</p> <p>Fact or Fiction 12:45-1:15 pm</p> <p>BINGO 2:45-3:45 pm</p>	<p>27</p> <p>Way with Words 10:45-11:15 am</p> <p> OAG Art Talk 12:45-1:45 pm</p> <p>Trivia 2:45-3:15 pm</p>	<p>28</p> <p>Fun Facts 10:45-11:15 am</p> <p>Coffee with Nikkie 12:45-1:15 pm</p> <p> Sleep Health 2:45-3:45 pm</p>	<p>29</p> <p>You Be the Judge 10:45-11:15 am</p> <p>Trivia 12:45-1:15 pm</p> <p> Canada Day 2:45-3:15 pm</p>	<p>30</p> <p>Birthday Party 10:45-11:15 am</p> <p>Name That Tune 12:45-1:15 pm</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Canada Day No Programs Today	4  OPL Homebound 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 TV & Movie Chat 2:45-3:15 pm	6 Short Stories 10:45-11:15 am Trivia 12:45-1:15 pm  Healthy Aging & Protein 2:45-3:45 pm	7 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
10  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm  Front Page Ottawa 2:45-3:15 pm	11  Music Chat 10:45-11:45 am Food & Recipe 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  Calgary Stampede 10:45-11:30 am Trivia 12:45-1:15 pm  MS Canada 2:45-3:45 pm	14 Spiritual Space 10:45-11:15 am Pet Chat 12:45-1:15 pm  Canadian Connections 2:30-3:30 pm
17  Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	18  Ancient Egypt 10:45-11:15 am Discussion Group 12:45-1:30 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 Table Topics 10:45-11:15 am Trivia 12:45-1:15 pm Sports Chat 2:45-3:30 pm	21 BINGO 10:45-11:45 am Music Requests 12:45-1:45 pm
24  Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm  Women in Theatre 2:45-3:15 pm	25 Way With Words 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  Famous Singers 2:45-3:15 pm	27  Canadian Attractions 12:45-1:15 pm Trivia 12:45-1:15 pm  International Friendship Day 2:45-3:15 pm	28 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 pm
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STEPS TO CONNECT

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

AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Way with Words 10:45-11:15 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 Aviation Museum 2:45-3:45 pm	3 Short Stories 10:45-11:15 am Trivia 12:45-1:15 pm ALS Awareness 2:45-3:45 pm	4 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
7 Civic Holiday No Programs Today	8 Discussion Group 10:45-11:30 am Brain Teasers 12:45-1:15 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 Gratitude Jar 10:45-11:15 am Trivia 12:45-1:15 pm Cybersecurity 2:45-3:45 pm	11 Biographies 10:45-11:15 am Spiritual Space 12:45-1:15 pm
14 Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Storytelling Series 2:45-3:15 pm	15 Gardening Chat 10:45-11:15 am Famous Singers 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 Trivia 12:45-1:15 pm 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 Just Joking 2:45-3:15 pm	22 Macular Degeneration 10:45-11:45 am TV & Movie Chat 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 Categories 2:45-3:15 pm	24 Canadian Attractions 10:45-11:30 am Trivia 12:45-1:15 pm Book Chat 2:45-3:15 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 12:45-1:15 pm Trivia 2:45-3:15 pm	30 Fun Facts 10:45-11:15 am Coffee with Nikkie 12:45-1:15 pm Dog Appreciation Day 2:45-3:15 pm	31 You be the Judge 10:45-11:15 am Trivia 12:45-1:15 pm Travelogue: Ottawa 2:45-3:30 pm	Health & Well-ness 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

FAMOUS SINGERS SERIES

Fri. June 23; Wed. July 26; Tues. August 15

Music is an art form that truly brings everyone together. Join us as we explore the lives of three artists who have been very influential in their genres and have made an impact in the world even beyond making music—Paul Anka, Dolly Parton, and Céline Dion!

Presenter: *SCWW Team Member*

MUSIC CHAT: THE FASCINATING RHYTHMS OF GEORGE GERSHWIN

Tuesday, July 11—10:45-11:45 AM

George Gershwin, one of the most successful American composers of the 20th century, was born in Brooklyn, NYC, on September 26, 1898. During his short life (before dying of a brain tumour in 1937) he composed well over a thousand songs for Tin Pan Alley and Broadway, as well as several extended works, such as Rhapsody in Blue, which are still being performed in concert halls the world over. This chat will also include many of Gershwin's earlier songs such as Swanee, Somebody Loves Me, and the droll, I Won't Say I Will (But I Won't Say I Won't).

Presenter: *Brian McGurrin*

HISTORY OF ANCIENT EGYPT

Tuesday, July 18 — 10:45-11:15 AM

Egypt was a vast kingdom of the ancient world. It was unified around 3100 B.C.E. and lasted as a leading economic and cultural influence throughout North Africa and parts of the Levant until it was conquered by the Macedonians in 332 B.C.E. This program will explore the lives of influential Pharaohs, common worshipping practices, gods of the ancient Egyptians, and of course the meaning of our feline friends for the people of the people living in this period.

Presenter: *SCWW Team Member*

TRAVELOGUE: OTTAWA

Thurs. Aug 31
2:45-3:15 PM

Located in eastern Ontario, Ottawa is the capital city of Canada that boasts of stunning beauty and rich cultural heritage. Whether you're a seasoned local or a first-time visitor, there's always something new to discover in this city. Join us as we explore Ottawa's historical landmarks, famous attractions, and impressive architecture. Share with us what makes this city a unique and special place that you call home!

Presenter: *SCWW Team Member*



SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

MOTHER'S DAY CHAT

Tuesday, May 16 — 10:45-11:30 AM

Mother's Day is a holiday celebrated annually on the second Sunday of May in many countries around the world. It is a day to honor and appreciate mothers and mother figures for their love, care, and sacrifices. Join us for some reminiscing, trivia, jokes, and a lovely chat.

Presenter: *SCWW Team Member*

INTERNATIONAL DAY AGAINST HOMOPHOBIA, BIPHOBIA, AND TRANSPHOBIA

Wednesday, May 17 — 2:45-3:45 PM

Every year on May 17th, we honor the International Day Against Homophobia, Biphobia, and Transphobia. This day aims to raise awareness about the history and ongoing advocacy for the rights of LGBTQ2+ People. Join us as we explore the importance of this day both from a historical and contemporary perspective.

Presenter: *Stephane Gauthier, LGBTQ2+ Coordinator at The Good Companions*



SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

INTERGENERATIONAL DAY

Tuesday, May 30—10:45-11:45 AM

The City of Ottawa will be proclaiming June 1st as Intergenerational Day—a day to celebrate the value of connections between different generations. Christine Franklin, co-founder of iGenOttawa, will speak on the benefits of intergenerational connections and highlight local activities that encourage individuals of different ages to connect in meaningful ways. The discussion will also explore simple ideas for taking small actions that can lead to more neighbourly connections throughout the year. iGenOttawa is a community initiative established in 2019 to promote the value of intergenerational connections. It also teams up with community partners to highlight, encourage and initiate activities that bring different generations together.

Presenter: *Christine Franklin, iGen Ottawa*

SCWW PLANNING COMMITTEE

Thursday, June 1 — 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*

FATHER'S DAY CHAT

Monday, June 19 — 2:45-3:30 PM

Father's Day is a holiday celebrated annually on the third Sunday of June in many countries around the world. Today is the day to honour and appreciate fathers and father figures for their love, guidance, and support. We will share some funny dad jokes, trivia, and much more!

Presenter: *SCWW Team Member*

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

SUMMER SOLSTICE

Wednesday, June 21 — 2:45-3:15 PM

The longest day of the year, with the sun rising from 5:30AM and setting at 9:02PM EDT to mark the start of summer on Wednesday, June 21, 2023. Join us as we venture into what gives us an extra 6.5 hours of sunlight here in Ontario, and how people celebrate it across the globe! It will prove quite difficult to sleep in with Mr. Sun out all day!

Presenter: *SCWW Team Member*

CANADA DAY

Thursday, June 29— 2:45-3:15 PM

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

Presenter: *SCWW Team Member*



CALGARY STAMPEDE

Thurs. July 13
10:45-11:45 AM

The Calgary Stampede is an annual event held in Calgary, Alberta, Canada, which showcases the city's western heritage and culture. It is a 10-day event held in July and features rodeo competitions, chuckwagon races, live music, and other western-themed entertainment.

Join us as we learn more about this important cultural event, and share our experiences with the group!

Presenter:
SCWW Team Member

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

CANADIAN CONNECTIONS

Friday, July 14— 2:30-3:30 PM

Join as we connect with other Seniors' Centre Without Walls participants across the country for some lively discussion and fun reminiscing!

Presenter: *SCWW Team Member*

INTERNATIONAL FRIENDSHIP DAY

Thursday, July 27 — 2:45-3:15 PM

International Friendship Day is an annual occasion dedicated to acknowledging the influence and significance of friendships worldwide. Celebrated on July 30th, this day intends to emphasize the importance of friendship in bridging gaps and fostering harmony and understanding among individuals of varying origins. Its main objective is to promote the worth of friendship as a mechanism to bring people together and promote peace. Join our SCWW group on this day to celebrate the great friends we have created throughout our life!

Presenter: *SCWW Team Member*

DOG APPRECIATION DAY

Wednesday, August 30—2:45-3:15 PM

Dog Appreciation Day is a day dedicated to our furry four-legged friends who bring us so much joy and companionship. It's a day to celebrate the unconditional love and loyalty that dogs give us, and to recognize the important roles they play in our lives. Whether you have, have had, or have never had a dog, you are welcome to join us as we recognize how special dogs are, and the incredible things they have done for us throughout history, and through the present days.

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.

NEW: We will be offering Trivia twice weekly (Tuesdays at 2:45 and Thursdays at 12:45). The questions will be the same for both and pre-registration by phone or email is MANDATORY for your chosen time slot.

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.

PET CHAT

We would love to hear about your fuzzy or scaly friends! Everyone is welcome to join us in this program to share some heartfelt and hilarious stories of our pets!

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.

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.

GARDENING CHAT

Bring your favourite flora to discuss, as well as get some tips from the other avid gardeners in our group!

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.

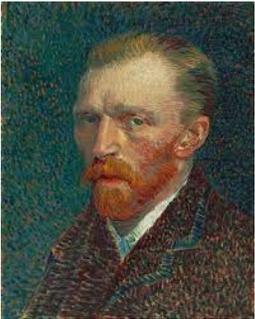
OLD TIME RADIO PLAYS

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, June 9— 10:45-11:15 AM Vincent Van Gogh

Vincent Willem Van Gogh was a Dutch Post-Impressionist painter who posthumously became one of the most famous and influential figures in Western art history.



Friday, August 11 — 10:45-11:15 AM Nancy “The White Mouse” Wake

Nancy Grace Augusta Wake was a nurse and journalist who joined the French Resistance and later the Special Operations Executive (SOE) during World War II, and briefly pursued a post-war career as an intelligence officer in the Air Ministry. The official historian of the SOE, M. R. D. Foot, said that "her irrepressible, infectious, high spirits were a joy to everyone who worked with her".

SCWW is designed for you and your interests.

Do you have a topic that you would like to learn or talk about?

Let us know, and we can find ways to add it into our next program guide.

SCWW BINGO PATTERNS

#1 - One Line - Any Direction

B	I	N	G	O
●				
●				
●		FREE		
●				
●				

#2 - Two Lines - Any Direction

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

#3 - The 4 Corners

B	I	N	G	O
●				●
		FREE		
●				●

#4 - The Letter "T"

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

#5 - Inside Square

B	I	N	G	O
	●	●	●	
	●	FREE	●	
	●	●	●	

#6 - The Letter "X"

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

PARTICIPANTS' CORNER

WHAT WE ARE COOKING: ORANGE CREAM POPS

Ingredients:

- 1 package (3 oz) orange gelatin
- 1 cup boiling water
- 1 cup vanilla yogurt
- 1/2 cup 2% milk
- 1/2 teaspoon vanilla extract
- 10 freezer pop molds or 10 paper cups (3 oz each) and wooden pop sticks

Directions:

In a large bowl, dissolve gelatin in the boiling water. Cool to room temperature. Stir in the yogurt, milk and vanilla. Pour 1/4 cup mixture into each mold or paper cup. Top molds with holders. If using cups, top with foil and insert pop sticks through foil. Freeze until firm.



WHAT WE ARE LISTENING TO

God's Country by Blake Shelton

The Gambler by Kenny Rogers

You Make Me Feel So Young by Frank Sinatra

Those Were The Days by Mary Hopkin

Leaving on a Jet Plane by John Denver

WHAT WE ARE READING

The Winemaker's Wife by Kristen Harmel

Stephanie Plum Series by Janet Evanovich

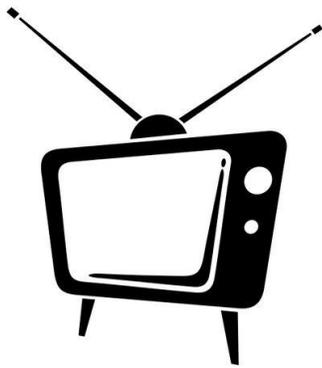
Outlander by Diana Gabaldon

Pillars of the Earth by Ken Follett



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

CBC Documentary Series
The Good Doctor
Chicago Fire
The Walking Dead

WHAT WE ARE SAYING ABOUT SCWW

“I participate in SCWW because I love to learn! I’m a learner and I find that there are always some new topics that help me expand my knowledge.”

“I really enjoy the company of everyone on the calls, including the staff.”

“The people there are excellent. SCWW provides a large variety of programs which makes it more exciting!”

“SCWW is an incredible, fabulous program. It really impacts people’s lives who are isolated and don’t get the opportunity to socialize with others. I will keep joining because SCWW has done a lot for me.”

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



CANADA AVIATION
AND SPACE MUSEUM
MUSÉE DE L'AVIATION
ET DE L'ESPACE
DU CANADA