



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

**SEPTEMBER - DECEMBER 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

IN THIS ISSUE

**ALZHMERS
AWARENESS**

**CANADIAN
ATTRACTIONS**

WINTER SOLSTICE

WEEKLY TRIVIA

BINGO

AND MORE...





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

Cantonese or Mandarin

Mavis Li, The Good Companions
613-236-0428 ext. 2363

**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



Afua Okyere
(she/her)

SCWW Coordinator
613-236-0428
Ext. 2323



Noah Kim
(he/him)

SCWW Program Assistant
613-236-0428
Ext. 2390

Favourite SCWW Programs: Way With Words, BINGO



NO IMAGE

Sebastian Ortiz
(he/him)

SCWW Placement Student
613-236-0428
Ext. 4260

A Message From Your Coordinator

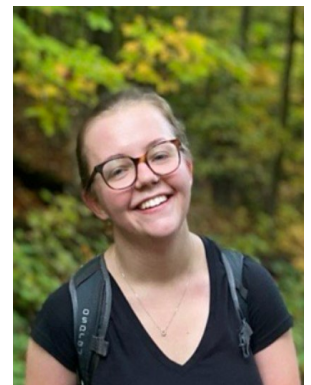
It is with mixed emotions that I am writing in my final SCWW program guide as my last day with The Good Companions will be September 19th, 2023. While I am very excited to be embarking on my next adventure in Edmonton with my husband and all of our critters, leaving is not without difficulty as I know I will miss every single one of our amazing participants. I could not think of a better send-off than to be with many of you at our Voice to Face party on my last day as SCWW Coordinator.

Sometimes the best way to express ourselves is to rely on the words of others, so I will share this with you from the book *Le Petit Prince*: 'It is only with the heart one can see rightly; what is essential is invisible to the eye.' I want to leave you all with those words because you have helped show me the meaning of them in both your interactions with the facilitators and in your interactions with each other.

I hope to have the opportunity to speak to all of you personally before I head out to the wild west, but for those of you who I do not speak to, thank you all sincerely for the amazing memories you have given me over the past two years and know that I will always cherish them.

All the best,

Emily Payne-Vallely



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*

NATUROPATHIC MEDICINE

Wednesday, October 25 — 2:45-3:45 PM

Naturopathic medicine is a holistic approach to healthcare, focusing on the body's innate ability to heal itself. It emphasizes prevention, natural remedies, and patient education to address the root cause of illnesses. Kristy has always been an advocate for natural healing supplements, healthy foods, the benefits of movement, and understanding how our mind plays a role in helping us meet our greatest potential. Join us for this great opportunity to learn more about how to maintain our overall health and wellness with someone who has quite a lot of experience doing so.

Presenter: *Kristy Wood-Giles, Holistic Wellness Coach*

ARTHRITIS EDUCATION

Tues, October 3
10:45 - 11:45

During this one-hour presentation led by the Karen Gordon, Physiotherapist with the Arthritis Rehabilitation and Education Program, you will learn about the causes of osteoarthritis, strategies to manage joint pain and stiffness, and tips for coping with knee, hip, and hand arthritis. There will be an opportunity for questions and information about resources available through Arthritis Society Canada will be provided.

Presenter: *Karen Gordon, AREP Clinician Physiotherapist, Arthritis Society Canada*



OUT OF THE
WOODZ

HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

SENIORS BULLYING

Tuesday, November 14 — 10:45-11:45 AM

Bullying affects people of all ages. Older people can experience bullying in senior residences, assisted living facilities, and senior centers, among other places. This presentation provides best-practices and strategies for older adults, front-line staff, and agencies to use to prevent and respond to bullying behaviors between older adults.

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



**Elder Abuse
Prevention
Ontario**

INS & OUTS OF THE EMERGENCY ROOM

Wednesday, November 22 — 2:45-3:45 PM

A visit to the emergency room can be stressful and confusing. Join us for a nurse's point of view on procedures, wait times, and the general "ins and outs" of how an emergency room functions. Throughout this presentation, you will also have the opportunity to get answers to your questions that will enable you to be more comfortable during your visit and have a better understanding of the experiences of healthcare professionals in the emergency room.

Presenter: Anna Humber, Registered Practical Nurse

ALL ABOUT FIBER

**Wed, Dec 13
2:45-3:45 AM**

All About Fiber: Estelle, the dietitian from our "Health Aging & Protein" program last term, will be back to lead this workshop on Fibers. In this workshop, participants will learn all about fibers, discuss topics such as the importance and benefits of an adequate fiber intake, find out more about food sources of fiber and how to plan meals to meet daily fiber recommendations.

Presenter: Estelle Laroche-Davidson, Community Dietitian, Somerset West Community Health Centre



**SOMERSET WEST
COMMUNITY
HEALTH
CENTRE**

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

BIRD WATCHING IN OTTAWA

Thursday, September 28 — 10:45 - 11:15 AM

“It’s a bird!” Amongst the things in the sky, more people are increasingly interested in watching our feathered friends that fly high! Ottawa has a rich and varied birding community with a long history dating from the middle of the 19th century. Whether you’re an avid birder or new to the hobby, let’s go through the sighting sites, and various species you may encounter

Presenter: SCWW Team Member

HISTORY OF THE GOOD COMPANIONS

Wednesday, October 4 — 2:45 - 3:45 PM

The Good Companions celebrated its 68th birthday in 2023. Join us to explore the history of our centre’s programs and services and learn more about all our centre has offered and continues to offer to this day!



**The Good
Companions**

Presenter: SCWW Team Member

DREAM INTERPRITATIONS

Friday, October 13 — 12:45-1:15 PM

Dreams are like magical movies our brains direct while we snooze. They can be hilarious, puzzling, or downright wacky! Some say dreams are our subconscious playground, where fantasies run wild. Have you ever wondered what sort of dream interpretations are out there? Did you ever have a dream that really just stuck with you? Join us as we dig in and discover the meaning of dreams, a topic that has long fascinated psychologists and philosophers!

Presenter: SCWW Team Member

ESTATE PLANNING & WILLS

Wed, Oct 18
2:45 - 3:45

A will is a legal document that outlines how your assets will be distributed after your death. It also allows you to name an executor and guardians for minor children. Jointly held assets and beneficiary designations bypass the will. A Power of Attorney (POA) for property handles financial matters, while a POA for care makes healthcare decisions. Join us to learn more. Your questions are welcome along the way.

Presenter:
*Heather Austin-Skaret, Partner
with Mann Law-
yers LLP*

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

ICONIC MARINE ANIMALS

Tuesday, November 21 – 10:45-11:15 AM

Let's embark on a captivating journey beneath the waves! Exploring the incredible diversity and unique adaptations of our oceanic friends. We will talk about the stealthy hunters like the cunning sharks and graceful manta rays, discuss the dazzling colors of coral reef inhabitants, and marvel at the incredible intelligence displayed by dolphins and whales. There's always so much to learn and discuss when it comes to the wonderful marine life, so please join us for this fun and exciting opportunity!

Presenter: SCWW Team Member

211 ONTARIO

Wednesday, November 29 — 2:45-3:45 PM

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

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



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

**Fri, Dec 1
12:45 - 1:15**

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. 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

ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

MUSIC CHAT: SONGS FOR A NEW CENTURY

Tuesday September 12 —10:45-11:45 AM

We often think of the decade prior to WWI as "the Ragtime era", characterized by songs like Alexander's Ragtime Band and When the Midnight Choo Choo Leaves for Alabam, but much of the popular music of that period was not ragtime music. People were also listening to nostalgic songs, such as School Days, When We Were a Couple of Kids), topical songs such as Come Josephine in My Flying Machine; love songs, such as Cuddle Up a Little Closer); tearjerker songs (She Was Only a Bird in a Gilded Cage), and much more. In this program we will sample some of the songs and provide some historical context for this fascinating musical period.

Presenters: Brian & Kelly McGurrian

TRAVELOGUES WITH MONTY: LADAKH

Wednesday, September 13 — 2:45-3:30 PM

Ladakh: High in the Himalayas, Ladakh is a unique part of India. With a small population of around 300,000, it's sparsely populated despite its size. Cold, dry, and situated at high altitudes, it receives minimal precipitation. Most notably, the majority of the locals practice Tibetan Buddhism. Monty journeyed there in September 2022, crossing the world's highest drivable pass at 18,000 feet and venturing near the India-China border. He's eager to share his experiences with you.

Presenter: Monty Amitabh

STORYTELLING WITH MARIE

Sept 18, Oct 16, Nov 13, Dec 11 — 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

OAG ART TALKS

Tues, Sept 26;
Tues, Oct 31;
Tues, Nov 28 &
Tues, Dec 19
10:45-11:45 AM

Experience the captivating world of art with the Ottawa Art Gallery (OAG) and their monthly Art Talks. Join us for virtual tours of diverse exhibitions, where our expert guide provides in-depth descriptions of the mesmerizing art pieces on display. Immerse yourself in the beauty and creativity as the OAG takes you on a journey through the inspiring realms of visual expression. Don't miss this enriching artistic experience!

Presenter:
Danielle Valade,
Ottawa Art Gallery

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div></div> Health & Wellness Series <div></div> Educational Series <div></div> Art & Travel <div></div> Special Events </div>				1 <div>Fall Program Registration</div>
4 Labour Day No Programs Today	5	6 Fun Facts 10:45-11:15 am	7	8 Good News 10:45-11:15 am
<div>Fall Program Registration</div>				
11 <div>Mindfulness 10:30-11:00 am</div> <div>Current Affairs 12:45-1:15 pm</div> <div>Grandparent's Day 2:45-3:15 pm</div>	12 <div>Music Chat 10:45-11:45 am</div> <div>Trivia 2:45-3:15 pm</div>	13 <div>Fun Facts 10:45-11:15 am</div> <div>Coffee Chat 12:45-1:15 pm</div> <div>Travelogue 2:45-3:30 pm</div>	14 <div>Short Stories 10:45-11:15 am</div> <div>Trivia 2:45-3:15 pm</div>	15 <div>BINGO 10:45-11:45 am</div> <div>Radio Plays 12:45-1:15 pm</div>
18 <div>Mindfulness 10:30-11:00 am</div> <div>Monday Check In 12:45-1:15 pm</div> <div>Storytelling Series 2:45-3:15 pm</div>	19 SCWW Voice To Face Party! No Programs Today	20 <div>Fun Facts 10:45-11:15 am</div> <div>Coffee Chat 12:45-1:15 pm</div> <div>Who, What, Where 2:45-3:15 pm</div>	21 <div>Table Topics 10:45-11:15 am</div> <div>Trivia 2:45-3:15 pm</div>	22 <div>Biographies 10:45-11:15 am</div> <div>Music Requests 12:45-1:45 pm</div>
25 <div>Mindfulness 10:30-11:00 am</div> <div>Fact or Fiction 12:45-1:15 pm</div> <div>BINGO 2:45-3:45 pm</div>	26 <div>OAG Art Talk 10:45-11:45 am</div> <div>Trivia 2:45-3:15 pm</div>	27 <div>Fun Facts 10:45-11:15 am</div> <div>Coffee Chat 12:45-1:15 pm</div> <div>Recipe & Food Chat 2:45-3:15 pm</div>	28 <div>Bird Watching 10:45-11:15 am</div> <div>Trivia 2:45-3:15 pm</div>	29 <div>Birthday Party 10:45-11:15 am</div> <div>Name That Tune 12:45-1:15 pm</div>

STEPS TO CONNECT

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

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

October 2023


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm Truth & Reconciliation 2:45-3:30 pm	3 Arthritis Education 10:45-11:45 am Trivia 2:45-3:15 pm	4 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm History of TGC 2:45-3:45 pm	5 Short Stories 10:45-11:15 am Trivia 2:45-3:15 pm	6 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
9 Thanksgiving Day No Programs Today	10 Thanksgiving Chat 10:45-11:15 am Trivia 2:45-3:15 pm	11 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Categories 2:45-3:15 pm	12 SCWW Planning Committee 10:45-11:15 am Trivia 2:45-3:15 pm	13 Pet Chat 10:45-11:15 am Meaning of Dreams 12:45-1:15 pm
16 Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Storytelling Series 2:45-3:15 pm	17 Finish the Line 10:45-11:15 am Trivia 2:45-3:15 pm	18 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Estate Planning & Wills 2:45-3:45 pm	19 Sports Chat 10:45-11:30 am Trivia 2:45-3:15 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 Brain Teasers 2:45-3:15 pm	24 Way With Words 10:45-11:15 am Trivia 2:45-3:15 pm	25 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Natural Medicine 2:45-3:45 pm	26 Canadian Attractions 10:45-11:30 am Trivia 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 OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm			

STEPS TO CONNECT

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

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

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div></div> Health & Wellness Series <div></div> Educational Series <div></div> Art & Travel <div></div> Special Events </div>		1 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm TV & Movie Chat 2:45-3:15 pm	2 Short Stories 10:45-11:15 am Trivia 2:45-3:15 pm	3 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm <div></div> Canadian Connections 2:30-3:30 pm
6 <div></div> Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Just Joking 2:45-3:15 pm	7 <div></div> Music Chat 10:45-11:45 am Trivia 2:45-3:15 pm	8 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Who What Where 2:45-3:15 pm	9 <div></div> Remembrance Day 10:45-11:15 am Trivia 2:45-3:15 pm	10 Biographies 10:45-11:15 am Gratitude Jar 12:45-1:15 pm
13 <div></div> Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm <div></div> Storytelling Series 2:45-3:15 pm	14 <div></div> Seniors Bullying 10:45-11:45 am Trivia 2:45-3:15 pm	15 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm <div></div> Travelogue 2:45-3:30 pm	16 Table Topics 10:45-11:15 am Trivia 2:45-3:15 pm	17 BINGO 10:45-11:45 am Music Requests 12:45-1:45 pm
20 <div></div> Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm Discussion Group 2:45-3:30 pm	21 <div></div> Iconic Marine Animals 10:45-11:15 am Trivia 2:45-3:15 pm	22 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm <div></div> ER Ins & Outs 2:45-3:45 pm	23 You Be The Judge 10:45-11:15 am Trivia 2:45-3:15 pm	24 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 pm
27 <div></div> Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	28 <div></div> OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	29 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm <div></div> 211 Ontario 2:45-3:45 pm	30 Book Chat 10:45-11:15 am Trivia 2:45-3:15 pm	

STEPS TO CONNECT

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

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

December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div> <div></div> Health & Wellness Series <div></div> Educational Series <div></div> Art & Travel <div></div> Special Events </div> <div>Happy Holidays!</div> </div>				1 Good News 10:45-11:15 am Front Page Ottawa 12:45-1:15 pm
4 <div></div> Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Just Joking 2:45-3:15 pm	5 Finish the Line 10:45-11:15 am Trivia 2:45-3:15 pm	6 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Categories 2:45-3:15 pm	7 Short Stories 10:45-11:15 am Trivia 2:45-3:15 pm	8 BINGO 10:45-11:45 am Spiritual Space 12:45-1:15 pm
11 <div></div> Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm <div></div> Storytelling Series 2:45-3:15 pm	12 Way With Words 10:45-11:15 am Trivia 2:45-3:15 pm	13 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm <div></div> All About Fiber 2:45-3:45 pm	14 Sports Chat 10:45-11:30 am Trivia 2:45-3:15 pm	15 <div></div> World Festivals 10:45-11:30 am Music Requests 12:45-1:30 pm
18 <div></div> Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	19 <div></div> OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	20 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm <div></div> Winter Solstice 2:45-3:15 pm	21 <div></div> Canadian Attractions 10:45-11:30 am Trivia 2:45-3:15 pm	22 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 pm
Saturday 24 <div></div> Twas the Night Before Christmas 10:45-11:15 am	Centre Closed for the Holidays December 25, 2023 — January 2, 2024			Sunday 31 <div></div> New Years Eve Countdown 11:45-12:15 pm

STEPS TO CONNECT

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ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

CANADIAN TOURIST ATTRACTIONS

Thurs, Oct 26 & Thurs, Dec 21 — 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 popular attractions in New Brunswick as well as Nova Scotia!

Presenter: SCWW Team Member

MUSIC CHAT: SONGS & STORIES OF THE GREAT WAR, 1914-1918

Tuesday, November 7 — 10:45 - 11:45 AM

What's a war song? A 'war' song might be about the battlefield, or the home front, about painful wartime separations, about society's attitudes towards war (pro or con), or simply a song sung by soldiers. There are recruitment songs, comical songs, patriotic songs, sentimental songs, stirring marches, and more than a few wickedly satirical songs that helped to defuse the frustrations felt by combat troops over life in the trenches, or army food, or faulty equipment or inept commanders. This program will sample some of these songs and the stories behind them.

Presenters: Brian & Kelly McGurrian

TRAVELOGUE: CENTRAL ASIA

Wednesday, November 15 — 2:45-3:30 PM

Central Asia: Monty explored the four countries of Kazakhstan, Kyrgyzstan, Tajikistan, and Uzbekistan in April. Once part of the Soviet Union, these "stans" hold rich historical significance as key stops on the Silk Route. From Indo-Aryan origins in Kazakhstan's steppes to the magnificent cities of Samarkand and Bukhara, witness the influences of Persians, Greeks, Arabs, and Russian rule.

Presenter: Monty Amitabh

FESTIVALS AROUND THE WORLD

Fri, Dec 15

10:45-11:30 AM

Celebrate the diversity of cultures and the joy of human connection through vibrant festivals around the world. From the exhilarating Carnival in Rio de Janeiro to the mystical Lantern Festival in Taiwan, immerse yourself in learning about the colorful traditions of Holi in India or witness the breathtaking fireworks of New Year's Eve in Sydney. Explore these extraordinary celebrations along with us that of which unite communities and ignite the spirit of joy.

Presenter: SCWW Team Member



SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

GRANDAPRENTS' DAY

Monday, September 11 — 2:45-3:15 PM

Grandparents' Day is a special occasion to honor and appreciate the invaluable role of grandparents. It's a day to express love, gratitude, and create lasting memories. Are you a grandparent/ great grandparent? What were your grandparents like? Join us for a wonderful discussion as well as some fun facts!

Presenter: SCWW Team Member

TRUTH AND RECONCILIATION DAY

Monday, October 2 — 2:45-3:30 PM

On September 30, 2021, Canada observed its inaugural National Day for Truth and Reconciliation, coinciding with Orange Shirt Day. This solemn occasion pays tribute to the devastating legacy of residential schools. The day serves as a safe space for learning about historical events and ongoing efforts towards reconciliation. It encourages reflection on the nation's past, acknowledgement of Indigenous resilience, and collective steps towards healing and understanding between all Canadians.

Presenter: SCWW Team Member

THANKSGIVING CHAT

Tuesday, October 10 — 10:45-11:15 AM

Thanksgiving is a wonderful day dedicated to celebrating and acknowledging kindness, as well as appreciation for what we have. Join us as we chat about our experiences with Thanksgiving! Share what you're thankful for with the group.

Presenter: SCWW Team Member

PLANNING COMMITTEE

**Thurs, Oct 12
10:45-11:15 AM**

Have a topic that you are interested in or would like to learn more about? We want to hear from you! All are welcome and encouraged to join our SCWW Planning Committee Meeting to provide feedback and make suggestions of topics, presentations and activities for our next program guide!

Presenter: SCWW Team Member

CANADIAN CONNECTIONS

**Fri, Nov 3
2:30-3:30 PM**

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

Presenter:
SCWW Team Member

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

REMEMBRANCE DAY

Thursday, November 9 — 10:45 - 11:15 AM

Remembrance Day is a solemn occasion to honor and remember the sacrifices of those who served in the armed forces. On November 11th, we pause to reflect on the courage, resilience, and selflessness of veterans and pay tribute to those who fought for our freedom and strive to ensure their legacies are never forgotten.

Presenter: SCWW Team Member

WINTER SOLSTICE

Wednesday, December 20 — 2:45 - 3:15 PM

Winter Solstice marks the shortest day and the longest night of the year, heralding the arrival of winter. It is a time of introspection, renewal, and celebration across cultures. From lighting candles to embracing traditions, people come together to honor the return of light and anticipate the turning point towards longer days, invoking hope and warmth in the midst of the cold season. Join us to learn more about the history and significance of Winter Solstice; let's celebrate together!

Presenter: SCWW Team Member

TWAS THE NIGHT BEFORE CHRISTMAS

Saturday, December 24—10:45 - 11:15 AM

'Twas the day before Christmas, and on the SCWW Line, You could hear people chatting, having a grand ol' time. SCWW friends gathered together to laugh, chat and cheer, To wish each other Merry Christmas and a Happy New Year! Join us for our annual Christmas Eve program. We will share some jokes, a little trivia and of course read the beloved poem 'Twas the Night Before Christmas.

Presenter: SCWW Team Member

NEW YEARS EVE COUNTDOWN

**Sun, Dec 31
11:45-12:15 PM**

We'll take a cup o' kindness yet, for days of auld lang syne... Join all of your telephone buddies as we count down to the New Year (well... somewhere in the world it will be midnight!)

Presenter: SCWW Team Member

SCWW VOICE TO FACE PARTY

**Tues, Sept 19
10:00 - 2:00 PM**

Join us at The Good Companions Seniors' Centre for our annual SCWW Voice to Face Party! Meet the voices behind the phone, and enjoy a meal together. Make sure to register by August 25th, with Emily at ext. 2323 or Rana at ext. 2390. Hope to see you there!

The Bell logo, featuring the word "Bell" in a stylized blue font.

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!

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.

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.

TABLE TOPICS

We have a list full of fun, unique, and offbeat questions to start interesting and memorable conversations!

COFFEE CHAT

Grab a coffee and hangout with us for a casual chat! How has your week been going so far?

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!

SPORTS CHAT

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, SEP 22 — 10:45-11:15 AM

Charlotte Witton

Charlotte Witton is a distinguished author and vocal mental health advocate, using her compelling words to raise awareness and foster understanding. With a passion for empowering others, she leaves a lasting impact on those touched by her insightful and compassionate work, making a difference in the lives of many.



FRIDAY, NOV 10 — 10:45-11:15 AM

Wayne Gretzky

Wayne Gretzky, hailed as "The Great One," is a Canadian ice hockey legend. Rewriting NHL records, he became the all-time leading scorer, inspiring athletes with his sportsmanship and leadership, solidifying his status as a sporting icon.

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

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

Phone messages will not be checked during this time.

See the back cover for useful phone numbers & resources you can access during the closure.

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: EGG DROP SOUP

Ingredients:

- 4 cups chicken or vegetable broth
- 2 tablespoons cornstarch
- 2 tablespoons water
- 2 eggs
- 1 teaspoon soy sauce
- Salt and pepper to taste
- Chopped green onions (for garnish)

Directions:

1. Dissolve 2 tablespoons of cornstarch in 2 tablespoons of water.
2. Bring 4 cups of chicken or vegetable broth to a gentle boil.
3. Stir in the cornstarch mixture and simmer for 2 minutes to thicken.
4. Beat 2 eggs with 1 teaspoon of soy sauce.
5. Slowly drizzle the beaten eggs into the soup while stirring gently.
6. Season with salt and pepper.
7. Garnish with chopped green onions.



WHAT WE ARE LISTENING TO

Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini by Brian Hyland

Okie From Muskogee by Merle Haggard

Lights by Toes

(How Much Is) That Doggie In The Window by Patti Page

Scarlet Ribbons by Jim Reeves

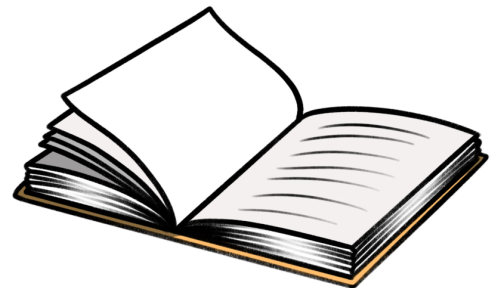
WHAT WE ARE READING

Outlander by Diana Gabaldon

The Maltese Falcon by Dashiell Hammett

A Tale of Two Cities by Charles Dickens

Journey to the Center of the Earth by Jules Verne



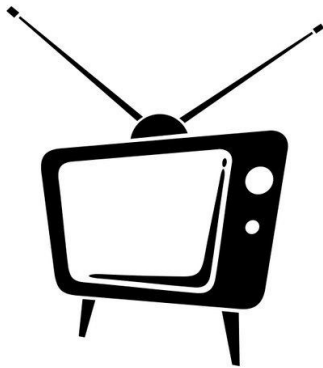
A POEM WE ALL LOVED

"What Life Should Be" By Pat A. Fleming

To learn while still a child, what this life is meant to be. To know it goes beyond myself, It's so much more than me. To overcome the tragedies, to survive the hardest times. To face those moments filled with pain, and still manage to be kind. To fight for those who can't themselves, to always share my light. With those who wander in the dark, to love with all my might. To still stand up with courage, though standing on my own. To still get up and face each day, even when I feel alone.

To try to understand the ones that no one cares to know. And make them feel some value when the world has let them go. To be an anchor, strong and true. That person loyal to the end, to be a constant source of hope to my family and my friends. To share my heart and soul. To always say I'm sorry When I've harmed both friend and foe. To be proud of whom I've tried to be, And this life I chose to live. To make the most of every day, by giving all I have to give.

To me that's what this life should be, to me that's what it's for. To take what God has given me, and make it so much more. To live a life that matters, to be someone of great worth. To love and be loved in return, and make my mark on Earth.



WHAT WE ARE WATCHING

The Crown

Last Tango in Halifax

Wheel of Fortune

The Good Doctor

New Amsterdam

WHAT WE ARE SAYING ABOUT SCWW

"The SCWW program is amazing because we are truly given the opportunity to connect and reminisce about very well picked topics and events by the facilitators."

"I really feel like I'm part of such an incredible community, and sometimes I'm shocked at how similar many of us actually are despite different life experiences."

"We really are like a family here on the phone. I love hearing what everyone has to say whether it's silly or serious, we can all just be ourselves and I love it."

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!**

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés



**Elder Abuse
Prevention
Ontario**

