



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

**JANUARY-APRIL 2024
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

**HONOURING BLACK
HISTORY**

**MINDFUL WAY TO
SELF-CARE**

MUSIC REQUESTS

WEEKLY TRIVIA

BINGO

AND MORE...



Ontario



**United Way
East Ontario**





TABLE OF CONTENTS

SCWW FAQs & Info	p. 3
Health & Wellness Series	p. 6
Educational Series.....	p. 9
Art & Travel	p. 11
Calendars.....	p. 12
Special Events	p. 17
Regular Programs	p. 21
BINGO Patterns	p. 24
Participants' Corner.....	p. 25
Voice to Face Party	p. 27
Useful Resources.....	p. 28

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*

French

*For French SCWW programming, please
call 613-236-0428 ext. 2323*

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.***

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



Emma Revell
(*she/her*)
SCWW Coordinator
613-236-0428
Ext. 2323



Afua Okyere
(*she/her*)
SCWW Coordinator
613-236-0428
Ext. 2323



Noah Kim
(*he/him*)
SCWW Program Assistant
613-236-0428
Ext. 2390



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

Goodbye from Sebastian - Placement Student, Fall 2023

As my time with the program comes to an end, I want to express how truly incredible this experience has been. Thank you for allowing me to be a part of your journey. Farewell for now, and please know that the memories we've shared will stay with me always.

Coordinator's Corner

Happy New Year! I am excited for the programs we have put together for this winter term and I look forward to an amazing time with you all.

We are lucky to be receiving a new placement student for the winter term. Maryam is completing her Social Service Worker Program at Algonquin College. She will be with us from January to April. I would also like to extend a warm welcome to Emma! We are happy to have you back on board.

All too soon, my time with you is almost over. My contract ends in early February 2024 and I want to use this opportunity to thank everyone for your warm welcome and continuous support. It has been great getting to know you all and I will miss you all dearly.

Afua Okyere
Seniors' Centre Without Walls Coordinator

Message from Emma

Happy New Year everyone! I am thrilled to share that I will be returning as the Coordinator of Seniors' Centre Without Walls in early February 2024.

I welcomed a wonderful baby girl in September 2022 and now I am ready to get back on the phone with all of you. I am so excited to reconnect with your familiar voices and get to know the new ones!

I'd like to thank Afua and Emily for holding down the fort in my absence; I have no doubt you all made them feel as welcome as you made me feel when I first started in this role. Let's fill the upcoming sessions with joy, kindness, and laughter - I can't wait!

Emma Revell
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

MIND YOUR BRAIN HEALTH

Thursday, January 25 — 10:45-11:45 AM

Get an overview of the brain, aging, Mild cognitive impairment (MCI) and dementia and tips on healthy lifestyle choices that can help in preventing and delaying some forms of dementia.

Session goals:

- Learning the lifestyle factors that help prevent dementia
- Setting a brain healthy plan that helps prevent dementia
- Understanding the differences between normal aging, MCI and dementia.
- Obtain Information about DSORC services, website and what to do after a diagnosis.

Presenter: *German Chique-Alfonzo, Education Coordinator*
The Dementia Society of Ottawa and Renfrew County



The
**Dementia
Society**
Ottawa and Renfrew County

RARE DISEASES

Wednesday,
January 31—
2:45-3:45 PM

Dive into the intricate world of rare genetic diseases (RGD). RGD can impact people from all walks of life, and affects over 3 million people in Canada. Together, we will explore the basics of genetic diseases, the challenges faced by individuals and families to gain a diagnosis, and what's next in the world of genetics. We look forward to unraveling the mysteries of these conditions and fostering a compassionate environment for those affected.

Presenter:
Elisabeth Soubry,
Project Coordinator,
CHEO

HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

MENTAL HEALTH FOLLOWING COVID-19

Wednesday, February 21 — 2:45-3:30 PM

This presentation will discuss changes within Canada in mental health after the pandemic and offer insights as to how seniors can benefit from these new options.

Presenter: *Dr. Paola Lavin, M.D., MSc in Psychiatry, Douglas Mental Health University Institute| McGill University*

THE MINDFUL WAY TO SELF-CARE

Wednesday, February 28 — 2:45-3:45 PM

Self-care is so much more than pampering yourself. This workshop introduces a definition for self-care that connects with the root of the meaning “to care for oneself” and offers wellness strategies that can help sustain us even when you don’t have a lot of time or energy.

Presenter: *Tatyanna Wilson-Karikera, Social Work Student, University of Windsor*

HOW TO LISTEN TO YOUR BODY TALK

Tuesday, March 12 — 10:45-11:45 AM

In this presentation Kristy emphasizes the vital mind-body relationship and the power of self-awareness and self-connection to harness personal power. Delve into the depths of communication between the mind and body, uncovering the secrets to cultivating a powerful and harmonious relationship within yourself. This program will provide insights and scientifically backed techniques to enhance energy levels, manage stress, understand relationships and reactions with food and how to interpret the body signals and needs for overall well-being.

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

GLAUCOMA AWARENESS

Tuesday, March 19 — 10:45-11:45 AM

In this presentation on glaucoma, we aim to provide a comprehensive understanding of this often-undetected eye condition. We'll delve into the subtle progression of glaucoma, highlighting its silent nature and potential impact on vision. Join us as we navigate through the serious aspects of this eye health concern, shedding light on its importance.

Presenter:
*Karen Sauve,
The Ottawa Hospital*

HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

OPTIMIZING BONE HEALTH FOR OLDER ADULTS

Wednesday, March 20 — 2:45-3:45 PM

As we age, bone density is something that we all begin to think about! In this presentation we will discuss what you can ADD into your diet and into your current routines to help keep your bones & joints healthy! Some of the most important factors in our overall bone health is staying active- as well as ensuring we are eating the right food combinations to support our bodies. We will explore some ideas and foods that can help to mitigate joint pain and keep our bones strong.

Presenter: Jenni Beharry, Nutrition Counsellor, BA, NNCP, CNE

FALL PREVENTION

Thursday, April 11— 10:45-11:45 AM

My Name is Valérie Robichaud, I am a Chiropractor practicing at CURAVITA Health Group in the Byward Market. In this presentation on fall prevention, I will emphasize the importance of maintaining independence, particularly as individuals age. One in three Canadians over the age of 65 is at risk of falling annually, resulting in common injuries like hip and wrist fractures. The focus is on proactive measures to mitigate this risk and your home is a critical starting point for prevention. I will explain how I play a key role in fall prevention as a Chiropractor by assessing strength, steadiness, and balance, and offering personalized health advice. I will also go through practical tips everyone can do to prevent falls at home.

Presenter: Valérie Robichaud, Chiropractor
CURAVITA Health Group



CURAVITA
Chiro • Massage • Physio

SUPPORTIVE CARE FOLLOWING A CANCER DIAGNOSIS

Wednesday
April 24 —
2:45-3:45 PM

A diagnosis of cancer is not just a medical issue, it impacts every part of who you are. The Community Cancer Hub in Ottawa offers supportive care that complements medical care. From peer supports to programs and resources, the Community Cancer Hub exists to provide compassion and support for anyone with a cancer diagnosis, their families, and caregivers. We'll introduce you to some of the programs and resources we offer.

Presenter:
Jill Burns,
Community Health
Promoter, Ottawa
Cancer Founda-
tion

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

INCLUSIVE COMMUNICATION: RESPECTING & UNDERSTANDING PERSONAL PRONOUNS:

Tuesday, January 16 — 10:45-11:45 AM

This presentation will emphasize the importance of respecting and understanding gender pronouns for inclusive communication. It will cover the definition and importance of gender pronouns, the various types of gender pronouns, how to use them, and will address common misconceptions. This presentation will also discuss how to advocate for inclusivity and provide resources for further learning and support.

Presenter: *Stephane Gauthier, (He/Him - Lui)*
LGBTQ2+ Program Coordinator, The Good Companions

FRAUDS AND SCAMS

Tuesday, January 23 — 10:45-11:45 AM

This presentation explains what a scam is, and the tactics used to take advantage of older adults. It will also discuss the types of scams prevalent in society and how seniors can be vulnerable to this form of financial abuse, Dos and Don'ts, and important steps to protect yourself from frauds and scams. We will learn the 4 R's: **Recognize, Reject, Reach-out & Report.**

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

OC/PARA TRANSPO - INFO SESSION

Monday, February 5 — 2:45-3:45 PM

OC Transpo/Para Transpo Accessibility and Customer Service welcome you to an interactive presentation covering topics such as the Para Transpo registration process, discounted fare products and general service information. Participants are encouraged to bring forward any questions or concerns for discussion. Presenters will be happy to follow up with customers on an individual basis to provide further information or printed materials.

Presenter: *Laura Anderson, OC Transpo / Para Transpo*

COMMUNITY SUPPORT SERVICES

**Thursday,
March 7 —
2:45-3:45 PM**

Community Support Services at The Good Companions offers services for seniors and adults with physical disabilities including: Telephone Assurance, Transportation, Grocery Shopping Program, Handy Helpers, Home Help, and more!

Join us to learn more about the Community Support Services offered through TGC and other agencies throughout Ottawa.

Presenter:
Community Support Services Team, The Good Companions

EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

LESA— INFORMATION SESSION

Thursday, March 21 — 10:45-11:45 AM

Lifestyle Enrichment for Senior Adults (**LESA**) is a counselling service for seniors struggling with substance use and gambling. This presentation aims to explain what addiction is and how it impacts senior adults. It will also explore the various forms of support available. Participants are encouraged to come with questions for an interactive session.

Presenter: *Jennifer Laewen, MSW/RSW, Psychotherapist
LESA Program Counsellor*

PREPARING FOR TAX SEASON

Wednesday, March 27— 2:45-3:45 PM

Canada Revenue Agency will deliver a presentation about the benefits, credits and deductions that are relevant to seniors both federally and provincially; why they should file their taxes on time; and discuss CRA scams.

Presenter: *Andria Cullen, Canada Revenue Agency*

EARTH DAY

Monday, April 22 — 2:45-3:15 PM

Earth Day is like a global high-five for our planet. It serves as a reminder of the importance of caring for our planet and encourages people worldwide to engage in activities that promote sustainability and environmental stewardship. Earth Day is the time to plant trees, clean up our mess, and basically show Earth that we're committed to keeping it awesome. Join us as we talk about the difference we can make to keep our home in tip top shape!

Presenter: *SCWW Team Member*

FRONT PAGE OTTAWA

Wednesday,
April 17—
2:45-3:15 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*

ART & TRAVEL

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

MUSIC CHAT: ROCK A BYE BABY

Tuesday, January 9 —10:45-11:45 AM

It seems that cradle songs are found in every culture. In recent decades, some clinical psychologists have speculated that soothing music may have a beneficial effect on human cognitive development, and that this phenomenon, often referred to as the "Mozart effect," may begin even during the prenatal stages of development. Will it also help you to remember the date of your spouse's birthday, or where you left your car keys? Who knows? Why not tune in to this music chat and find out for yourself?

Presenters: *Brian & Kelly McGurrian*

TRAVELOGUE: WONDERS OF THE WORLD

Wednesday, January 17 & March 13 — 2:45-3:15 PM

Did you know that the largest Egyptian pyramid in the world, the Great Pyramid of Giza is the oldest wonder of the seven wonders of the ancient world and the only one still standing? It was built over a period of 27 years in the early 26th century BC with over 2,300,000 limestones and granite blocks and was the world's tallest man-made structure for several years. The Great Pyramid of Giza served as the tomb of Pharaoh Khufu, who ruled during the 4th Dynasty of the Old Kingdom. Join us to discuss and learn more about the wonders of the world.

Presenter: *SCWW Team Member*

STORYTELLING WITH MARIE

Monday, January 15, February 12, March 11 & April 15
— 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




Tuesday,
January 30,
February 27,
March 26 &
April 30 —
10:45-11:45 AM

Experience a taste of the local world of art with the Ottawa Art Gallery (OAG) and their monthly Art Talks. Join us for engaging conversations about the OAG's diverse exhibitions and collections, where our expert guide provides in-depth descriptions of artworks and the meaning behind them.

Please join the conversation! Mail-outs of images will be provided to those who register in advance.

Presenter:
Moir Power
Ottawa Art Gallery





















JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NEW YEAR'S DAY NO PROGRAM TODAY	2	3 Fun Facts 10:45-11:15 am	4	5 Good News 10:45-11:15 am
<div>Winter Program Registration</div>				
8  Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm Brain Teasers 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 am Coffee Chat 12:45-1:15 pm Who What Where 2:45-3:15 pm	11 Short Stories 10:45-11:15 pm  National Trivia Day 2:45-3:15 pm	12  National Bird Day Radio Plays 12:45-1:15 pm
15  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	16  Inclusive Language: Understanding Pronouns 10:45-11:45 am Trivia 2:45-3:30 pm	17 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm  Travelogue 2:45-3:15 pm	18 Finish the Line 10:45-11:15 am Table Topics 2:45-3:15 pm	19 BINGO 10:45-11:45 am Music Requests 12:45-1:30 pm
22  Mindfulness 10:30-11:00 am Monday Check-In 12:45-1:15 pm  Winter Wonderland 2:45-3:15 pm	23  Frauds and Scams 10:45-11:45 am Trivia 2:45-3:15 pm	24 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Recipe & Food Chat 2:45 - 3:15 pm	25  Mind Your Brain Health 10:45-11:45 am You Be the Judge 2:45-3:15 pm	26 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 pm
29  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	30  OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	31 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm  Rare Diseases 2:45 - 3:45 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 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Health & Wellness Series  Educational Series  Art & Travel  Special Events			1 Short Stories 10:45-11:15 am Discussion Group 2:45-3:45 pm	2 Good News 10:45-11:15 am  Black History Chat: Ghana 12:45-1:15 pm
5  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm  OC/PARA Transpo Info Session 2:45-3:45 pm	6  Honouring Black History 10:45-11:45 am Trivia 2:45-3:15 pm	7 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Categories 2:45-3:15 pm	8  SCWW Planning Committee 10:45-11:15 am Spiritual Space 2:45-3:15 pm	9 Biographies 10:45-11:15 am Radio Plays 12:45-1:15 pm
12  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	13  Lunar New Year 10:45-11:15 am Trivia 2:45-3:15 pm	14 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm  Valentine's Day with George 2:45-3:30 pm	15 Sports Chat 10:45-11:15 am Table Topics 2:45-3:15 pm	16 BINGO 10:45-11:45 am Music Requests 12:45-1:30 pm
19 Family Day No Programs Today	20 Way with Words 10:45-11:15 am Trivia 2:45-3:15 pm	21 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm  Mental Health Following COVID 2:45-3:30 pm	22  Festivals Around the World 10:45-11:15 am Gratitude Jar 2:45-3:15 pm	23 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 pm
26  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	27  OAG Art Talk 10:45-11:45 pm Trivia 2:45-3:15 pm	28 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm  Mindful Way to Self-Care 2:45-3:45 pm	29  Canadian Attractions 10:45-11:15 am  Interview with Pearline & Stefan 2:45-3:15 pm	

STEPS TO CONNECT

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Health & Wellness Series  Educational Series  Art & Travel  Special Events				1 STAFF TRAINING NO PROGRAM TODAY
4  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Just Joking 2:45-3:45 pm	5  Music Chat 10:45-11:45 am Trivia 2:45-3:15 pm	6 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Who What Where 2:45-3:45 pm	7 Short Stories 10:45-11:15 am  Community Support Services 2:45-3:15 pm	8  International Women's Day 10:45 - 11:30 am Radio Plays 12:45-1:30 pm
11  Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	12  How to Listen to Your Body Talk 10:45-11:45 am Trivia 2:45-3:15 pm	13 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm  Travelogue 2:45-3:15 pm	14 Finish the Line 10:45-11:15 am Table Topics 2:45-3:15 pm	15 Bingo 10:45-11:45 am Music Request 12:45-1:45 pm
18  Mindfulness 10:30-11:00 am  St. Patrick's with the Dooley's 12:45-1:30 pm Brain Teasers 2:45- 3:15 pm	19  Glaucoma Awareness 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  Optimizing Bone Health 2:45-3:45 pm	21  LESA: Information Session 10:45-11:45 am TV & Movie Chat 2:45-3:15 pm	22 Birthday Party 10:45-11:15am Name that Tune 12:45-1:30 pm
25  Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm BINGO 2:45-3:45 pm	26  OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	27 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm  Preparing for Tax Season 2:45-3:45 pm	28 Book Chat 10:45-11:15 am You Be the Judge 2:45-3:15 pm	29 GOOD FRIDAY NO PROGRAM TODAY

STEPS TO CONNECT

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 EASTER MONDAY NO PROGRAM TODAY	2 Pet Chat 10:45-11:15 am Trivia 2:45-3:15 pm	3 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm National Cherry Blossom Festival 2:45-3:45 pm	4 Short Stories 10:45-11:15 am Discussion Group 2:45-3:45 pm	5 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
8 Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Just Joking 2:45-3:15 pm	9 World Art Day 10:45-11:15 am Trivia 2:45-3:15 pm	10 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Categories 2:45-3:15 pm	11 Fall Prevention 10:45-11:45 am Pet Chat 2:45-3:45 pm	12 Biographies 10:45-11:15 am Canadian Connections 2:00-3:00 pm
15 Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm Storytelling Series 2:45-3:15 pm	16 Way with Words 10:45-11:45 am Trivia 2:45-3:15 pm	17 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Front Page Ottawa 2:45-3:15 pm	18 Sports Chat 10:45-11:15 am Table Topics 2:45-3:30 pm	19 Bingo 10:45-11:15 am Music Requests 12:45-1:30 pm
22 Mindfulness 10:30-11:00 am Fact or Fiction 12:45-1:15 pm Earth Day 2:45-3:15 pm	23 Peter Atkinson 10:45-11:15 am Trivia 2:45-3:15 pm	24 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Supportive Care after Cancer Diagnoses 2:45-3:45 pm	25 Canadian Attraction 10:45-11:15 am Gratitude Jar 2:45-3:15 pm	26 Birthday Party 10:45-11:15 am Name That Tune 12:45-1:15 pm
29 Mindfulness 10:30-11:00 am Monday Check-in 12:45-1:15 pm Bingo 2:45-3:15 pm	30 OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	<div> <div></div> Health & Wellness Series <div></div> Educational Series <div></div> Art & Travel <div></div> Special Events </div>		

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

FESTIVALS AROUND THE WORLD

Thursday, February 22 — 10:45-11:15 AM

Get ready for a global celebration of festivals that will transport you to the lively and colorful traditions around the world! Our program, featuring events like Mardi Gras, will immerse you in the vibrant energy of international festivities. We'll journey together through diverse cultures, exploring the joy, music, and unique customs that define each celebration.

Presenter: *SCWW Team Member*

GORD ATKINSON: OTTAWA'S OLDEST TEENAGER

Tuesday, April 23 — 10:45-11:45 AM

From 1954 to 1967, Gord Atkinson was unquestionably Ottawa's most popular radio personality and DJ. Through his programs on CFRA for young listeners, Campus Corner and Campus Club, he not only interviewed and befriended many of the biggest stars from this exciting era of popular music but also helped launch the careers of several of Ottawa's own stars from the world of entertainment. The recently published book, *Gord Atkinson: Ottawa's Oldest Teenager*, features Gord's interviews with and stories about singing stars such as Buddy Holly, Bill Haley, Harry Belafonte, Connie Francis, Johnny Cash, and Elvis Presley.

Presenter: *Peter Atkinson, Son of Gord Atkinson & Author of Book*

MUSIC CHAT: KISS ME, I'M IRISH

Tuesday, March 5 — 10:45-11:45 AM

If you'd like to listen to some traditional Irish music performed by the likes of Bing Crosby and John McCormack, and also to gently dip your toe into some more Contemporary Celtic music performed by younger groups and artists such as Gaelic Storm (Kiss Me, I'm Irish), and Marc Gunn (St. Patrick Never Drank), then you won't want to miss this music chat.

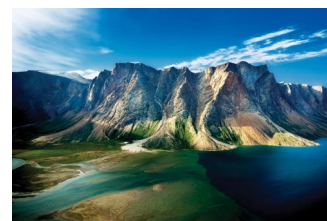
Presenters: *Brian & Kelly McGurrin*

CANADIAN ATTRACTIONS

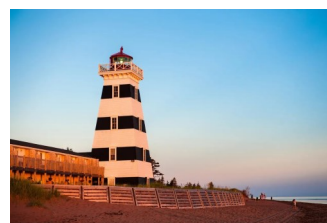
Thursday,
February 29 &
April 25 —
10:45-11:15 AM

Join us as we shine a spotlight on the captivating provinces of Newfoundland and Prince Edward Island (PEI). Explore the rich cultural tapestry of Newfoundland, from its historic sites to the warmth of its people, and venture into the charming realms of PEI, known for its stunning coastlines and heritage.

Presenters:
*SCWW Team
Member*



Torngat Mountains
National park



West Point Lighthouse

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

NATIONAL TRIVIA DAY

Thursday, January 11 — 2:45-3:15 PM

National Trivia Day, celebrated annually on January 4th, is a fun and engaging homage to the pursuit of knowledge and the joy of learning random facts. Whether it's a quirky historical fact, an obscure piece of pop culture, or a fascinating nugget of science. Come join us as we celebrate curiosity, challenge our intellects, and most importantly, have a blast while doing it!

Presenter: SCWW Team Member

NATIONAL BIRD DAY

Friday, January 12 — 10:45-11:15 AM

Join the discussion as we embark on a captivating journey through the vibrant world of avian wonders. Let's come together to celebrate the beauty of these feathered ambassadors and share cherished memories while fostering a deeper appreciation for the diverse bird species that grace our planet.

Presenter: SCWW Team Member

WINTER WONDERLAND

Monday, January 22 — 2:45-3:15 PM

Research shows that reminiscing helps preserve family traditions, improves quality of life and brings joy and comfort to people. Do you have a favourite or fun memory about winter? What was winter like when you were younger? Did you build a snowman or have a snowball fight? Join in the conversation as we reminisce about the good old winter days.

Presenter: SCWW Team Member

BLACK HISTORY CHAT: GHANA

Thursday,
February 2 —
12:45-1:15 PM

Ghana is a country in West Africa, located on the coast of the Gulf of Guinea. It was the first Black African country, south of the Sahara, to achieve independence from colonial rule. Though Ghana is considered to belong to one large group of the African continent, there is a large variety of ethnic groups and over 75 languages spoken. Come and let us explore Ghana, a land of rich cultural heritage and warmth.

Presenters:
*Hannah Kumah,
PMP, CSPO*

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

HONOURING BLACK HISTORY MONTH

Tuesday, February 6 — 10:45-11:15 AM

This presentation will explore the history of Black Canadians, centring human rights and justice. The discussion will include what is meant by the concept of intersectionality and how that relates to Black experience. Finally, it will end with the idea of Black liberation and what it means to be free by acknowledging the past and centering Black Canadians' plight for racial and social justice in the now to create a better future.

Presenter: *Janelle Brady, Ph.D., Assistant Professor, School of Early Childhood Studies, Toronto Metropolitan University*

SCWW PLANNING COMMITTEE

Thursday, February 8 — 10:45-11:15 AM

Is there 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 the Seniors' Centre Without Walls Planning Committee Meeting. Come and let's brainstorm together on how we can build and enhance our program.

Presenters: *SCWW Team*

CHINESE NEW YEAR

Tuesday, February 13 — 10:45-11:15 AM

Chinese New Year is a lunar holiday that begins at sunset on the day of the second new moon following the winter solstice. This is usually between January 21 and February 20 and lasts for 15 days. This Chinese New Year begins on February 10, 2024. It is the Year of the Dragon.

Presenters: *SCWW Team*

VALENTINE'S WITH GEORGE MCNAULE

**Wednesday,
February 14 —
2:45-3:30 PM**

*Let me call you
Sweetheart,
I'm in love with you.
Let me hear you
whisper
That you love me
too.
Keep the lovelight
glowing
In your eyes so true;
Let me call you
Sweetheart, I'm in
love with you...*

Come celebrate Valentine's day with your favorite phone crew with live music by George McNaule. Come along with your music requests and dancing shoes.

Presenters: *George McNaule & SCWW Team*

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

INTERVIEW WITH PEARLINE & STEFAN KEYES

Thursday, February 29 — 2:45-3:45 PM

Join in for a special edition of Honouring and celebrating Black History with Pearline and her nephew, Stefan Keyes. Pearline was a nurse at The Perley for over 31 years and is currently volunteering with the Adult Day Program at The Good Companions, 16 years and counting.

Stefan is an award-winning Canadian journalist, News Anchor for CTV Morning Live and Newstalk 580 CFRA. He is also an actor, singer and volunteers with several non-profits that focus on youth, arts and Black, Indigenous and People of Colour communities.

Presenter: *Pearline Mortan & Stefan Keyes*

INTERNATIONAL WOMEN'S DAY

Wednesday, March 8 — 10:45-11:30 AM

International Women's Day is celebrated on March 18th every year. It is a time to celebrate women making an impact in Canada and across the world. Join in as we celebrate 5 Canadian trailblazers who have contributed to advancing human rights in Canada – Jamie Black, Marina Nemat, Viola Desmond, Huberte Gautreau and Nellie McClung.

Presenter: *SCWW Team Member*

ST. PATRICK'S DAY WITH THE DOOLEY FAMILY

Monday, March 18 — 12:45-1:30 PM

St. Patrick's Day is marked every year on March 17th, commemorating the passing of the beloved saint. For more than a millennium, the Irish have honored this day as a sacred occasion. 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! You'll be our lucky charm if you decide to join the SCWW St. Patrick's Day festivity!

Presenters: *The Dooley Family & SCWW Team*

SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

NATIONAL CHERRY BLOSSOM FESTIVAL

Wednesday, April 3 — 2:45-3:15 PM



The Jefferson Memorial visible through cherry blossoms across the Tidal Basin

National Cherry Blossom Festival is celebrated during the last week of March and the first week of April. It commemorates the gift of the Japanese Cherry trees from Mayor Yukio Ozaki of Tokyo to Washington, D.C. on March 27, 1912. The trees were donated to enhance the growing relationship between the two countries.

Presenter: *SCWW Team Member*

NATIONAL ART DAY

Tuesday, April 9 — 10:45-11:15 AM

Art plays an important role in nurturing creativity, and encourages the awareness for cultural diversity and knowledge sharing. World Art Day is an international celebration of the various forms of art and an opportunity to promote creativity around the world. Be our guest as we explore the incredible world of art.

Presenter: *SCWW Team Member*

CANADIAN CONNECTIONS

Friday, April 12 — 2:00-3:00 PM

Join SCWW participants from all across this wonderful country for a fun and interactive session.

****Note the time change for Canadian Connections.**

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.

****Please note that tip-top trivia runs once a week, every Tuesday afternoon at 2:45P PM**

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 24 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 CHAT

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

Join us and our co-host Mike from Carleton Place bi-monthly 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, February 9 — 10:45-11:15 AM **Robyn Maynard**

Robyn Maynard is a Black Canadian author and scholar based in Toronto. Her work focuses on policing, abolition and Black liberation. She is the author of *Policing Black Lives: State Violence in Canada from Slavery to the Present* and co-author of *Rehearsals for Living*.



Friday, April 12 — 10:45-11:15 AM **Dr. Stanley Vollant**

Dr. Stanley Vollant is an Innu Surgeon from Pessamit, located by the course of the St-Lawrence River, Québec. He was the first Innu Surgeon in Quebec and also the first Indigenous person to be elected to head a medical association in North America.

**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: EGG DROP SOUP

Ingredients

- 5 cups chicken or vegetable stock
- 1/2 teaspoon freshly minced fresh ginger
- 2 tablespoons soy sauce
- ½ – ¾ teaspoon kosher salt adjust to taste
- 1/4 teaspoon white pepper freshly ground black pepper will work as well, adjust to taste
- 2 tablespoons cornstarch or arrowroot plus 2 tablespoons water
- 2 eggs beaten
- Optional: 2 green onions sliced thin

Egg Drop Soup Recipe

- Combine the stock, ginger and soy sauce in a large pot and bring to a boil.
 - Reduce the heat to a simmer and add salt and pepper to taste. Whisk together the cornstarch and water and pour into the simmering soup. Stir to combine and slightly thicken the soup.
 - Slowly pour in the beaten eggs, while stirring the soup in one direction. The egg will spread out and feather through the soup.
- Remove from the heat and add the green onions. Taste once more and adjust seasonings as needed.



WHAT WE ARE LISTENING TO

Stand by Your Man by Tammy Wynette

Hallelujah by K.D. Lang

In the Garden by Jim Reeves

Family Bible by George Jones

Ob-la-di ob-la-da by The Beatles

WHAT WE ARE READING

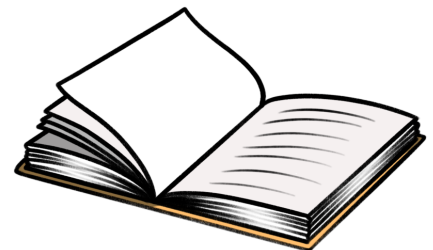
Feline Felonies by Abigail Browning

Watership Down by Richard Adams

Flowers for Algernon by Daniel Keyes

Anne of Green Gables by Lucy Maud Montgomery

The Life of Charles III by Christopher



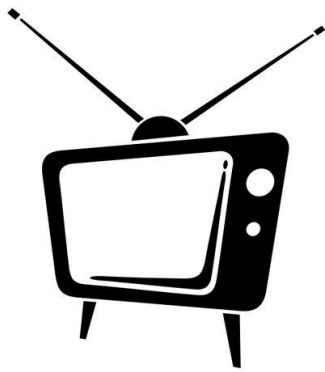
PARTICIPANTS' CORNER

QUOTE OF THE DAY

“Take it one day at a time”

“Sometimes, it is okay to take it a minute at a time
and sometimes, even a second at a time”

“ ”



WHAT WE ARE WATCHING

Miracle on 34th Street

It's a Wonderful Life

The Power of One

Dancing with the Stars

Life of Pi

WHAT WE ARE SAYING ABOUT SCWW

“I used to be lonely and could go for days without talking to anyone but I do not feel lonely or isolated anymore. I recommend the telephone program to my friends who are feeling lonely. I tell them TGC is now like my family and encourage them to call. “

“I am grateful for everyone who showed up for me when I was not well. It feels like a family because that is what family does. Whether in good times or bad times, family is always there for you and that is what you all are to me.”

“I was feeling depressed till I found this group. I am grateful I found you because now I have something to look forward to and I feel less lonely.”

SCWW VOICE-TO-FACE PARTY

On September 19th, 2023, we had the pleasure of hosting our annual “Voice-to-Face” party. 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.



THANK YOU TO OUR FUNDERS,
SPECIAL GUESTS, CURRENT
AND PAST PRESENTERS WHO
GRACED THE OCCASION.



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

