



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

**MAY - AUGUST 2024
PROGRAM GUIDE**

Seniors' Centre Without Walls



FREE TELEPHONE GROUP ACTIVITIES FOR SENIORS 55+ AND 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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CHAIR YOGA

**MASTER
GARDENERS
OF OTTAWA**

HISTORY OF PRIDE

**15-MINUTE
BIOGRAPHIES**

CANADIAN TRIVIA

BOOK CLUB

AND MORE...



Ontario

United Way
East Ontario

Ottawa



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Seniors' Centre Without Walls 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.*

In the spirit of Reconciliation, The Good Companions acknowledges that we are operating on the unceded traditional territory of the Algonquin Anishinaabeg. The peoples of the Anishinaabeg Algonquin Nation have lived on this territory for millennia. Their culture and presence have nurtured and continue to nurture this land. The Good Companions honours all First Nations, Inuit and Métis peoples and their valuable contributions to this land, both past and present.

Seniors' Centre Without Walls Frequently Asked Questions

What is Seniors' Centre Without Walls?

Seniors' Centre Without Walls (SCWW) is a community outreach program to support isolated seniors and adults with physical disabilities. We provide free educational and social programs through the use of telephone-based conference calls. **All programming is provided over the phone.**

Who is eligible to join?

- Individuals 55+ and/or adults 18+ with physical disabilities
- Living in the Ottawa and greater Ottawa area (including Renfrew County)

Is there any cost?

No, all programming is free of charge.

Do I need a computer?

No, all you need is a telephone!

How do I register?

Give us a call: **613-236-0428**

How many programs can I register for?

As many as you like!

What if I register for a program and then cannot attend?

No problem, you simply don't have to answer the phone when we call.

How many people are on the calls?

It depends on the program, but typically about 15-20 participants.

I can sometimes be shy meeting new people– is that okay?

Absolutely! Your level of participation is completely your choice. You are welcome to jump in and join the discussion at any point but if you are more comfortable sitting back and listening, that's okay too.

How can there be a group discussion when we can't see each other?

There is always a staff or student facilitator on the call who helps manage the discussion. To join the conversation, it's as easy as speaking up just as though you were talking to a friend on the phone.

How does it work?

1. Once you have registered as a participant* you can sign up 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 at the time of the program, or **you can call yourself into the program by dialing 343-600-7647**

**The calls are open to anyone, whether you have registered as a participant or not. We do encourage you to register with us fully so that you continue to receive up to date program guides and information.*

Accessibility

This program guide can be made available in an accessible format.

Meet the SCWW Team



Emma Revell

(she/her)

SCWW Coordinator

613-236-0428

Ext. 2323



Afua Okyere

(she/her)

SCWW Program Assistant

613-236-0428

Ext. 2390



Courtney Defazio

SCWW Placement Student

613-236-0428

Ext. 4260

Farewell from Noah

It is with both sadness and gratitude that I bid farewell to each and every one of you at the Seniors' Centre Without Walls. This past year has been a remarkable journey, one filled with laughter, learning, and cherished memories. From the moment I joined my first call I was welcomed with open arms and warm smiles. Over time, you all became dear friends and companions.

As I prepare to embark on a new chapter in my journey, I want you to know that you will always hold a special place in my thoughts and memories. Your resilience, kindness, and unwavering spirit have inspired me in more ways than I can express. I wish you all continued happiness, good health, and many more joyful moments in the days ahead.

A Message from Your Coordinator

As we bid farewell to the chill of winter, we embrace the warmth and sunshine that spring and summer bring, and with that, a new program guide! I'm very excited about this upcoming session as we have some great presentations scheduled, as well as a few new programs to offer, including a bi-weekly Book Club!

There are a couple of changes to report from our SCWW team. Noah Kim will be departing TGC to embark on a new chapter as he pursues his educational goals. Noah has been a wonderful addition to our team and we are grateful for his dedication to SCWW over the past year. Noah, we wish you all the best in your future endeavors!

I am very pleased to share that Afua Okyere will be returning to the SCWW team as a Program Assistant. You may remember that Afua covered the last few months of my parental leave, so she is well-versed in all things SCWW and we are thrilled to have her back!

A big thank you to both Maryam and Megan, our winter placement students. They did an amazing job and we wish them all the best with the rest of their education!

We are so fortunate to be welcoming a new student to our team for the summer. Courtney Defazio is a 4th Year Bachelor of Social Work student from Carleton University. You'll be sure to hear her on the phone over the next few months!

It's been so lovely to be back on the phone with you all, hearing familiar voices and getting to know new ones. Thank you all for providing such a warm welcome!

As always, your SCWW team is here for you. If you have questions, concerns, program suggestions, topics you'd like to hear about, or just want to chat, give us a call!

Emma Revell
SCWW 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

TO JOIN ANY PROGRAM DIAL: 343-600-7647

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*

TICK TALK

Thursday, May 30 — 2:45-3:15 PM

Temperatures are warming up so it's time to talk about ticks and Lyme disease. With information provided by Ottawa Public Health, we will dispel many of the myths and misunderstandings about ticks and Lyme disease in the Ottawa area. You will learn how to identify them and how to protect yourself, your family and your pets.

Presenter: *SCWW Team Member*

WORLD ELDER ABUSE AWARENESS DAY

Monday, June 10 — 2:45-3:45 PM

This presentation provides participants with the 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 support an older adult who is experiencing or is at risk of abuse.

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



Elder Abuse
Prevention
Ontario

SHOULD I STAY OR SHOULD I GO? WHAT YOU NEED TO KNOW ABOUT RETIREMENT LIVING

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

There is no single answer about the right time or age to consider retirement living. For most people the decision is associated with some type of life change- their own or their spouse's increased care needs; the growing problem of household upkeep, or feeling isolated. Learn why people *have* to move as opposed to *want* to move and how you can best plan to remain in the proverbial "driver's seat". Join Seniors Housing expert and Executive Director of Solva Senior Living, Caroline Inman as she explores the options, and the pros and cons of aging at home or moving to supported accommodations.

Presenter: *Caroline Inman, Executive Director, Solva Senior Living*

HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

INTERNATIONAL DAY OF YOGA

Wednesday, June 19 — 2:45-3:45 PM

Originating in India, yoga is an ancient practice which aims to control and still the mind. The many benefits of regular yoga practice include improved flexibility, strength, balance, and relaxation, achieved through gentle stretches, breathing exercises, and meditation techniques. Chair yoga provides older adults with an accessible and gentle way to maintain their well-being.

The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. Join us as we celebrate this special day with a brief introduction to the practice of yoga, followed by a 30-minute chair yoga session.

Presenter: *Anna Ferdinand, Certified Yoga Instructor*

GRIEF & BEREAVEMENT
~~Thursday, July 11 — 2:45-3:45~~

**POSTPONED
UNTIL FALL**

Grief is experienced by everyone, regardless of age, and the general population has expressed that they are not comfortable addressing it. Grief is complicated and has many causes including the death of a loved one, separation and divorce, loss of friendship when close friends move away, loss of a job, and the loss of a pet. Data shows that 284,000 Canadians died in 2019 and studies indicate that each death leaves 5 people grieving over the loss.

Join Compassionate Ottawa for this interactive workshop that will offer resources to help us understand the causes of grief, the grieving process, and how to interact with those who are grieving.

Presenter: *Volunteer Presenter, Compassionate Ottawa*

INTERNATIONAL SELF-CARE DAY

Thurs. July 24
2:45-3:15 PM

International Self-Care Day is an opportunity to raise awareness about self-care and the important role it plays in leading a healthy lifestyle.

Self-care is about taking care of yourself, and making choices that help your physical and mental health, like eating healthy, getting enough sleep and exercising.

The date chosen for International Self-Care Day (7/24) is a reminder that self-care and its benefits are experienced 7 days a week, 24 hours a day.

Join us for a chat about the importance of self-care, how easy it is to overlook, and learn tips and tricks from each other. You deserve it!

Presenter:
*SCWW Team
Member*



HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

THE IMPORTANCE OF LEISURE AS YOU AGE & HOBBY EXCHANGE

Thursday, August 8 — 2:45-3:30 PM

Join us for an insightful presentation on embracing leisure and the importance of hobbies in aging gracefully. Discover the profound impact that leisure activities have on maintaining physical health, mental well-being, and a sense of fulfillment as we age. This interactive session encourages participants to share their cherished hobbies, fostering a supportive environment to inspire new passions and cultivate a vibrant lifestyle at any stage of life.

Presenter: *Emma Revell, SCWW Coordinator*

ADVANCE CARE PLANNING

Tuesday, August 13 — 10:45-11:45 AM

According to Advance Care Planning in Canada, 80% of us have given end-of-life care some thought, but less than 20% have an advance care plan. Advance Care Planning (ACP) allows you to reflect on your wishes, values and beliefs, and to communicate them to a substitute decision maker who can speak on your behalf if you are eventually unable to do so. Compassionate Ottawa helps people and their communities start conversations about the values, wishes and beliefs that go into ACP.

Presenter: *Volunteer Presenter, Compassionate Ottawa*

BRAIN FOODS

Friday, August 23 — 10:45-11:15 AM

Discover the power of brain-boosting nutrition in this talk about foods that are good for brain health. Learn how incorporating nutrient-rich foods like salmon, eggs, beans, and whole grains into your diet can enhance cognitive function, memory, and overall brain health. Explore the fascinating research behind these ingredients and unlock the potential for sharper thinking and improved mental clarity.

Presenter: *SCWW Team Member*

Do you have suggestions for future Health & Wellness Presentations?

Is there a topic you'd love to hear about?

Let us know, we are always looking for new ideas!

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

MASTER GARDENERS OF OTTAWA: LESSONS FROM MY GARDEN

Thursday, May 9 — 2:45-3:15 PM

Join Master Gardener Rebecca as she talks about the lessons that a garden can teach, and all of the things that can be learned from our gardens. This will be an interactive presentation where participants can share the things that their gardens have taught them.

Presenter: *Rebecca Last, Master Gardeners of Ottawa-Carleton*

OTTAWA'S WOMEN ON ICE

Wednesday, May 29 — 2:45-3:45 PM

From the first known photograph of women playing hockey taken at Rideau Hall, to Ontario's first women's hockey champions, the Ottawa Alerts, to Olympic figure-skating champion, Barbara Ann Scott (a.k.a "Canada's sweetheart"), to Elizabeth Manley, 1988 Olympic silver medalist. Join guest speaker James Powell, author of the "Today in Ottawa's History" blog and several books, as he talks about the important women who made history on ice in Ottawa.

Presenter: *James Powell, Historical Society of Ottawa*

CANADA AVIATION AND SPACE MUSEUM: ROYAL CANADIAN AIR FORCE

Tuesday, June 4 — 10:45-11:45 AM

In honour of the Royal Canadian Air Force's Centenary, Valerie Wood from the Canada Aviation and Space Museum will give a presentation on some of the people and aircraft that have made the RCAF special over the past 100 years.

Presenter: *Valerie Wood, Assistant Curator, Canada Aviation and Space Museum*

INTRODUCTION TO THE HISTORY AND PHILOSOPHY OF BUDDHISM

Thurs. July 4
2:45-3:45 PM

Embark on a journey through the profound history and timeless philosophy of Buddhism in this enlightening presentation.

From its origins in ancient India to its global influence today, we'll explore the core teachings of compassion, mindfulness, and enlightenment that have captivated millions for centuries.

Gain insights into the life of Siddhartha Gautama, the Buddha, and discover how his teachings continue to shape the way we perceive existence and pursue inner peace.

Presenter: *Hoa Nguyen, Ottawa Buddhist Society*

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

BEES: A HONEY OF AN IDEA

Monday, July 22 — 2:45-3:15 PM

Bees do a lot more than just make honey. They play a key role in pollination, and many foods depend on them. Learn all about these industrious insects as we explore this virtual exhibit from the Canada Agriculture and Food Museum.

Did you know there are as many as 20,000 species of bees? This is just one of the fun facts in store for us. We'll start with "What is a bee?" to learn all about the different types of bees. Then, we'll explore bees' role in pollination, discuss life in a beehive, and, finally, learn about the beekeeper.

Presenter: *SCWW Team Member*

THE ARCHITECTURE OF MOSQUES AND OTTAWA'S FIRST MOSQUE

Wednesday, July 31 — 2:45-3:15 PM

Mosques are considered throughout the world to be architectural wonders. Both the interiors and exteriors of these exquisite structures beckon travelers from places far and wide who, regardless of religious affiliation, consider iconic mosques to be essential stops on sightseeing tours. Let's take a look at the incredible architecture of the Islamic house of worship. We'll discuss the history of the mosque as well as its architectural features. Then, learn about the Ottawa Mosque, the first in Ottawa and one of the first in Canada, which was constructed in 1970.

Presenter:
SCWW Team Member



COSMIC DELIGHTS: THE PERSEID METEOR SHOWER AND OTHER AS- TRONOMICAL PHENOMENA

Tues. August 6
10:45-11:15 AM

Cosmic Delights takes us on a captivating journey through the celestial wonders of the Perseid Meteor Shower and other awe-inspiring astronomical phenomena.

From the mesmerizing streaks of shooting stars to the science behind these cosmic displays, we'll unveil the beauty and mystery of our universe, inviting you to marvel at the wonders of the night sky.

Presenter: *SCWW Team Member*

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

CANADIAN CONTRIBUTIONS TO SCIENCE

Wednesday, August 14 — 10:45-11:45 AM

Join us as we highlight the ground-breaking discoveries and innovations that Canada has made across various scientific disciplines. From pioneering research in medicine and technology to significant advancements in environmental science and space exploration, this presentation will celebrate Canada's rich history of scientific achievement and its ongoing contributions to the global scientific community.



Presenter: SCWW Team Member

CAPITAL PRIDE: THE HISTORY AND SIGNIFICANCE OF PRIDE

Thursday, August 22 — 10:45-11:45 AM

On August 28, 1971, roughly 100 people from Ottawa, Montreal, Toronto and the surrounding areas gathered in the pouring rain at Parliament Hill for Canada's First Gay Liberation Protest and March. They presented a petition to the government with a list of ten demands for equal rights and protections. Join us as we welcome back TGC's own Stephane Gauthier to talk about the history of Pride.



Presenter: *Stephane Gauthier*
(He/Him—Lui), 2SLGBTQIA+
Program Coordinator, The Good
Companions Seniors' Centre



ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

STORYTELLING WITH MARIE

May 13, June 17, July 15 & Aug. 19 — 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

May 28, June 25, July 30 & Aug. 27 — 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: *Representative from the Ottawa Art Gallery*



MUSIC CHAT: THE HAND THAT ROCKS THE CRADLE

Tuesday, May 14 — 10:45-11:45 AM

The role of women in society has expanded greatly since the Victorian era, but one thing that has not changed and will not change is the critical role of women in the nurturing and raising of children. This chat will briefly survey the joys, triumphs, and yes, trials of motherhood as expressed in the lyrics of a few popular songs.

Presenter: *Brian McGurrin, Retired Librarian & Music Enthusiast, and his wife, Helen McGurrin*

TRAVELOGUE: COLOMBIA WITH MONTY

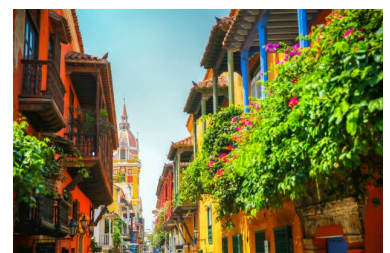
Tues. June 11
10:45-11:45 AM

Embark on a captivating journey with Monty, as he shares an exclusive presentation detailing his latest adventures in Colombia!

We'll delve into the vibrant tapestry of this South American gem. Monty has already shared his incredible travel experiences with us, and this time, he's bringing the charm of Colombia to life.

Join us for an hour of discovery and let the allure of Colombia capture your heart.

Presenter:
Amitabh (Monty) Mukerji
Avid Traveller
and Member & Volunteer of The Good Companions



ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

MUSIC CHAT: CANADIAN ANTHEMS

Tuesday, July 9 — 10:45-11:45 AM

The function of an anthem is to inspire a sense of unity and pride by evoking the history and traditions and struggles of a nation. Do Canadians share a common history and culture? What is the origin of *O Canada*, and how did it come to be adopted as our national anthem?

Presenter: *Brian McGurrin, Retired Librarian & Music Enthusiast, and his wife, Helen McGurrin*

CANADIAN UNSOLVED MYSTERIES

Friday, July 12 — 12:45-1:15 PM

From a mystery man on the beach to the unsolved murder of one of Canada's most prominent billionaires, this presentation uncovers the intriguing stories and unresolved mysteries that continue to mystify people across the country. Join us as we delve into the unknown corners of Canada's intriguing past and present.

Presenter: *SCWW Team Member*

SUMMER CONCERT WITH TRUDY: ON THE SUNNY SIDE OF THE STREET

Tuesday, August 20 — 10:45-11:45 AM

Gertrude "Trudy" Létourneau invites you to her summer concert: *On the Sunny Side of the Street*. Her sunny songs and flute melodies will brighten your day. Join in and sing along!

Gertrude Létourneau, singer and flutist, has performed across Canada for audiences of all ages, especially seniors. She worked as a musician at Perley Health in Ottawa for 23 years. She uses a wide variety of music such as classical, Celtic and moving songs from 1930-1950 to engage her audiences in the performances. You'll be enchanted by Gertrude's versatility. Her considerable experience as a performer, communicator and teacher allows her to draw from a wide range of skills as she takes the audience on a musical journey that will energize them and touch their hearts.

Presenter: *Gertrude Letourneau*

TRAVELOGUE: SCOTTISH HIGHLANDS

Wed. Aug. 28
2:45-3:15 PM

There's an old Scottish ballad that, in part, goes like this:

*O ye'll tak' the high road,
and I'll tak' the low road,
And I'll be in*

*Scotland afore ye,
But me and my true love will
never meet again*

*On the bonnie,
bonnie banks o'
Loch Lomond.*

Loch Lomond lies on the boundary between the Lowlands of Central Scotland and the Highlands, and it is where we will begin our visit to the Scottish Highlands.

Presenter: *SCWW Team Member*



MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Health & Wellness Series Educational Series Art & Travel Special Events 		1 Fun Facts 10:45-11:15 am	2	3 Good News 10:45-11:15 am
		<h2>Summer Program Registration Week</h2>		
6 Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Monday Check-In 2:45-3:15 pm	7 Way with Words 10:45-11:15 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 Short Stories 10:45-11:15 am Master Gardeners 2:45-3:15 pm	10 Mother's Day 10:45-11:15 am Radio Plays 12:45-1:15 pm
13 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm Storytelling Series 2:45-3:15 pm	14 Music Chat: The Hand That Rocks the Cradle 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 5 Ws of SCWW 2:45-3:15 pm	16 Finish the Line 10:45-11:15 am Table Topics 2:45-3:30 pm	17 BINGO 10:45-11:45 am Name That Tune 12:45-1:15 pm
20 Victoria Day No Programs Today	21 Victoria Day 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 Brain Teasers 2:45-3:15 pm	23 You Be the Judge 10:45-11:15 am Fact or Fiction 2:45-3:15 pm	24 Podcast Club 10:45-11:30 am Music Requests 12:45-1:30 pm
27 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm BINGO 2:45-3:45 pm	28 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 Ottawa's Women on Ice 2:45-3:45 pm	30 Canadian Trivia 10:45-11:15 am Tick Talk 2:45-3:15 pm	31 Birthday Party 10:45-11:15 am Intergenerational Day 12:45-1:45 pm




















To join any program dial: 343-600-7647

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  Mindfulness 10:30-11:00 am Current Affairs 12:45-1:15 pm Monday Check-In 2:45-3:15 pm	4  Aviation Museum: RCAF 10:45-11:45 am Trivia 2:45-3:15 pm	5 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm  SCWW Planning Committee 2:45-3:15 pm	6 Short Stories 10:45-11:15 am Discussion Group 2:45-3:30 pm	7 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
10  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm  Elder Abuse Awareness Day 2:45-3:45 pm	11  Travelogue: Colombia 10:45-11:45 am Trivia 2:45-3:15 pm	12 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Categories 2:45-3:15 pm	13  Should I Stay or Should I Go? 10:45-11:45 am Table Topics 2:45-3:15 pm	14 BINGO 10:45-11:45 am Name That Tune 12:45-1:15 pm
17  Mindfulness 10:30-11:00 am  Father's Day 12:45-1:15 pm  Storytelling Series 2:45-3:15 pm	18  Indigenous Peoples Day 10:45-11:15 am Trivia 2:45-3:15 pm	19 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm  Chair Yoga 2:45-3:15 pm	20 Sports Chat 10:45-11:15 am Fact or Fiction 2:45-3:15 pm	21 Biographies 10:45-11:15 am Music Requests 12:45-1:30 pm
24  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm BINGO 2:45-3:45 pm	25  OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	26 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Just Joking 2:45-3:15 pm	27 Canadian Trivia 10:45-11:15 am Gratitude Jar 2:45-3:15 pm	28 Birthday Party 10:45-11:15 am Spiritual Space 12:45-1:15 pm
 Health & Wellness Series  Educational Series  Art & Travel  Special Events				





To join any program dial: 343-600-7647

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Canada Day No Programs Today	2  Canada Day 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 Who, What, Where 2:45-3:15 pm	4 Short Stories 10:45-11:15 am Intro to Buddhism 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 Book Club 12:45-1:30 pm Monday Check-In 2:45-3:15 pm	9  Music Chat: Canadian Anthems 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 Recipe & Food Chat 2:45-3:15 pm	11 Finish the Line 10:45-11:15 am  POSTPONED  Grief & Bereavement 2:45-3:45 pm	12 Podcast Club 10:45-11:30 am  Canadian Unsolved Mysteries 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 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 Brain Teasers 2:45-3:15 pm	18 You Be the Judge 10:45-11:15 am Table Topics 2:45-3:15 pm	19 BINGO 10:45-11:45 am Name That Tune 12:45-1:15 pm
22  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm  Bees: A Honey of an Idea 2:45-3:15 pm	23  Summer Olympics 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  International Self-Care Day 2:45-3:15 pm	25 Canadian Trivia 10:45-11:15 am Fact or Fiction 2:45-3:15 pm	26 Birthday Party 10:45-11:15 am Music Requests 12:45-1:15 pm
29  Mindfulness 10:30-11:00 am Remember When 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  Mosque Architecture 2:45-3:15 pm	 Health & Wellness Series  Educational Series  Art & Travel  Special Events	

To join any program dial: 343-600-7647

AUGUST 2024

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>Discussion Group 2:45-3:15 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>Civic Holiday</p> <p>No Programs Today</p>	<p>6</p> <p>Cosmic Delights 10:45-11:15 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>7</p> <p>Fun Facts 10:45-11:15 am</p> <p>Coffee Chat 12:45-1:15 pm</p> <p>Categories 2:45-3:15 pm</p>	<p>8</p> <p>TV & Movie Chat 10:45-11:15 am</p> <p>Leisure & Hobby Exchange 2:45-3:30 pm</p>	<p>9</p> <p>Biographies 10:45-11:15 am</p> <p>Canadian Connections 2:00-3:00 pm</p>
<p>12</p> <p>Mindfulness 10:30-11:00 am</p> <p>Book Club 12:45-1:30 pm</p> <p>Monday Check-In 2:45-3:15 pm</p>	<p>13</p> <p>Advance Care Planning 10:45-11:45 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>14</p> <p>Fun Facts 10:45-11:15 am</p> <p>Coffee Chat 12:45-1:15 pm</p> <p>Canadians in Science 2:45-3:15 pm</p>	<p>15</p> <p>Sports Chat 10:45-11:15 am</p> <p>Table Topics 2:45-3:30 pm</p>	<p>16</p> <p>BINGO 10:45-11:45 am</p> <p>Name That Tune 12:45-1:15 pm</p>
<p>19</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>20</p> <p>Summer Concert with Trudy 10:45-11:45 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>21</p> <p>Fun Facts 10:45-11:15 am</p> <p>Coffee Chat 12:45-1:15 pm</p> <p>Just Joking 2:45-3:15 pm</p>	<p>22</p> <p>History of Pride 10:45-11:45 am</p> <p>Fact or Fiction 2:45-3:45 pm</p>	<p>23</p> <p>Brain Foods 10:45-11:15 am</p> <p>Music Requests 12:45-1:15 pm</p>
<p>26</p> <p>Mindfulness 10:30-11:00 am</p> <p>Book Club 12:45-1:30 pm</p> <p>BINGO 2:45-3:45 pm</p>	<p>27</p> <p>OAG Art Talk 10:45-11:45 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>28</p> <p>Fun Facts 10:45-11:15 am</p> <p>Coffee Chat 12:45-1:15 pm</p> <p>Scottish Highlands 2:45-3:15 pm</p>	<p>29</p> <p>Canadian Trivia 10:45-11:15 am</p> <p>Gratitude Jar 2:45-3:15 pm</p>	<p>30</p> <p>Birthday Party 10:45-11:15 am</p> <p>Spiritual Space 12:45-1:15 pm</p>

To join any program dial: 343-600-7647

SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

MOTHER'S DAY CHAT

Friday, May 10 — 10:45-11:15 AM

We are celebrating all mothers, aunts, grandmothers, and any mother-figures in our lives - past or present. Join us for some reminiscing, trivia, jokes and a lovely chat.

Presenter: SCWW Team Member

5 W'S OF SCWW

Wednesday, May 15 — 2:45-3:15 PM

New to the program? Join us to get familiar with SCWW. Are you a SCWW veteran? Help us welcome new participants and provide tips & tricks for navigating the program. We will also share updates about the program and provide an opportunity for you to ask any questions you may have.

Presenter: Your SCWW Team

CELEBRATING INTERGENERATIONAL DAY

Friday, May 31 — 12:45-1:45 PM

The City of Ottawa has proclaimed 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, including TGC, to highlight, encourage and initiate activities that bring different generations together.

Presenter: Christine Franklin, iGenOttawa

VICTORIA DAY

Tues. May 21
10:45-11:15 AM

Did you know that Queen Victoria was a linguist? She spoke fluent English and German, and studied other languages, too, including French, Italian and Latin.

Later in life, she also learned the Indian language of Hindustani.

Join us as we take a look at various fun facts about the “Grandmother of Europe” and one of the longest reigning monarchs.

Presenter: SCWW Team Member

SCWW PLANNING COMMITTEE MEETING

Wed. June 5
2:45-3:15 PM

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

Presenter: Your SCWW Team

SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

FATHER'S DAY CHAT

Monday, June 17 — 12:45-1:15 PM

A duck walks into a bar and buys everyone a round. He tells the bartender, "Put it on my bill."

We are celebrating Father's Day with the best/worst "dad" jokes, trivia and more. We'll celebrate fathers, uncles, grandfathers, and any other father figures in our lives—past or present!

Presenter: SCWW Team Member

NATIONAL INDIGENOUS PEOPLES DAY

Tuesday, June 18 — 10:45-11:15 AM

The summer solstice is the longest day of the year and a day of spiritual significance for many people. It's also a day to celebrate Indigenous peoples and cultures! Indigenous Peoples Day is an opportunity for everyone to celebrate the cultural richness and contributions of First Nations, Inuit, and Métis peoples. It's a day for all Canadians, so let's share in the celebration!

Presenter: SCWW Team Member

CANADA DAY CELEBRATION

Tuesday, July 2 — 10:45-11:15 AM

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



PARIS 2024 SUMMER OLYMPICS

Tues. July 23
10:45-11:15 AM

The 33rd Summer Olympic Games will start on July 26th in Paris, France. Join us as we explore some of the history of the Summer Olympic Games, the events, and which Canadian athletes to keep track of these games.

Presenter: SCWW Team Member



CANADIAN CONNECTIONS

Fri. August 9
2:00-3:00 PM

Join us as we connect with Seniors' Centre Without Walls participants from across the country.

Presenter: SCWW Team Member

REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

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!

CANADIAN TRIVIA

Think you know everything about Canada? Test your knowledge with our all Canadian trivia.

FUN & MUSIC

JUST JOKING

They say that laughter is the best medicine, so join us for a 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

TO JOIN ANY PROGRAM DIAL: 343-600-7647

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 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 your fellow SCWW participants for half an hour of casual conversation.

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.

TV & MOVIE CHAT

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

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.

REMEMBER WHEN

Step back in time with this program dedicated to reminiscing, where you can engage in nostalgic reflections, sparking cherished memories and fostering connections.

REGULAR PROGRAMS

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.

SPIRITUAL SPACE

Offering a place for all faiths and religions to come together for reflection and prayer.

OLD TIME RADIO PLAYS

Sit back and listen to some comedy, drama or mystery radio plays from the past! Suggest your favourites!

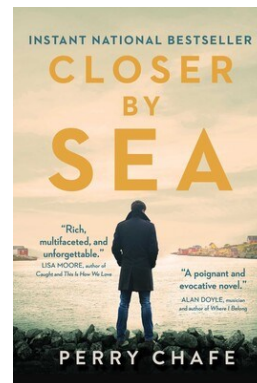
NEW

BOOK CLUB: *CLOSER BY SEA* BY PERRY CHAFE

We are thrilled to be introducing a much-requested book club! We will meet every second Monday where we will listen to half an hour of reading, followed by a few minutes of discussion. **The readings will be recorded in case you are unable to attend.**

Should you wish to read at your own pace, the book we have chosen for this term is available to borrow from the Ottawa Public Library at many locations, including the Bookmobile. We will conclude our Book Club on Monday, August 26th, so be sure to join us for final thoughts and discussion.

On a small, isolated island off the coast of Newfoundland in the nineties, a local girl goes missing. Twelve-year-old Pierce, who lost his father just three years prior, suspects a stranger to the island is involved in her disappearance. He and his friends are determined to find out more about the mysterious man, who is not what he seems. Part coming-of-age story, part literary mystery, and part suspense thriller, Closer by Sea is a page-turning and poignant novel about family, friendship, and a community; about death, grief, and renewal; about the survival of an industry, a people, and a way of life.



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.

REGULAR PROGRAMS

15-MINUTE BIOGRAPHIES

Friday, June 21



Murray Sinclair

Former member of the Canadian Senate and First Nations lawyer who served as chairman of the Indian Residential Schools Truth and Reconciliation Commission.



Tanya Tagaq

Inuk throat singer, songwriter, novelist, actor, and visual artist from Cambridge Bay, Nunavut.

Friday, August 9

Svend Robinson

First Member of Parliament in Canadian history to come out as gay while in office.



Billie Jean King

One of the greatest tennis players of all time and advocate for women in sports and LGBTQ2+ rights.



PODCAST CLUB ***NEW***

A podcast is an audio program, akin to a radio show, covering a wide range of topics from news and storytelling to interviews and educational content. We'll listen to a short episode of an engaging podcast and unpack its themes, ideas, and insights together. Get ready to listen, learn, and share your perspectives in a lively and thought-provoking discussion!

Friday, May 24: The Secret Life of Canada Podcast: The Secret Life of Statues

What do you have to do to get a statue in Canada? We put some of our most lauded historical figures on trial and deliberate their pros and cons. Who should be torn down and who should stay up?

Friday, July 12: History Daily Podcast: Geraldine Ferraro Becomes the First Woman to Run for US Vice President

July 12, 1984. US Democratic presidential candidate Walter Mondale puts forward Geraldine Ferraro as his running mate, making her the nation's first woman to run on a major party national ticket.

Volunteer With SCWW!

Seniors'
Centre
Without Walls
is looking for
volunteers to:

- Share a talent, hobby, or area of interest
- Share stories of your travels
- Help with research of programs

**Opportunities
are flexible!**

- In person, over the phone, or via the internet from home

For more
information,
contact:
Nikkie Snagg,
Volunteer
Coordinator
613-236-0428
x2230

SCWW BINGO PATTERNS

4 Corners

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		FREE		
●				●

Inside Square

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The Letter "T"

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The Letter "H"

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Plus Sign

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6-Pack

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Seniors' Centre Without Walls Program Registration Form May-August 2024

Name: _____ Date: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____ Alt. Phone: _____

Email: _____

Health and Wellness

- Mindfulness & Meditation
- Tick Talk
- Elder Abuse Awareness Day
- Should I Stay or Should I Go: What You Need to Know About Retirement Living
- International Day of Yoga
- Grief & Bereavement
- International Self-Care Day
- The Importance of Leisure as You Age & Hobby Exchange
- Advance Care Planning
- Brain Foods

Educational Series

- Master Gardeners of Ottawa: Lessons from my Garden
- Ottawa's Women on Ice
- Canada Aviation & Space Museum: RCAF
- Introduction to Buddhism
- Bees: A Honey of an Idea
- The Architecture of Mosques & Ottawa's First Mosque
- Cosmic Delights: Perseid Meteor Shower & Other Astronomical Phenomena

- Canadian Contributions to Science
- Capital Pride: The History & Significance of Pride

Art & Travel

- Storytelling with Marie
- OAG Art Talks
- Music Chat: The Hand That Rocks the Cradle
- Travelogue: Colombia
- Music Chat: Canadian Anthems
- Canadian Unsolved Mysteries
- Summer Concert with Trudy: On the Sunny Side of the Street
- Travelogue: Scottish Highlands

Special Events

- Mother's Day Chat
- 5 Ws of SCWW
- Intergenerational Day
- Victoria Day
- SCWW Planning Committee
- Father's Day Chat
- National Indigenous People's Day
- Canada Day Celebration
- Paris 2024 Summer Olympics
- Canadian Connections



Regular Programs

- Way with Words
- Finish the Line
- Trivia
- Fun Facts
- Categories
- Who, What, Where
- Fact or Fiction
- Canadian Trivia
- Just Joking
- BINGO
- Birthday Party
- Name that Tune
- Music Requests
- Monday Check-In
- Discussion Group
- Topic suggestions: _____

- Brain Teasers
- Table Topics
- Coffee Chat
- Current Affairs
- You Be The Judge
- TV & Movie Chat
- Sports Chat
- Gratitude Jar
- Recipe & Food Chat
- Remember When
- Short Stories
- Good News
- Old Time Radio Plays
- Spiritual Space
- 15-Minute Biographies
- Book Club
- Podcast Club

Notes/Questions/Suggestions for Future Programs or Presentations:

You may register at any time during the Program Guide term. Our main program registration occurs at the beginning of every term (see page 14 for dates).

Pick the best method for you:

Phone

613-236-0428 ext. 2323 or 2390

Mail

The Good Companions-SCWW
670 Albert St.
Ottawa, ON, K1R 6L2

Email

scww@thegoodcompanions.ca

*A friendly reminder to please notify us of any changes to your address or telephone number so that you continue to receive information and updates about SCWW. Thank you!

PARTICIPANTS' CORNER

WHAT WE ARE READING

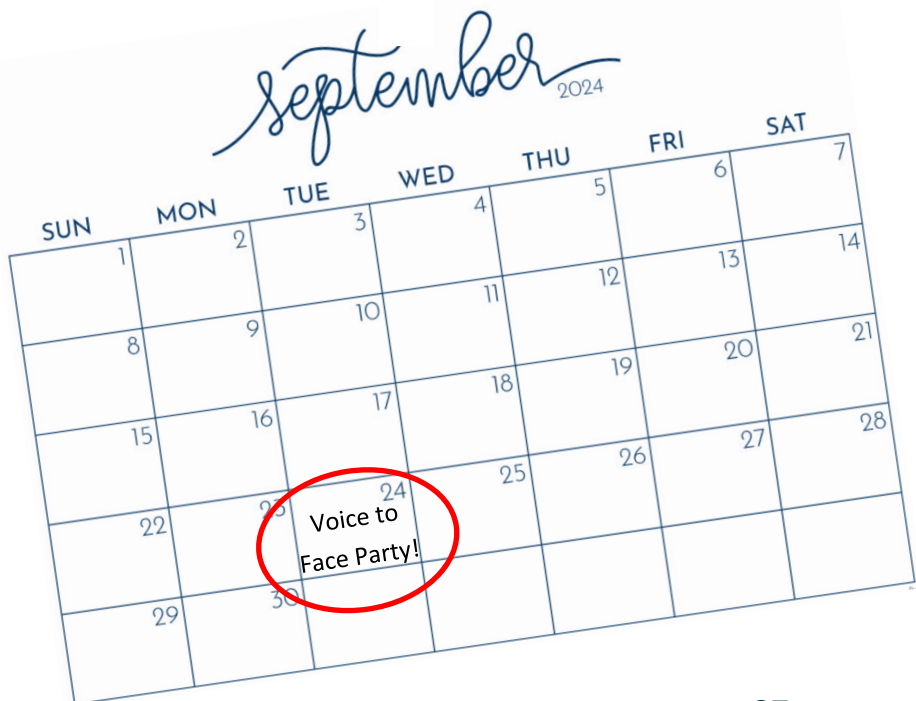
The Class by Ken Dryden
Worthy by Jada Pinkett Smith
Mr. Nobody by Catherine Steadman
A Killer in King's Cove by Iona Wishaw
Who Has Seen the Wind by W.O. Mitchell
The Rose Garden by Susanna Kearsley
Indian in the Cabinet by Jody Wilson Raybould

The Thursday Murder Club by Richard Osman
Pride and Prejudice and Zombies by Seth Grahame-Smith
The Confectionary Tale by Laura Madeline
Friends, Lovers and the Big Terrible Thing by Matthew Perry

WHAT WE ARE WATCHING

Murdoch Mysteries
The Good Doctor
When Calls the Heart

Will Trent
Tour de France
Women's Curling



Save the date for our
next **Voice to Face Party**
at **The Good Companions:**

Tuesday, September 24th

More information will
be provided in the
coming months.

We can't wait to see you!



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 7 days a week, 8am-10pm)

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 Prevention 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



Master Gardeners of
Ottawa-Carleton



The Historical Society
of Ottawa



OTTAWA BUDDHIST SOCIETY
Theravada Buddhism in Ottawa

iGenOttawa

