



# 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

## IN THIS ISSUE

SIMPLE CHAIR  
EXERCISES

WASTE REDUCTION

SCAMS & FRAUDS

VACCINE UPDATES

WEEKLY TRIVIA

BOOK CLUB

OTTAWA BUZZ

AND MORE!



Ontario



United Way  
East Ontario





# TABLE OF CONTENTS

SCWW FAQ & Info ..... p. 3

Health & Wellness  
Series ..... p. 5

Educational Series ..... p. 7

Arts & Travel..... p. 10

Calendars ..... p. 12

Special Events ..... p. 16

Regular Programs ..... p. 18

BINGO Patterns ..... p. 22

Participants' Corner..... p. 23

Useful Resources ..... p. 24

## **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 programs are 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 long are the programs?

Each session lasts between 30 and 60 minutes.

## 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 to 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 sign up for programs anytime during the Program Guide term. Our main program registration occurs at the beginning of every Program Guide term.

3. We will call you at the time of the program, or **you can call yourself into the program by dialing 343-600-7647 or 1-844-237-9847**

*\*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.

## 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.*

# 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**  
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**Alyssa Prajapat**  
SCWW Placement Student  
613-236-0428  
Ext. 4260

## A Message from Your Coordinator

As summer comes to a close, I find myself both wistful for the long, hot days and energized by the crispness of fall. With a new season comes a new program guide, and we are so excited about the next few months. We have several new programs on the schedule, and many informative presentations featuring great guest speakers.

I'd like to extend my gratitude and congratulations to Courtney, who completed her student placement in August and has fulfilled all the requirements for her Bachelor of Social Work. We're so thrilled that Courtney will be joining the SCWW team this fall!

You'll also hear a new voice on the phone as we welcome Alyssa Prajapat, a Social Work student from Carleton University.

Lastly, I'd like to thank all of you for your patience and understanding as we transitioned to a new conference calling platform, virtually overnight! Despite some initial challenges, we're quite pleased with how things have worked out and look forward to continuing to deliver the high-quality programs you value.

As always, your SCWW team is here for you. If you have any 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 a member of the SCWW team.



# HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Mindfulness & Meditation

Monday Mornings — 10:30-11:00 AM

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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*

## Navigating the Path Forward After Stroke: Programs and Services for Stroke Survivors

Friday, September 13 — 10:45-11:45 AM

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After Stroke is a personalized stroke recovery program, offered by March of Dimes Canada, that helps survivors and their families navigate the path forward after a stroke. In this presentation you will learn about the After Stroke suite of programs and services as well as other programs available at March of Dimes Canada.

**Presenter:** *Mara Manzato, Regional Manager, After Stroke, Eastern Ontario March of Dimes*

## Mind Your Brain Health

Monday, September 23 — 2:45-3:45 PM

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

Session goals include:

- Learn the lifestyle factors that help prevent dementia
- Set a brain health plan that helps prevent dementia
- Understand the differences between normal aging, MCI, and dementia
- Obtain information about DSORC services, website, and what to do after a diagnosis

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

# HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## The Importance of Foot Care for All Ages

Tuesday, October 15 — 10:45-11:45 AM

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Our feet carry us through life, and neglecting their care can lead to various issues, some of which may become serious if not addressed. Proper foot care helps prevent infections, reduces the risk of injury, and ensures overall mobility and comfort. We'll discuss: what to watch for, edema, cracked nails, signs of an ingrown toenail, what to ask your foot care nurse, and benefit coverage/taxable benefit. Let's discuss how we can better care for our feet and address any concerns you may have!

**Presenter:** *Lisa Garland, RPN FCN Ed, TiredSole Clinic*

## Dynacare Home Services

Thursday, October 17 — 2:45-3:45 PM

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We know life can be hectic. Learn how Dynacare provides "Home Care" services that are designed to make it more convenient for you to get the blood tests and health services you need. Join us to discover the full range of services Dynacare offers and learn how you can easily access the care you need from the comfort of your home.

**Presenter:** *Representative from Dynacare*

## Vaccine Updates

Tuesday, November 19 — 10:45-11:45 AM

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In this presentation, we will explore the latest updates on vaccines crucial for older adults, focusing on influenza, respiratory syncytial virus (RSV), and pneumonia. Attendees will gain insights into how these vaccines can enhance health and prevent complications in older populations.

**Presenter:** *Angel Deng, Clinical Pharmacist, Élisabeth Bruyère Hospital, Bruyère Continuing Care*

## Sleep & Well-Being for Older Adults

Wednesday, November 20 — 2:45-3:45 PM

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Join us for an insightful presentation on how sleep patterns change throughout the lifespan, with a special focus on the sleep disturbances affecting older adults. Discover the critical impact of sleep on daily life and learn practical strategies to improve sleep quality. Don't miss this opportunity to enhance your understanding of sleep and well-being!

**Presenter:** *Malika Lanthier, B.Sc., Doctoral Student in Clinical Psychology, Sleep Research Laboratory, University of Ottawa*

# HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Simple Chair Exercises

Wednesday, November 27 — 2:45-3:15 PM

Anna will lead us through some fun and simple chair exercises that you can do right at home. They will be exercises that are safe and helpful to build strength and improve flexibility for household tasks for seniors. All fitness levels are welcome!

**Presenter:** *Anna Ferdinand, Certified Group Fitness Instructor and Owner of Play! Joyful Fitness*

## Diabetes Education

Tuesday, December 3 — 10:45-11:45 AM

Join us for an educational workshop on diabetes. The diabetes team from Centretown Community Health Centre will be sharing more information on causes, symptoms and management tips to help optimize your well-being.

**Presenter:** *Centretown Community Health Centre*

*Do you have suggestions for future Health & Wellness Presentations?  
Let us know, we are always looking for new ideas!*

# EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Fall Final Garden Fling: Activities to Beautify, Nourish, and Protect your Garden

Thursday, September 12 — 2:45-3:45 PM

There is still beauty to enjoy in your fall garden. Join Master Gardener, Nancy McDonald, for a talk highlighting those important garden activities for September, October, and continuing until freeze up. Answer questions like: what to plant, store, move, and how much clean up should the gardener do when considering the beneficial overwintering insects? What and how to winter protect will also be discussed. These garden lessons and activities will improve your garden for 2025!

**Presenter:** *Nancy McDonald, Master Gardeners of Ottawa-Carleton*

# EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Holidays Without Credit

Thursday, September 19 — 2:45-3:45 PM

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The excitement of the holidays can be holistically rewarding and rejuvenating. Sadly, many people feel guilt, worry and exhaustion instead, as the expectations of a given holiday can feel very overwhelming. Expenses can pile up while people are being squeezed for time. With some planning, the stress can be reduced so that the holidays can actually be enjoyed doing things with those who really matter to you. This webinar will help you to identify:

- Your personal goals in terms of energy, time, friends, family, gifts and finances
- The obstacles that get in the way of your expectations
- The supports that are available to help you achieve your goals
- A plan to determine the cost and budget for your holiday plans
- A way to set reminders around your available time and to track your purchases

Minimize your holiday stress with a little planning so that you will have more time to spend with friends and family, while ensuring that your money is spent wisely.

**Presenter:** *Tina Fillion, Partnership & Education Specialist, Credit Counselling Society*

## Estate Planning & Power of Attorney

Tuesday, October 8 — 10:45-11:45 AM

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Join us to learn about estate planning and the importance of reviewing your affairs. We will talk about different aspects of estate planning, including wills, living wills, powers of attorney (for both financial matters and healthcare decisions) and choosing an executor (also known as an estate trustee). Your questions will be addressed along the way.

**Presenter:** *Heather Austin-Skaret, Partner, Mann Lawyers LLP*

## History of Classic Monster Movies

Tuesday, October 22 — 10:45-11:15 AM

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As Halloween approaches, many of us engage in a unique form of entertainment—watching scary monster movies! Let's explore the classics within this genre. From *Frankenstein* to *Godzilla* and from *Dracula* to *King Kong*, these monsters park our imaginations and keep us on the edge of our seats. Along with discussion, we'll do a classic monster quiz, cover some fun facts, and trivia questions. Grab some kettle corn, get cozy, and enjoy!

**Presenter:** *SCWW Team Member*



# EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Waste Reduction

Wednesday, October 23 — 2:45-3:45 PM

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The third week of October is Waste Reduction Week! Join us to learn about the City of Ottawa's waste diversion programs and ways to reduce the garbage heading to the landfill. With the new three-bag garbage limit beginning September 30, now is the perfect time to explore ways to reduce your waste and help make Ottawa cleaner.

**Presenter:** *Delta Reuben, Outreach & Communications Coordinator, Public Works Department, City of Ottawa*

## The Assassination of Thomas D'Arcy McGee

Thursday, November 21 — 10:45-11:45 AM

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In this presentation, we delve into the dramatic assassination of Thomas D'Arcy McGee, a pivotal figure in Canadian Confederation. We'll explore the political tensions and motivations behind the act, examine the subsequent investigation and trial, and consider McGee's legacy in shaping Canada's national identity. Join us for a compelling discussion on how this tragic event influenced Canadian history and politics.

**Presenter:** *James Powell, Historical Society of Ottawa*

## Scams and Frauds

Thursday, November 28 — 10:45-11:45 AM

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Join Stephanie Lemieux, a Centretown Community Police Officer, who will be presenting on the top scams that the Ottawa Police investigate most often. Find out what they are and how the scammers are doing them, in hopes of educating participants so that they do not fall victim to such fraudsters.

**Presenter:** *Constable Stephanie Lemieux, Ottawa Police Services*

## Holidays Around the World

Monday, December 9 — 2:45-3:15 PM

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There are so many different and wonderful holidays being celebrated in November and December. Together we will travel around the world and explore some of the traditions, customs and histories of these holidays.

**Presenter:** *SCWW Team Member*

# ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Storytelling Series with Marie

Sept. 16, Oct. 21, Nov. 18 & Dec. 16 — 2:45-3:15 PM

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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

October 29, November 26 & December 17 — 10:45-11:45 AM

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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 Roots of Big Band Swing

Tuesday, September 17 — 10:45-11:45 AM

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Back in the 1890's, there were primarily two styles of music flourishing in New Orleans: ragtime and blues. Each were distinctly American forms of music and ragtime would become America's most popular musical genre for the next quarter of a century. But tastes in popular music are constantly evolving, and this chat will explore how those ragtime and blues roots flowered with the Big Band Swing that became the most popular music of the 1930s and 1940s.

**Presenter:** *Brian McGurrin, Retired Librarian & Music Enthusiast*

## Front Page Ottawa

Wednesday, September 25 — 2:45-3:15 PM

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From the archives of the Ottawa Citizen, and the pen of senior writer Bruce Deachman, comes *Front Page Ottawa*. The book encapsulates a collection of Citizen stories going back to 1845, the year the newspaper published its first edition. Important stories, routine stories, bizarre stories —the Ottawa Citizen has covered them all. Join us as we read the most interesting headlines from Ottawa's history!

**Presenter:** *SCWW Team Member*

# ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Travelogue: Kauai, HI

**Tuesday, October 1 — 10:45-11:15 AM**

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Join us for an immersive journey to Kauai, the "Garden Isle" of Hawaii, where lush landscapes and stunning coastlines come to life. We'll explore the island's natural wonders, from its dramatic cliffs and verdant valleys to its tranquil beaches and cascading waterfalls. This presentation offers a vivid journey through Kauai's unique charm and highlights its breathtaking beauty.

**Presenter:** *SCWW Team Member*

## Music Chat: Songs & Stories of World War II

**Tuesday, November 12 — 10:45-11:45 AM**

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Despite the bloodshed, the Second World War was a defining event in Canadian history, where our military men and women "punched above their weight," transforming a country on the fringes of global affairs into a critical player in the 20th century's most important struggle. All major wars have memorable soundtracks that take us back to the way people thought and felt in those times, and we remember songs like *Praise the Lord and Pass the Ammunition*, *Comin' in on a Wing and a Prayer*, *I'll Never Smile Again*, etc. Of course, the events of WWII were too vast to be reduced to one hour of music, but let's make a beginning and see where the music takes us.

**Presenter:** *Brian McGurrin, Retired Librarian & Music Enthusiast*

## One Hit Wonders

**Tuesday, December 10 — 10:45-11:15 AM**

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The 1950s and '60s were a vibrant era in the history of popular music, marked by the rise of rock 'n' roll, the golden age of doo-wop, and the birth of the British Invasion. Amidst this dynamic musical landscape, numerous artists soared to fame with unforgettable hits only to fade from the spotlight just as quickly. Listen, learn, and discuss these one-hit wonders and the memories they evoke.

**Presenter:** *SCWW Team Member*

## Christmas Concert with George

















**Friday, December 13 — 10:45-11:45 AM**

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Come celebrate the holidays with your favorite phone crew with live music by George McNaule. Bring your music requests and dancing shoes!

**Presenter:** *George McNaule*

# SEPTEMBER 2024

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <b>2</b><br><b>Labour Day</b><br><b>No Programs Today</b>   | <b>3</b><br><br><br><b>Trivia</b><br>2:45-3:15 pm  | <b>4</b><br><b>Fun Facts</b><br>10:45-11:15 am   | <b>5</b><br><br><br><br>   | <b>6</b><br><b>Good News</b><br>10:45-11:15 am   |
| <b>Fall Program Registration Week</b>   |  |  |  |  |
| <b>9</b><br> <b>Mindfulness</b><br>10:30-11:00 am<br><br><b>Book Club</b><br>12:45-1:15 pm<br><br><b>Monday Check-In</b><br>2:45-3:15 pm   | <b>10</b><br><b>Way with Words</b><br>10:45-11:15 am<br><br><br><br><b>Trivia</b><br>2:45-3:15 pm  | <b>11</b><br><b>Fun Facts</b><br>10:45-11:15 am<br><br><b>Ottawa Buzz</b><br>12:45-1:15 pm<br><br><b>Who, What, Where</b><br>2:45-3:15 pm  | <b>12</b><br><b>Short Stories</b><br>10:45-11:15 am<br><br><br><br> <b>Master Gardeners: Preparing for Fall</b><br>2:45-3:45 pm      | <b>13</b><br> <b>Life After Stroke</b><br>10:45-11:45 am<br><br><b>Radio Plays</b><br>12:45-1:15 pm |
| <b>16</b><br> <b>Mindfulness</b><br>10:30-11:00 am<br><br><b>Book Club</b><br>12:45-1:30 pm<br><br> <b>Storytelling Series</b><br>2:45-3:15 pm     | <b>17</b><br> <b>Music Chat: Big Band Swing</b><br>10:45-11:45 am<br><br><br><br><b>Trivia</b><br>2:45-3:15 pm   | <b>18</b><br><b>Fun Facts</b><br>10:45-11:15 am<br><br><b>Coffee Chat</b><br>12:45-1:15 pm<br><br><b>Current Affairs</b><br>2:45-3:15 pm   | <b>19</b><br><b>BINGO</b><br>10:45-11:45 am<br><br><br><br> <b>Holidays Without Credit</b><br>2:45-3:45 pm                         | <b>20</b><br><b>Biographies</b><br>10:45-11:15 am<br><br><b>Name That Tune</b><br>12:45-1:15 pm  |
| <b>23</b><br> <b>Mindfulness</b><br>10:30-11:00 am<br><br><b>Book Club</b><br>12:45-1:30 pm<br><br> <b>Mind Your Brain Health</b><br>2:45-3:45 pm | <b>24</b><br><b>Voice to Face Party at The Good Companions!</b><br><br><br><br><b>No Programs Today</b>  | <b>25</b><br><b>Fun Facts</b><br>10:45-11:15 am<br><br><b>Coffee Chat</b><br>12:45-1:15 pm<br><br> <b>Front Page Ottawa</b><br>2:45-3:15 pm | <b>26</b><br> <b>National Day for Truth and Reconciliation</b><br>10:45-11:15 am<br><br><br><b>Fact or Fiction</b><br>2:45-3:15 pm | <b>27</b><br><b>Remember When</b><br>10:45-11:15 am<br><br><b>Music Requests</b><br>12:45-1:45 pm  |
| <b>30</b><br> <b>Mindfulness</b><br>10:30-11:00 am<br><br><b>Book Club</b><br>12:45-1:30 pm<br><br><b>BINGO</b><br>2:45-3:45 pm  |  <b>Health &amp; Wellness Series</b><br> <b>Educational Series</b><br> <b>Art &amp; Travel</b><br> <b>Special Events</b> |  |  |  |

**To join any program dial: 343-600-7647 or 1-844-237-9847**


















# OCTOBER 2024

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
|  | <b>1</b><br><b>Travelogue: Kauai</b><br>10:45-11:15 am<br><br><b>Trivia</b><br>2:45-3:15 pm          | <b>2</b><br><b>Fun Facts</b><br>10:45-11:15 am<br><br><b>Ottawa Buzz</b><br>12:45-1:15 pm<br><br><b>Who, What, Where</b><br>2:45-3:15 pm        | <b>3</b><br><b>Short Stories</b><br>10:45-11:15 am<br><br><b>Discussion Group</b><br>2:45-3:30 pm | <b>4</b><br><b>Good News</b><br>10:45-11:15 am<br><br><b>Radio Plays</b><br>12:45-1:15 pm          |
| <b>7</b><br><b>Mindfulness</b><br>10:30-11:00 am<br><br><b>Book Club</b><br>12:45-1:30 pm<br><br><b>Monday Check-In</b><br>2:45-3:15 pm      | <b>8</b><br><b>Estate Planning and POA</b><br>10:45-11:45 am<br><br><b>Trivia</b><br>2:45-3:15 pm    | <b>9</b><br><b>Fun Facts</b><br>10:45-11:15 am<br><br><b>Coffee Chat</b><br>12:45-1:15 pm<br><br><b>SCWW Planning Committee</b><br>2:45-3:15 pm | <b>10</b><br><b>Guess the Sound</b><br>10:45-11:15 am<br><br><b>Table Topics</b><br>2:45-3:15 pm  | <b>11</b><br><b>Gratitude Jar</b><br>10:45-11:15 am<br><br><b>Brain Teasers</b><br>12:45-1:15 pm   |
| <b>14</b><br><br><b>Thanksgiving</b><br><br><b>No Programs Today</b>   | <b>15</b><br><b>Foot Care</b><br>10:45-11:45 am<br><br><b>Trivia</b><br>2:45-3:15 pm                 | <b>16</b><br><b>Fun Facts</b><br>10:45-11:15 am<br><br><b>Coffee Chat</b><br>12:45-1:15 pm<br><br><b>Current Affairs</b><br>2:45-3:15 pm        | <b>17</b><br><b>BINGO</b><br>10:45-11:45 am<br><br><b>Dynacare Home Services</b><br>2:45-3:45 pm  | <b>18</b><br><b>Book Chat</b><br>10:45-11:15 am<br><br><b>Name That Tune</b><br>12:45-1:30 pm      |
| <b>21</b><br><b>Mindfulness</b><br>10:30-11:00 am<br><br><b>Book Club</b><br>12:45-1:30 pm<br><br><b>Storytelling Series</b><br>2:45-3:15 pm | <b>22</b><br><b>History of Monster Movies</b><br>10:45-11:15 am<br><br><b>Trivia</b><br>2:45-3:15 pm | <b>23</b><br><b>Fun Facts</b><br>10:45-11:15 am<br><br><b>Coffee Chat</b><br>12:45-1:15 pm<br><br><b>Waste Reduction</b><br>2:45-3:45 pm        | <b>24</b><br><b>Sports Chat</b><br>10:45-11:15 am<br><br><b>Fact or Fiction</b><br>2:45-3:15 pm   | <b>25</b><br><b>Birthday Party</b><br>10:45-11:15 am<br><br><b>Music Requests</b><br>12:45-1:45 pm |
| <b>28</b><br><b>Mindfulness</b><br>10:30-11:00 am<br><br><b>Book Club</b><br>12:45-1:30 pm<br><br><b>BINGO</b><br>2:45-3:45 pm               | <b>29</b><br><b>OAG Art Talk</b><br>10:45-11:45 am<br><br><b>Trivia</b><br>2:45-3:15 pm              | <b>30</b><br><b>Fun Facts</b><br>10:45-11:15 am<br><br><b>Coffee Chat</b><br>12:45-1:15 pm<br><br><b>Finish the Line</b><br>2:45-3:15 pm        | <b>31</b><br><b>Just Joking</b><br>10:45-11:15 am<br><br><b>Haunted Canada</b><br>2:45-3:15 pm    |  |

**To join any program dial: 343-600-7647 or 1-844-237-9847**





# NOVEMBER 2024

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| <p>  Health &amp; Wellness Series<br/>  Educational Series<br/>  Art &amp; Travel<br/>  Special Events                 </p> |   |   |  | <p><b>1</b></p> <p><b>Good News</b><br/>10:45-11:15 am</p> <p><b>Radio Plays</b><br/>12:45-1:15 pm</p>   |
| <p><b>4</b></p> <p> <b>Mindfulness</b><br/>10:30-11:00 am</p> <p><b>Book Club</b><br/>12:45-1:30 pm</p> <p><b>Monday Check-In</b><br/>2:45-3:15 pm</p>   | <p><b>5</b></p> <p><b>Way with Words</b><br/>10:45-11:15 am</p> <p><b>Trivia</b><br/>2:45-3:15 pm</p>   | <p><b>6</b></p> <p><b>Fun Facts</b><br/>10:45-11:15 am</p> <p><b>Ottawa Buzz</b><br/>12:45-1:15 pm</p> <p><b>Who, What, Where</b><br/>2:45-3:15 pm</p>  | <p><b>7</b></p> <p><b>Short Stories</b><br/>10:45-11:15 am</p> <p><b>Recipe &amp; Food Chat</b><br/>2:45-3:15 pm</p>   | <p><b>8</b></p> <p> <b>Remembrance Day</b><br/>10:45-11:30 am</p> <p> <b>Canadian Connections</b><br/>2:00-3:00 pm</p> |
| <p><b>11</b></p> <p><b>Remembrance Day</b></p> <p><b>No Programs Today</b></p>  | <p><b>12</b></p> <p> <b>Music Chat: Music of WWII</b><br/>10:45-11:45 am</p> <p><b>Trivia</b><br/>2:45-3:15 pm</p> | <p><b>13</b></p> <p><b>Fun Facts</b><br/>10:45-11:15 am</p> <p><b>Coffee Chat</b><br/>12:45-1:15 pm</p> <p><b>Current Affairs</b><br/>2:45-3:15 pm</p>  | <p><b>14</b></p> <p><b>BINGO</b><br/>10:45-11:45 am</p> <p><b>Categories</b><br/>2:45-3:15 pm</p>  | <p><b>15</b></p> <p><b>Biographies</b><br/>10:45-11:15 am</p> <p><b>Name That Tune</b><br/>12:45-1:15 pm</p>   |
| <p><b>18</b></p> <p> <b>Mindfulness</b><br/>10:30-11:00 am</p> <p><b>Book Club</b><br/>12:45-1:30 pm</p> <p> <b>Storytelling Series</b><br/>2:45-3:15 pm</p>  | <p><b>19</b></p> <p> <b>Vaccine Updates</b><br/>10:45-11:45 am</p> <p><b>Trivia</b><br/>2:45-3:15 pm</p>         | <p><b>20</b></p> <p><b>Fun Facts</b><br/>10:45-11:15 am</p> <p><b>Coffee Chat</b><br/>12:45-1:15 pm</p> <p> <b>Sleep &amp; Well-Being</b><br/>2:45-3:45 pm</p> | <p><b>21</b></p> <p> <b>Assassination of D'Arcy McGee</b><br/>10:45-11:45 am</p> <p><b>Fact or Fiction</b><br/>2:45-3:15 pm</p> | <p><b>22</b></p> <p><b>Crossword Puzzle</b><br/>10:45-11:15 am</p> <p><b>Music Requests</b><br/>12:45-1:45 pm</p>  |
| <p><b>25</b></p> <p> <b>Mindfulness</b><br/>10:30-11:00 am</p> <p><b>Book Club</b><br/>12:45-1:30 pm</p> <p><b>BINGO</b><br/>2:45-3:45 pm</p>  | <p><b>26</b></p> <p> <b>OAG Art Talk</b><br/>10:45-11:45 am</p> <p><b>Trivia</b><br/>2:45-3:15 pm</p>            | <p><b>27</b></p> <p><b>Fun Facts</b><br/>10:45-11:15 am</p> <p><b>Coffee Chat</b><br/>12:45-1:15 pm</p> <p> <b>Chair Exercise</b><br/>2:45-3:15 pm</p>         | <p><b>28</b></p> <p> <b>Scams &amp; Frauds</b><br/>10:45-11:45 am</p> <p><b>You Be the Judge</b><br/>2:45-3:15 pm</p>           | <p><b>29</b></p> <p><b>Remember When</b><br/>10:45-11:15 am</p> <p><b>Bazaar Set-Up—No Afternoon Program</b></p>   |

To join any program dial: **343-600-7647** or **1-844-237-9847**

# DECEMBER 2024

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
| <b>2</b><br> <b>Mindfulness</b><br>10:30-11:00 am<br><br><b>Book Club</b><br>12:45-1:30 pm<br><br><b>Monday Check-In</b><br>2:45-3:15 pm   | <b>3</b><br> <b>Diabetes Education</b><br>10:45-11:45 am<br><br><b>Trivia</b><br>2:45-3:15 pm | <b>4</b><br><b>Fun Facts</b><br>10:45-11:15 am<br><br><b>Ottawa Buzz</b><br>12:45-1:15 pm<br><br><b>Who, What, Where</b><br>2:45-3:15 pm   | <b>5</b><br><b>Short Stories</b><br>10:45-11:15 am<br><br><b>Discussion Group</b><br>2:45-3:15 pm | <b>6</b><br><b>Good News</b><br>10:45-11:15 am<br><br><b>Radio Plays</b><br>12:45-1:15 pm   |
| <b>9</b><br> <b>Mindfulness</b><br>10:30-11:00 am<br><br><b>Book Club</b><br>12:45-1:30 pm<br><br> <b>Holidays Around the World</b><br>2:45-3:15 pm | <b>10</b><br> <b>One Hit Wonders</b><br>10:45-11:15 am<br><br><b>Trivia</b><br>2:45-3:15 pm   | <b>11</b><br><b>Fun Facts</b><br>10:45-11:15 am<br><br><b>Coffee Chat</b><br>12:45-1:15 pm<br><br><b>Current Affairs</b><br>2:45-3:15 pm   | <b>12</b><br><b>BINGO</b><br>10:45-11:45 am<br><br><b>Table Topics</b><br>2:45-3:30 pm            | <b>13</b><br> <b>Christmas Concert with George</b><br>10:45-11:45 am<br><br><b>Name That Tune</b><br>12:45-1:15 pm |
| <b>16</b><br> <b>Mindfulness</b><br>10:30-11:00 am<br><br><b>Book Club</b><br>12:45-1:30 pm<br><br> <b>Storytelling Series</b><br>2:45-3:15 pm    | <b>17</b><br> <b>OAG Art Talk</b><br>10:45-11:45 am<br><br><b>Trivia</b><br>2:45-3:15 pm      | <b>18</b><br><b>Fun Facts</b><br>10:45-11:15 am<br><br><b>Coffee Chat</b><br>12:45-1:15 pm<br><br><b>Finish the Line</b><br>2:45-3:15 pm   | <b>19</b><br><b>Sports Chat</b><br>10:45-11:15 am<br><br><b>Fact or Fiction</b><br>2:45-3:15 pm   | <b>20</b><br><b>Birthday Party</b><br>10:45-11:15 am<br><br><b>Music Requests</b><br>12:45-1:45 pm  |
| <b>23</b><br> <b>Mindfulness</b><br>10:30-11:00 am<br><br><b>BINGO</b><br>*12:45-1:45 pm   | <b>24</b><br> <b>'Twas the Night Before Christmas</b><br>10:45-11:30 am                     | <b>25</b><br><br><p style="text-align: center;"><b>Centre Closed for the Holidays</b></p>  | <b>26</b><br><br><p style="text-align: center;"><b>Centre Closed for the Holidays</b></p>         | <b>27</b><br><br><p style="text-align: center;"><b>Centre Closed for the Holidays</b></p>   |
| <b>30</b><br><br><p style="text-align: center;"><b>Centre Closed for the Holidays</b></p>   | <b>31</b><br> <b>New Year's Eve Countdown</b><br>11:30 am-12:15 pm                          |  <b>Health &amp; Wellness Series</b><br> <b>Educational Series</b><br> <b>Art &amp; Travel</b><br> <b>Special Events</b> |   |   |

**To join any program dial: 343-600-7647 or 1-844-237-9847**

# SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Honouring the National Day for Truth & Reconciliation

Thursday, September 26 — 10:45-11:15 AM

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Each year, September 30 marks the National Day for Truth and Reconciliation. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process. You can join us in a safe space to learn more about the importance of this day and what steps are being taken on the path to reconciliation.

**Presenter:** *SCWW Team Member*

## SCWW Planning Committee

Wednesday, October 9 — 2:45-3:15 PM

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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*

## Haunted Canada

Thursday, October 31 — 2:45-3:15 PM

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From sea to shining sea, Canada is full of creepy and bone-chilling ghost stories. From ghost ships, to haunted mansions and unsolved mysteries—we will explore some of these spooky stories to kick off Halloween weekend.

**Presenter:** *SCWW Team Member*

## Remembrance Day Ceremony

Friday, November 8 — 10:45-11:30 AM

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Even from home, we can still gather on Remembrance Day. We will come together to honour the courage, valour and sacrifices of the heroes who have served—and continue to serve—Canada during times of war and conflict.

**Presenter:** *SCWW Team Member*

# SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Canadian Connections

Friday, November 8 — \*2:00-3:00 PM

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We are kicking off the holiday season by connecting with Seniors' Centre Without Walls participants from across the country. \*Please note the start time of this program\*.

**Presenter:** *SCWW Team Member*

## 'Twas the Night Before Christmas

Tuesday, December 24 — 10:45-11:30 AM

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*'Twas the day before Christmas, and on the SCWW Line,  
You could hear people chatting, having a grand ol' time.  
SCWW friends gathered together to laugh, chat and cheer,  
To wish each other Merry Christmas and Happy New Year!*

Join us for our annual Christmas Eve program. We will share some jokes, a little trivia and of course read the beloved poem *'Twas the Night Before Christmas*.

**Presenter:** *Your SCWW Team*

## New Year's Eve Countdown

Tuesday, December 31 — 11:30 AM-12:15 PM

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

**Presenter:** *SCWW Team Member*

**The Good Companions will be closed for the holidays from Tuesday, December 24th until Wednesday, January 1st inclusive.**

**No SCWW Programs will run except for December 24th and December 31st. Phone messages will not be checked during this time.**

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

# REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Trivia-Style Programs

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### 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 \_\_\_\_\_!” Fill in the blanks of famous quotes, expressions, song lyrics, movie titles and other categories.

### TIP-TOP TRIVIA

Researchers have found that memory loss can be improved simply by doing mental exercise every day. Give your brain a workout with our tip-top trivia questions.

### FUN FACTS

Explore and discover new and unusual facts from history to geography to interesting people and much more. Listen, learn and share!

### CATEGORIES

Name a type of flower, a hockey team, a brand of cereal! Work together as a group to see how many items in a category you can name.

### WHO, WHAT, WHERE

We have a list of clues pertaining to a person, place or thing—work as a group to figure out the answer.

### FACT OR FICTION

Think you can tell the difference between fact and fiction? What you think you know and the truth may surprise you!

### BRAIN TEASERS & RIDDLES

Who doesn't love brain teasers and challenging riddles? If you think you're a pro at solving tricky riddles, put yourself to the test and stretch your brain with us.

### CROSSWORD PUZZLE—NEW!

Join us for a fun and engaging group activity where we'll solve a crossword puzzle together. Collaborate with others to fill in the blanks and enjoy the camaraderie of working through clues as a team. \*Blank copies of the puzzle can be mailed to those who wish to complete it themselves.



# REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Conversational Programs

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### **MONDAY CHECK-IN**

A space to check-in with each other and just have a general chat after the weekend.

### **DISCUSSION GROUP**

Join this bi-monthly group where we will have a theme for discussion each session chosen from participant suggestions.

### **TABLE TOPICS**

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

### **COFFEE CHAT**

Come hangout with your fellow SCWW participants for half an hour of conversation.

### **CURRENT AFFAIRS**

Join us as we discuss events happening across Canada and around the world.

### **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**

Every other 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. Plus, share and ask for tips and tricks you use in the kitchen!

### **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.

### **OTTAWA BUZZ—NEW!**

Introducing this new monthly program where we will discuss local Ottawa news, as well as upcoming events happening around the city.

### **GOOD NEWS**

Join us for a bit of sunshine as we share positive and inspiring stories from home and from around the world.

# REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Fun & Music

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### JUST JOKING

Laughter really 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 22 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 REQUESTS

Have a favourite song you'd like to hear? Join us and listen to songs picked by you!

### 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!

### GUESS THE SOUND—**NEW!**

Engage in this fun and interactive challenge, and see how many sounds you can recognize while enjoying a lively competition with fellow participants.

## Sit Back and Relax Programs

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### SHORT STORIES

Enjoy as we immerse ourselves into the wonderful world of short stories from a variety of different genres.

### 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!

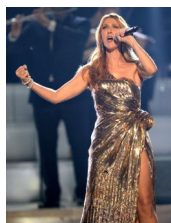
# REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

## Sit Back and Relax Programs

### 15-MINUTE BIOGRAPHIES

Friday, September 20



#### Celine Dion

French-Canadian singer and the best-selling Canadian recording artist of all time



#### Doris Day

American actress & singer and one of the top Hollywood stars of the 1950s and '60s

Friday, November 15

#### Air Marshal Billy Bishop

Canada's top flying ace of the First World War



#### Captain A. Roy Brown

Decorated Canadian First World War flying ace



### BOOK CLUB: *Miss Morgan's Book Brigade* by Janet Skeslien Charles

After a successful launch, we're thrilled to say the book club is here to stay! We will meet every 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. We will conclude our Book Club on Monday, December 16<sup>th</sup>, so be sure to join us for final thoughts and discussion.



*1918: As the Great War rages, Jessie Carson takes a leave of absence from the New York Public Library to work for the American Committee for Devastated France. Founded by millionaire Anne Morgan, this group of international women help rebuild devastated French communities just miles from the front. Upon arrival, Jessie strives to establish something that the French have never seen—children's libraries. She turns ambulances into bookmobiles and trains the first French female librarians. Then she disappears.*

*1987: When NYPL librarian and aspiring writer Wendy Peterson stumbles across a passing reference to Jessie Carson in the archives, she becomes consumed with learning her fate. In her obsessive research, she discovers that she and the elusive librarian have more in common than their work at New York's famed library, but she has no idea their paths will converge in surprising ways across time.*

*Based on the extraordinary little-known history of the women who received the Croix de Guerre medal for courage under fire, Miss Morgan's Book Brigade is a tribute to the resilience of the human spirit, the power of literature, and ultimately the courage it takes to make a change.*

# SCWW BINGO PATTERNS

## 4 Corners

|          |          |          |          |          |
|----------|----------|----------|----------|----------|
| <b>B</b> | <b>I</b> | <b>N</b> | <b>G</b> | <b>O</b> |
| ●        |          |          |          | ●        |
|          |          |          |          |          |
|          |          | FREE     |          |          |
|          |          |          |          |          |
| ●        |          |          |          | ●        |

## Inside Square

|          |          |          |          |          |
|----------|----------|----------|----------|----------|
| <b>B</b> | <b>I</b> | <b>N</b> | <b>G</b> | <b>O</b> |
|          |          |          |          |          |
|          | ●        | ●        | ●        |          |
|          | ●        | FREE     | ●        |          |
|          | ●        | ●        | ●        |          |
|          |          |          |          |          |

## Postage Stamp

|          |          |          |          |          |
|----------|----------|----------|----------|----------|
| <b>B</b> | <b>I</b> | <b>N</b> | <b>G</b> | <b>O</b> |
|          |          |          | ●        | ●        |
|          |          |          | ●        | ●        |
|          |          | FREE     |          |          |
|          |          |          |          |          |
|          |          |          |          |          |

## The Letter "T"

|          |          |          |          |          |
|----------|----------|----------|----------|----------|
| <b>B</b> | <b>I</b> | <b>N</b> | <b>G</b> | <b>O</b> |
| ●        | ●        | ●        | ●        | ●        |
|          |          | ●        |          |          |
|          |          | FREE     |          |          |
|          |          | ●        |          |          |
|          |          | ●        |          |          |

## The Letter "X"

|          |          |          |          |          |
|----------|----------|----------|----------|----------|
| <b>B</b> | <b>I</b> | <b>N</b> | <b>G</b> | <b>O</b> |
| ●        |          |          |          | ●        |
|          | ●        |          | ●        |          |
|          |          | FREE     |          |          |
|          | ●        |          | ●        |          |
| ●        |          |          |          | ●        |

## The Letter "L"

|          |          |          |          |          |
|----------|----------|----------|----------|----------|
| <b>B</b> | <b>I</b> | <b>N</b> | <b>G</b> | <b>O</b> |
| ●        |          |          |          |          |
| ●        |          |          |          |          |
| ●        |          | FREE     |          |          |
| ●        |          |          |          |          |
| ●        | ●        | ●        | ●        | ●        |

## The Letter "H"

|          |          |          |          |          |
|----------|----------|----------|----------|----------|
| <b>B</b> | <b>I</b> | <b>N</b> | <b>G</b> | <b>O</b> |
| ●        |          |          |          | ●        |
| ●        |          |          |          | ●        |
| ●        | ●        | FREE     | ●        | ●        |
| ●        |          |          |          | ●        |
| ●        |          |          |          | ●        |

## Plus Sign

|          |          |          |          |          |
|----------|----------|----------|----------|----------|
| <b>B</b> | <b>I</b> | <b>N</b> | <b>G</b> | <b>O</b> |
|          |          | ●        |          |          |
|          |          | ●        |          |          |
| ●        | ●        | FREE     | ●        | ●        |
|          |          | ●        |          |          |
|          |          | ●        |          |          |

## 6-Pack

|          |          |          |          |          |
|----------|----------|----------|----------|----------|
| <b>B</b> | <b>I</b> | <b>N</b> | <b>G</b> | <b>O</b> |
|          |          |          |          |          |
|          |          |          | ●        | ●        |
|          |          | FREE     | ●        | ●        |
|          |          |          | ●        | ●        |
|          |          |          |          |          |

# PARTICIPANTS' CORNER

## WHAT WE ARE WATCHING

Claim to Fame

Untold Stories of the ER

Death in Paradise

Sister Boniface Mysteries

Ghosts

Father Brown

Dirty Dancing

Summer Olympics



## WHAT WE ARE READING

*Lilac Girls* by Martha Hall Kelly

*Mythical Mufferaw* by Bernie Bedore

*Dragonflight Series* by Anne McCaffrey

*Wanderer of the Wasteland* by Zane Grey

*Book of Lost Names* by Kristin Harmel

*The Nightingale* by Kristin Hannah

*Daisy Darker* by Alice Feeney

*Ten Lost Years* by Barry Bradfoot

*Vinyl Café* by Stuart McLean

Anything by Pierre Berton

*Anne of Green Gables* by Lucy Maud Montgomery

## WHAT WE ARE COOKING: SUE'S SUGAR PIE

### Ingredients

2 eggs

1 can (300mL) sweetened condensed milk

1 cup real maple syrup

1 frozen pie shell

1/2 cup chopped pecans or walnuts (optional)

### Directions

Preheat oven to 425°F. In a medium bowl, beat the eggs. Stir in milk and maple syrup. Pour into pie shell and sprinkle nuts on top (if using). Bake for 10 minutes. Reduce heat to 350°F and bake for 15-20 minutes more (or until mixture is set).

Serve warm with vanilla ice cream or cold with whipping cream.



## 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 — 8-1-1**

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



**CENTRETOWN**  
Community Health Centre



**CENTRE DE SANTÉ**  
Communautaire du Centre-ville



**Mann**  
lawyers



**The iLe**  
**Royal**

**Bruyère** 



**Master Gardeners of  
Ottawa-Carleton**



**The Historical Society  
of Ottawa**

