



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

**MAY - AUGUST 2025
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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**CANADIAN HISTORY
SERIES**

**100 YEARS OF
OSCAR PETERSON**

BYTOWN MUSEUM

**SAVE THE DATE FOR
VOICE TO FACE 2025**

WEEKLY TRIVIA

BOOK CLUB

AND MORE!





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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 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 at **613-236-0428** or send an email to scww@thegoodcompanions.ca

How many programs can I register for?

As many as you like!

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.

Tips for a Successful Phone Call:

Let the Facilitator Lead

To reduce confusion on the phone, it is important to let the facilitator or guest speaker guide the conversation or activity.

Reduce Background Noise

Plan to be in a location with little to no background noise. Turn off anything that might make noise (TV or radio), and be aware that the facilitator may mute your line if there is too much background noise.

Be Mindful

Be mindful that everyone has a story, a background, and a different way of looking at the world.

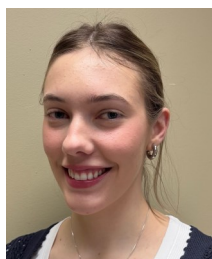
Meet the SCWW Team



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



Afua Okyere
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SCWW Program Assistant
613-236-0428
Ext. 2390



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A Message from Your Coordinator

After a long and snowy winter, we're excited to welcome the arrival of spring! The sun is shining, the birds are chirping, and we're pleased to share that our new program guide is now available. We have a variety of engaging presentations lined up over the next few months, including an 8-part Canadian history series that will extend into the fall. We'll also continue with our weekly Book Club, and we'd love for you to join us! Each week, we listen to a few chapters together, so there's no need to read the book on your own.

As many of you are aware, I'm eagerly anticipating the arrival of my second child this summer. While I will certainly miss being on the phone with you each week, I'm happy to leave you in the capable hands of Courtney DeFazio, whom many of you have gotten to know over the past year. I'm confident she will do a wonderful job during my time away.

A special thank you to Ray, our winter placement student, for her dedication and hard work over the past few months. We wish her all the best as she continues her studies towards her Bachelor of Social Work degree.

As always, your SCWW team is here for you. If you have any questions, concerns, topics you'd like to hear about, or simply 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

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: *Various*

Heathy Eating: Sodium & Iodine Consumption

Wednesday, May 21 — 2:45-3:45 PM

Join us for an informative session on sodium and iodine intake. This presentation will outline these two minerals and the benefits they have on our health, the recommended amount to consume per day, and how to maintain a healthy balance without sacrificing flavour and nutrition.

Presenter: *Jenni Beharry, Nutritionist BA, NNCP, Caven Nutrition Inc.*

The Fountain of Health

Thursday, June 5 — 2:45-3:15 PM

Join us for a presentation on *The Fountain of Health*, a national initiative founded by Dr. Keri-Leigh Cassidy at Dalhousie University. The initiative is focused on brain health and resilience. Learn about five key areas of well-being—physical activity, social connection, brain challenge, positive thinking, and mental health—and discover simple strategies to improve your overall health, boost longevity, and strengthen your brain.

Presenter: *SCWW Team Member*

Defy Dementia: Sleep Solutions for a Sharp Mind

Tuesday, June 17 — 10:45-11:45 AM

Join Dr. Allison Sekuler and Jay Ingram for an episode of the podcast *Defy Dementia* as they explore the link between sleep and dementia. Meet Mary Hynes, a retired teacher facing sleep struggles despite an active, brain-healthy lifestyle, and hear from Dr. Andrew Lim, a sleep expert, on how poor sleep can impact brain health and increase dementia risk. Tune in for practical strategies to keep your mind sharp.

Presenter: *Defy Dementia Podcast*

HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Grief and Bereavement

Tuesday, July 22 — 10:45-11:45 AM

Bereaved Families of Ontario (BFO) is a volunteer-based charity that provides peer support groups and bereavement education to anyone grieving a death. Their mission is to inspire hope and healing for those who are grieving, and their ongoing commitment at BFO Ottawa is to actively listen learn and lead by example. Join BFO to learn more about their services and initiatives.

Presenter: *Julia Churchill, Program Coordinator, Bereaved Families of Ontario*

Canadian Hearing Services

Thursday, July 24 — 10:45-11:45 AM

One in three Canadian adults experience hearing loss. Join Wendy Williamson-Scrim from Canadian Hearing Services (CHS) to learn about hearing loss and the services and products provided by CHS that support your hearing health.

Presenter: *Wendy Williamson-Scrim, Hearing Care Counsellor, Canadian Hearing Services*

Musculoskeletal Health and Aging

Tuesday, August 5 — 10:45-11:15 AM

Cheryl Witoski is a recently retired registered physiotherapist. In 1993, she established an ergonomics consulting company (Injury Prevention Plus) focusing on Ergonomics and Prevention of Musculoskeletal Pain at work. Learn about the impact of aging on bone, joint and overall musculoskeletal health, why regular movement and strength are so important as we age, and some simple tips for reducing pain and staying healthy.

Presenter: *Cheryl Witoski, Registered Physiotherapist*

Defy Dementia: The Why Behind Defy

Tuesday, August 12 — 10:45-11:45 AM

Podcast co-hosts Jay Ingram and Dr. Allison Sekuler dive into the groundbreaking findings from the latest Lancet Commission report, published in August 2024. Joined by lead author Dr. Gillian Livingston, they explore how nearly half of all dementia cases could be prevented by addressing key lifestyle factors. Discover the two new risk factors identified in the report, and gain practical insights on how you can take action today to protect your brain health.

Presenter: *Defy Dementia Podcast*

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Canadian History Series

May 23, June 27, July 25, August 22 — 12:45-1:30 PM

Over the next two terms, we will explore key eras in Canadian history through a series of engaging sessions. Here's what you can look forward to:

- May: Indigenous Peoples and Early Human Presence in Canada (Before 1600)
- June: The Age of French Exploration and the Emergence of British North America (Early 1600s-1763)
- July: British Control and the Emergence of British North America (1763-early 1800s)
- August: The Rebellions and the Path to Responsible Government (1830s-1840s)

Presenter: *SCWW Team Member*

The Great Lakes

Tuesday, May 20 — 10:45-11:15 AM

Travel with us for an exciting journey to the Great Lakes, where we'll explore the fascinating history of these five interconnected freshwater lakes. In this engaging and educational session, we'll dive into must-see sights, the legendary shipwrecks that dot the lakes, and even throw in a trivia question or two for fun!

Presenter: *SCWW Team Member*

Ottawa Valley Wild Bird Care Centre

Thursday, May 22 — 10:45-11:45 AM

The Ottawa Valley Wild Bird Care Centre is dedicated to caring for over 3,000 injured, sick, or orphaned wild birds each year, with the goal of rehabilitating and releasing them back into their natural habitats. Join Patty McLaughlin, the Centre's Education Program Manager, for an engaging discussion about the wild birds that the Centre cares for and how we can support wild birds in our own communities. The talk will feature fascinating rehabilitation stories, fun bird facts, and interactive games to enhance our birding knowledge. Bring your questions and curiosities about wild birds as we come together to celebrate these incredible creatures!

Presenter: *Patty McLaughlin, Education Program Manager, Ottawa Valley Wild Bird Care Centre*

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

What is a NORC?

Thursday, May 29 — 2:45-3:45 PM

A Naturally Occurring Retirement Community (NORC) is a geographic designation for an area that houses a high density of older adults. Learn the essential elements and social benefits of a NORC, and where you can find these communities in Ottawa.

Presenter: *Jennifer Brooks, Volunteer, Age Friendly Housing Committee & Lead for the NORC-SSP Working Group*

Funeral & Will Planning

Tuesday, June 3 — 10:45-11:45 AM

Zachary specializes in helping individuals make informed decisions for their future, providing peace of mind for them and their families. In this seminar, he will empower attendees to take control of their legacy with practical tools like Family Estate Planners, Legal Will Kits, POA info, and compassionate advice.

Presenter: *Zachary Giuliani, Funeral and Cemetery Pre-Planner, Arbor Memorial*

Understanding the 2SLGBTQIA+ Community: A Journey Through History and Identity

Thursday, June 26 — 2:45-3:45 PM

Join us for a welcoming and informative session that explores the rich history, identities, and experiences of the 2SLGBTQIA+ community. Learn what the acronym means, how queer communities have evolved over time, and what life has been like for 2SLGBTQIA+ seniors. This is a chance to deepen your understanding, ask questions, and connect through shared stories and respect.

Presenter: *Stephane Gauthier, 2SLGBTQIA+ Program Coordinator, The Good Companions Seniors' Centre*

Master Gardeners: Food Policy & Food Security

Wednesday, July 9 — 2:45-3:45 PM

Join Master Gardener, Rebecca Last, for a thought-provoking discussion on food security, sovereignty, and the role gardening and community can play in making healthy, affordable food more accessible. We'll explore topics like food safety, food deserts, and cultural food needs. Plus, share ideas on how gardening and community efforts can help address these challenges!

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

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

The History of Ice Cream

Monday, July 14 — 2:45-3:15 PM

*There was once a cone full of cream
That tasted like a pure frozen dream.
With chocolate and berry,
It was sweet, cold and merry,
A treat that made summer gleam!*

From its origins as a luxury enjoyed by royalty, to becoming a global favourite, ice cream has evolved into countless flavors and forms that never fail to satisfy. Join us to discuss the history behind this iconic sweet treat.

Presenter: *SCWW Team Member*

Building Bridges: How to Be an Ally to the 2SLGBTQIA+ Community

Thursday, August 7 — 2:45-3:45 PM

Being an ally means standing up, speaking out, and supporting others with empathy and kindness. In this session, we'll discuss practical ways to support 2SLGBTQIA+ individuals, especially in senior spaces. We'll talk about inclusive language, common misconceptions, and how small acts of support can make a big difference. No question is too small, just bring an open mind and a kind heart.

Presenter: *Stephane Gauthier, 2SLGBTQIA+ Program Coordinator, The Good Companions Seniors' Centre*

The Bytown Museum

Thursday, August 28 — 2:45-3:45 PM

This talk explores the evolution of Ottawa and the people who have called it home. Historical stories of the region reveal the major changes it has experienced and what remains constant, from the first inhabitants of the region and early days as Bytown, to present-day Ottawa.

Presenter: *SC Ruszala, Visitor and Community Engagement Manager, Bytown Museum*

ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Storytelling with Mary

May 12, June 16, July 21 & August 18 — 2:45-3:15 PM

For almost 20 years, Mary Wiggin has delighted audiences with her storytelling. She has been a frequent featured teller at the Ottawa StoryTellers' series at the National Arts Centre and Arts Court and at the Children's Storytelling Festival. Join us for half an hour of stories sure to make you laugh, think, and reflect.

Presenter: *Mary Wiggin, Professional Storyteller & Proud Grandmother*

OAG Art Talks

May 27, June 24, July 29 & August 26 — 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: *Haley Menard, Gallery Educator, Ottawa Art Gallery*

Music Chat: ABBA

Friday, May 30 — 10:45-11:45 AM

The story of ABBA is one of international success, and an enduring impact on the world of pop music. The harmonious blend of Agnetha, Björn, Benny, and Anni-Frid, coupled with their chart-topping achievements, solidified ABBA's place as one of the most successful bands in music history. Listen to some ABBA classics and dive into their story with this fun music chat, brought to you by Seniors Junction.

Presenter: *SCWW Team Member*

Ottawa Little Theatre

Thursday, June 19 — 2:45-3:45 PM

Jane Morris, a longtime Ottawa Little Theatre (OLT) actor and committee chair, will discuss the 112-year history of Canada's oldest continually running community theatre, and the roles that members take on in managing and presenting a nine-play season that requires approximately 300 volunteers each year. Topics will include archiving OLT's history, volunteer recruitment and season planning for the future.

Presenter: *Jane Morris, Actor, Communications Committee Chair, Ottawa Little Theatre*

ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Travelogue: Ethiopia

Thursday, July 10 — 10:45-11:45 AM

Join Monty for an inspiring journey through Ethiopia! See this incredible country through his eyes, from ancient rock-hewn churches to breathtaking highlands. Monty's passion for adventure brings Ethiopia's rich culture and history to life. You'll leave feeling enriched and eager to discover more. Don't miss it!

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

Summer Concert with George McNaule

Thursday, July 17 — 2:45-3:45 PM

Join George McNaule for a live performance! Sit back, relax, and enjoy a fun-filled afternoon of music — sing, dance, and soak in the summer vibes.

Presenter: *George McNaule*

Music Chat: A Parisian Refrain

Friday, July 25 — 10:45-11:45 AM

Picture yourself at the foot of the Eiffel Tower on a lovely sunny day. From the warm drinks and sweet treats of the nearby cafes to the artists painting along the Seine, the city is a feast for the sense. The music that swirls through the city of romance is no exception. Listen to songs that capture the magic of Paris, and discuss the memories and feelings they evoke.

Presenter: *SCWW Team Member*

Travelogue: Senegal

Tuesday, August 19 — 10:45-11:45 AM

Join Monty as he shares his first experiences in Senegal – from the vibrant capital of Dakar to the charming town of St. Louis. Hear about the beautiful beaches along the Atlantic coast, and discover his time in Cabo Verde, with its spectacular landscapes and unique culture.


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

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid blue; border-radius: 15px; padding: 10px; display: inline-block;"> <p><u>Saturday Programming:</u> Trivia Saturday, May 10 2:45-3:15 pm</p> </div>			<p>1</p>	<p>2 SCWW Calendar Presentation 10:45-11:15 am</p> <div style="border: 2px solid red; padding: 5px; text-align: center; margin-top: 10px;"> <p>Summer Program Registration</p> </div>
<p>5</p> <p>Monday Check-In 2:45-3:15 pm</p>	<p>6</p> <p>Way with Words 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>Ottawa Buzz 12:45-1:15 pm</p> <p>Who What Where 2:45-3:15 pm</p>	<p>8</p> <p>Short Stories 10:45-11:15 am</p> <p>Categories 2:45-3:15 pm</p>	<p>9</p> <p>Good News 10:45-11:15 am</p> <p>Radio Plays 12:45-1:15 pm</p>
<p>12</p> <p>Mindfulness 10:30-11:00 am</p> <p>Book Club 12:45-1:30 pm</p> <p>Storytelling 2:45-3:15 pm</p>	<p>13</p> <p>Dear Abby 10:45-11:15 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>You be the Judge 2:45-3:15 pm</p>	<p>15</p> <p>BINGO 10:45-11:45 am</p> <p>5-Minute Mysteries 2:45-3:15 pm</p>	<p>16</p> <p>Biographies 10:45-11:15 am</p> <p>Music Requests 12:45-1:45 pm</p>
<p>19</p> <p>Victoria Day</p> <p>No Programs Today</p>	<p>20</p> <p>The Great Lakes 10:45-11:15 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>21</p> <p>Fun Facts 10:45-11:15 am</p> <p>Current Affairs 12:45-1:15 pm</p> <p>Healthy Eating 2:45-3:45 pm</p>	<p>22</p> <p>Ottawa Valley Wild Bird Care Centre 10:45-11:45 am</p> <p>Fact or Fiction 2:45-3:15 pm</p>	<p>23</p> <p>Book Chat 10:45-11:15 am</p> <p>Canadian History Series 12:45-1:30 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>Name That Tune 2:45-3:15 pm</p>	<p>29</p> <p>Canadian Trivia 10:45-11:15 am</p> <p>What is a NORC? 2:45-3:45 pm</p>	<p>30</p> <p>Music Chat: ABBA 10:45-11:45 am</p> <p>Gratitude Jar 12:45-1:15 pm</p>

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

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm Monday Check-In 2:45-3:15 pm	3  Funeral & Will Planning 10:45-11:45 am Trivia 2:45-3:15 pm	4 Fun Facts 10:45-11:15 am Ottawa Buzz 12:45-1:15 pm Who What Where 2:45-3:15 pm	5 Short Stories 10:45-11:15 am  The Fountain of Health 2:45-3:15 pm	6 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
9  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm  Indigenous History Month 2:45-3:15 pm	10 TV & Movie Chat 10:45-11:15 am Trivia 2:45-3:15 pm	11 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm  SCWW Planning Committee 2:45-3:15 pm	12 BINGO 10:45-11:45 am Discussion Group 2:45-3:15 pm	13 Remember When 10:45-11:15 am Crossword Puzzle 12:45-1:15 pm
16  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm  Storytelling 2:45-3:15 pm	17  Defy Dementia 10:45-11:45 am Trivia 2:45-3:15 pm	18 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Finish the Line 2:45-3:15 pm	19 Sports Chat 10:45-11:15 am  Ottawa Little Theatre 2:45-3:45 pm	20 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
23  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm BINGO 2:45-3:45 pm	24  OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	25 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Name That Tune 2:45-3:15 pm	26 Canadian Trivia 10:45-11:15 am  2SLGBTQIA+ History 2:45-3:45 pm	27 Birthday Party 10:45-11:15 am  Canadian History Series 12:45-1:30 pm
30  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm  Canada Day Extravaganza 2:45-3:15 pm	<div style="display: flex; align-items: center; justify-content: space-around;"> <div style="text-align: left;">  Health & Wellness Series  Educational Series  Art & Travel  Special Events </div> <div style="border: 2px solid #00aaff; border-radius: 20px; padding: 10px; text-align: center;"> <p><u>Saturday Programming:</u> Fun Facts Saturday, June 14 2:45-3:15 pm</p> </div> </div>			

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

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Canada Day No Programs Today	2 Fun Facts 10:45-11:15 am Ottawa Buzz 12:45-1:15 pm Who What Where 2:45-3:15 pm	3 Short Stories 10:45-11:15 am Categories 2:45-3:15 pm	4 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
7 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm Monday Check-In 2:45-3:15 pm	8 Way With Words 10:45-11:15 am Trivia 2:45-3:15 pm	9 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Master Gardeners 2:45-3:45 pm	10 Travelogue: Ethiopia 10:45-11:45 am 5-Minute Mysteries 2:45-3:15 pm	11 Spiritual Space 10:45-11:15 am Guess the Sound 12:45-1:15 pm
14 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm History of Ice Cream 2:45-3:15 pm	15 Dear Abby 10:45-11:15 am Trivia 2:45-3:15 pm	16 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm You be the Judge 2:45-3:15 pm	17 BINGO 10:45-11:45 am Summer Concert with George 2:45-3:45 pm	18 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
21 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm Storytelling 2:45-3:15 pm	22 Grief and Bereavement 10:45-11:45 am Trivia 2:45-3:15 pm	23 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Sayings Unravalled 2:45-3:15 pm	24 Canadian Hearing Services 10:45-11:45 am Fact or Fiction 2:45-3:15 pm	25 Music Chat: A Parisian Refrain 10:45-11:45 am Canadian History Series 12:45-1:30 pm
28 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm BINGO 2:45-3:45 pm	29 OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	30 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Name That Tune 2:45-3:15 pm	31 Canadian Trivia 10:45-11:15 am Just Joking 2:45-3:15 pm	Notice Saturday programs will return in September.

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

August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Notice</p> <p>Saturday programs will return in September.</p>	<p> ■ Health & Wellness Series ■ Educational Series ■ Art & Travel ■ Special Events </p>			<p>1</p> <p>Good News 10:45-11:15 am</p> <p>Radio Plays 12:45-1:15 pm</p>
<p>4</p> <p>Civic Holiday</p> <p>No Programs Today</p>	<p>5</p> <p>■ Musculoskeletal Health & Aging 10:45-11:15 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>6</p> <p>Fun Facts 10:45-11:15 am</p> <p>Ottawa Buzz 12:45-1:15 pm</p> <p>Who, What, Where 2:45-3:15 pm</p>	<p>7</p> <p>Short Stories 10:45-11:15 am</p> <p>■ How to Be an Ally 2:45-3:45 pm</p>	<p>8</p> <p>Remember When 10:45-11:15 am</p> <p>■ Canadian Connections 2:00-3:00 pm</p>
<p>11</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>12</p> <p>■ Defy Dementia 10:45-11:45 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>13</p> <p>Fun Facts 10:45-11:15 am</p> <p>Coffee Chat 12:45-1:15 pm</p> <p>■ 100 Years of Oscar Peterson 2:45-3:15 pm</p>	<p>14</p> <p>BINGO 10:45-11:45 am</p> <p>Table Topics 2:45-3:30 pm</p>	<p>15</p> <p>Biographies 10:45-11:15 am</p> <p>Music Requests 12:45-1:45 pm</p>
<p>18</p> <p>■ Mindfulness 10:30-11:00 am</p> <p>Book Club 12:45-1:30 pm</p> <p>■ Storytelling 2:45-3:15 pm</p>	<p>19</p> <p>■ Travelogue: Senegal 10:45-11:45 am</p> <p>Trivia 2:45- 3:15 pm</p>	<p>20</p> <p>Fun Facts 10:45-11:15 am</p> <p>Current Affairs 12:45-1:15 pm</p> <p>Finish the Line 2:45-3:15 pm</p>	<p>21</p> <p>Sports Chat 10:45-11:15 am</p> <p>Brain Teasers & Riddles 2:45-3:15 pm</p>	<p>22</p> <p>Crossword Puzzle 10:45-11:15 am</p> <p>■ Canadian History Series 12:45-1:30 pm</p>
<p>25</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>26</p> <p>■ OAG Art Talk 10:45-11:45 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>27</p> <p>Fun Facts 10:45-11:15 am</p> <p>Coffee Chat 12:45-1:15 pm</p> <p>Name That Tune 2:45-3:15 pm</p>	<p>28</p> <p>Canadian Trivia 10:45-1:15 am</p> <p>■ Bytown Museum 2:45-3:45 pm</p>	<p>29</p> <p>Birthday Party 10:45-11:15 am</p> <p>Recipe & Food Chat 12:45-1:15 pm</p>

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

SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

SCWW Calendar Presentation

Friday, May 2 — 10:45-11:15 AM

Join us at the start of this term as we walk through the calendar together, introduce new programs, and ask any questions you may have about the upcoming term!

Presenter: *SCWW Team Member*

Indigenous History Month

Monday, June 9 — 2:45-3:15 PM

June is National Indigenous History Month! Join us as we celebrate Indigeneity, recognizing Indigenous peoples as the first inhabitants of this land. We'll discuss Indigenous ways of life, traditional practices, and community. Hear firsthand stories provided by the *Indigenous Peoples Atlas of Canada*.

Presenter: *SCWW Team Member*

SCWW Planning Committee

Wednesday, June 11 — 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*

Canada Day Extravaganza

Monday, June 30 — 2:45-3:15 PM

This Canada Day, celebrate with a smorgasbord of all your favourite programs – with a Canadian twist! Join us for an exciting extravaganza filled with Canadian-themed fun facts, trivia, name that tune, and who, what, where. It's a perfect way to honour our great country while having a blast!

Presenter: *SCWW Team Member*

Canadian Connections

Friday, August 8 — *2:00-3:00 PM

Join us as we connect with Seniors' Centre Without Walls participants from across the country. *Please note the start time of this program.

Presenter: *SCWW Team Member*

SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

100 Years of Oscar Peterson

Wednesday, August 13 — 2:45-3:15 PM

Born August 15th, 1925, Oscar Peterson is widely regarded as one of the greatest jazz pianists of all time. Let's come together to celebrate 100 years of the legendary Oscar Peterson and the enduring impact of his music. Join us as we honor his remarkable life and legacy and listen to some of his iconic pieces, including "C-Jam Blues," "Hymn to Freedom," and "Midnight Sun."

Presenter: SCWW Team Member

*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

TO JOIN ANY PROGRAM DIAL: 343-600-7647

BOOK CLUB: [How to Age Disgracefully](#) by Clare Pooley

We will meet every Monday to listen to 30-40 minutes of reading, followed by a few minutes of discussion. **The readings will be recorded in case you are unable to attend.** We will conclude our Book Club on Monday, August 25th, so be sure to join us for final thoughts and discussion.

*Where's the fun in aging gracefully?" said Daphne.
"Personally, I intend to age as disgracefully as possible."*

When Lydia takes a job running the Senior Citizens' Social Club three afternoons a week, she assumes she'll be spending her time drinking tea and playing gentle games of cards.

The members of the Social Club, however, are not at all what Lydia was expecting. From Art, a failed actor turned kleptomaniac to Daphne, who has been hiding from her dark past for decades, to Ruby, a Banksy-style knitter who gets revenge in yarn, these seniors look deceptively benign—but when age makes you invisible, secrets are so much easier to hide.

When the city council threatens to sell the doomed community center building, the members of the Social Club join forces with their tiny friends in the daycare next door to save the building.



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

Fill in the blanks of famous quotes, expressions, song lyrics, movie titles and other categories.

TIP-TOP TRIVIA

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

If you think you're a pro at solving tricky riddles, put yourself to the test and stretch your brain with us.

CROSSWORD PUZZLE

Collaborate with others to fill in the blanks and enjoy the camaraderie of working through clues as a team.

5-MINUTE MYSTERIES

Enjoy a captivating 5-minute mystery story and see if you can determine 'whodunit'!

SAYINGS UNRAVELLED — **NEW!**

Ever hear an expression and wonder where it came from? Join our new program as we explore common sayings and unravel the fascinating history behind them.

REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Conversational Programs

MONDAY CHECK-IN

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

DISCUSSION GROUP

Join this 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

Join us and our co-host Mike, 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

Join us to 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

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 and guess the 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. Hear all the facts, evaluate and discuss the ins and outs of the case, and deliver a verdict.

GUESS THE SOUND

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

DEAR ABBY

Join us as we read "Dear Abby" letters and offer our own unique advice on the situations presented.

Sit Back and Relax Programs

SHORT STORIES

Immerse yourself into the wonderful world of short stories from a variety of 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

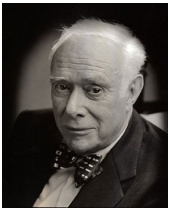
Sit Back and Relax Programs

15-MINUTE BIOGRAPHIES

Friday, May 16



Gordon Sinclair
Renowned Canadian journalist, writer, and commentator.



Pierre Berton
Canadian historian, writer, journalist and broadcaster.

Friday, July 18



Ernie Coombs
American-Canadian children's entertainer, known as Mr. Dressup.



Robert Munsch
Canadian best-selling children's book author and storyteller.

Friday, June 20

Lord and Lady Baden-Powell
First Chief Scout and First Chief Guide for The Boy Scouts Association.



Tom Thomson
Canadian artist, known for creating an enduring image of the Ontario North.



Friday, August 15

k.d. lang
Canadian pop and country singer-songwriter and performer.



Rufus Wainwright
Canadian and American singer, songwriter and composer.



Save the Date: Voice to Face Party

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

Tuesday, September 23, 2025

Join us for an exciting day and meet the friendly voices you hear on the phone everyday!

More information will be provided in the coming months.

SCWW BINGO PATTERNS

4 Corners

B	I	N	G	O
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		FREE		
●				●

Inside Square

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Postage Stamp

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The Letter "T"

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The Letter "X"

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The Letter "L"

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The Letter "H"

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Plus Sign

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6-Pack

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			●	●

WHAT WE ARE SINGING

Charley Pride - "Kiss an Angel Good Mornin'"

Nat King Cole - "Pretend"

Blue Rodeo - "Try"

Ray Price - "Make the World Go Away"

Cris Cuddy Acoustic Unit - "Sally's Waltz" (Live)

Jim Dorsey and his Orchestra - "Amapola"

Mel Carter - "Hold Me, Thrill Me, Kiss Me"

Heart - "Alone"

WHAT WE ARE READING

Jacqueline in Paris by Ann Mah

The Missus by E.L James

Unbroken by Laura Hillenbrand

Freedom by Angela Merkel

Maisie Dobbs series by Jacqueline

Winspear

Who We Are by Murray Sinclair

The Spare Heir: Biography of Prince

Harry by J.R. Moehringer

Irish Country series by Patrick Taylor

Value(s): Building a Better World for All

by Mark Carney

SCWW celebrated its 10th Anniversary in April! **Here's what people have to say about the program:**

"The telephone programming has connected me to others, brings me enjoyment, and offers me great opportunities to learn things in a fun way. Love the programs!"

"The topics are always diverse and interesting."

"It has made me aware of all the other people in the same circumstance as myself."

"I enjoy the ease of access - it's not as complicated as other apps. It's simple."

"I like that it gives everyone the chance to say everything they need to, people listen and the hosts make themselves available."

"It is both fun AND educational!"

"I live by myself and it's nice to have daytime contact and people to talk to; it's a bright space in the day."

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 3-1-1 — Ottawa information and client services (24/7). Just dial **3-1-1** on your phone.

HEALTH811 — 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.

WALK-IN COUNSELLING CLINIC — 613-755-2277

Provides free, immediate counselling services to individuals, couples, and families.

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**
24-hour crisis & support line for seniors. Open 7 days a week, 365 days a year.

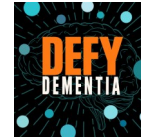
**Thank you to all of our
community partners,
supporters, and volunteers!**

OACAO

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

accesscss

Connect to Community Support Services



**OTTAWA
LITTLE
THEATRE**



Ottawa Valley
Wild Bird Care Centre



Arbor
Memorial



Master Gardeners of
Ottawa-Carleton



**CANADIAN™
HEARING
SERVICES**