



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

**SEPTEMBER - DECEMBER 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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**COMMUNITY FRIDGE
AND PANTRY**

**EVOLUTION OF
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WEEKLY TRIVIA

BOOK CLUB

AND MORE!



Ontario



**United Way
East Ontario**





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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



Courtney DeFazio
(she/her)

SCWW Coordinator
613-236-0428
Ext. 2323



Afua Okyere
(she/her)

SCWW Program Assistant
613-236-0428
Ext. 2390



Natalie Boros
(she/her)

SCWW Placement Student
613-236-0428
Ext. 4260

A Message from Your Coordinator

The season of vibrant colours, falling leaves, and crisp air is upon us. We are very pleased to be sharing our new program guide to keep us engaged and connected during these cozy days. There is a little something for everyone— whether you're in the mood to learn, listen, or simply enjoy a good conversation.

A special thank you to Emma, who has trusted and supported my transition into this role, and to Afua, who has been such a steady, encouraging, and helpful presence every day.

You will also be hearing a new voice on the phone as we welcome Natalie Boros, a Social Service Worker student from Algonquin College.

As we look forward to a new season together, we also want to pause and remember the members we've lost this past year. These individuals brought warmth, kindness, and joy to our program. We will remember them by their stories, their laughter, and the friendships we've formed. We will miss hearing their friendly voices on the phone with us each day. Please take a moment to remember our friends listed below.

As always, your SCWW team is just a phone call away. Whether you have any questions, concerns, topics you'd like to hear about, or simply want to chat, give us a call!

Courtney DeFazio
SCWW Coordinator

In Loving Memory



Martin Bickerstaffe
Gerry Chartrand
Diane Dent
Ann Diguer
Daphne Fletcher
Gordon Haig
John Kendall

Esther Klein
Harry Krehm
Frances Lake
Richard McIntyre
Harvey Nuelle
Janet Palmer
Judy St. James



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*

Mind Your Brain Health

Thursday, September 18 — 2:45-3:45 PM

Gain an overview of the brain, aging, mild cognitive impairment (MCI), and dementia. This session will also provide practical tips on healthy lifestyle choices that may help or delay some forms of dementia.

- Understand the differences between normal aging, MCI, and dementia
- Learn about lifestyle factors that support brain health and help reduce the risk of dementia
- Create a personal brain health plan
- Discover the services offered by the Dementia Society (DSORC), including resources, website information, and steps to take after a diagnosis

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

Lung Health Foundation

Thursday, September 25 — 10:45-11:45 AM

Join Marisa Oliveros for an informative session on the Lung Health Foundation. Learn about their history, the services they offer and how you can access them for better lung health. Bring your notes, questions, and curiosities!

Presenter: *Marisa Oliveros, Community Programs and Partnerships Lead, Lung Health Foundation*

HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

A Friendly Voice

Thursday, October 9 — 10:45-11:45 AM

A Friendly Voice is a free, confidential phone line for older adults 55 + in Ontario and the Atlantic Provinces seeking friendly conversation and human connection. No referrals, no waitlists, just warm, welcoming volunteers ready to brighten your day. Whether it's to pass the time, share a story, or simply connect with someone who cares, we're here to help reduce loneliness and isolation. A daily dose of connection is only a call away — 1-855-892-9992

Presenter: *Kelly Purdon, Outreach Coordinator, A Friendly Voice*

Long-Term Care 101

Tuesday, October 14 — 10:45-11:45 AM

Join Ted Cohen, Chief Executive Officer of Hillel Lodge, for an informative session on the fundamentals of long-term care. Learn what long-term care is, how homes operate, and some of the most common misconceptions.

Presenter: *Ted Cohen, Chief Executive Officer, Hillel Lodge*

Injury and Fall Prevention

Thursday, October 30 — 10:45-11:45 AM

Join us for a practical and engaging presentation on injury and fall prevention for older adults. Discover simple strategies to reduce everyday risks, improve safety at home and in the community, and support overall well-being. You will leave this presentation with helpful tips and tools to make daily life safer, more manageable, and more enjoyable.

Presenter: *Maombi Mwambutsa and Erica Kamikazi, Ottawa Public Health*

Death Doula: Reimagine the Way Our Community Faces Death and Dying

Thursday, November 27 — 10:45-11:45 AM

Through the intimate experience of accompanying and guiding a dear friend through illness and death, I will share insights into preparing for the end of life, facing its emotional and practical challenges, and recognizing the profound transformation that can unfold for the individual and for their community.

Presenter: *Debbie Charbonneau, Death Doula, Certified Archetypal Consultant*

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Canadian History Series

Sept. 11, Oct. 9, Nov. 13 & Dec. 11 — 2:45-3:30 PM

In this second part of our series, we will continue to explore key eras in Canadian history. Here's what you can look forward to:

- September: Confederation and the Birth of Modern Canada (1860s-1867)
- October: Expansion and Nation-Building in the Late 19th Century (1870s-1900s)
- November: Canada in the 20th Century — Wars, Politics, and Nationalism (1900-1945)
- December: Modern Canada — Multiculturalism, Rights, and Global Influence (1945-Present)

Presenter: *SCWW Team Member*

History of Lighthouses

Monday, September 22 — 2:45-3:15 PM

From ancient coastal bonfires to towering beacons of engineering, lighthouses have long stood as symbols of safety, innovation, and maritime heritage. This presentation will explore the fascinating evolution of lighthouses—from early beginnings as simple as navigational aids to the iconic, often romanticized structures we recognize today. Join us on a journey through history, architecture, and technology as we shed light on the enduring legacy of these coastal sentinels.

Presenter: *SCWW Team Member*

50 Years in Aviation

Thursday, October 2 — 2:45-3:45 PM

From working as an Aircraft Maintenance Engineer to serving as a Director of Maintenance, Frank Deluca brings decades of hands-on experience and insight. Hear stories from his time as a Training Officer with the Air Cadets, where he taught flight and winter survival. Plus, dive into his passion for amateur radio, radio equipment, and vehicle restoration. Join us for a lively chat filled with aviation, history, and plenty of great stories!

Presenter: *Frank Deluca, Retired Aircraft Engineer, and TGC Member + Volunteer*

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Innovations of Today

Wednesday, October 15 — 2:45-3:45 PM

From robots to medical breakthroughs, today's inventions are transforming the way we live. Join us for an engaging session as we explore some of the most exciting and interesting modern innovations and the impact they have on our world.

Presenter: *SCWW Team Member*

Chefs Day: Cooking with Frank

Thursday, October 23 — 10:45-11:15 AM

October 20th is International Chefs Day! Join Frank Bowie, Food Services Director at The Good Companions, for some cooking tips on simple and healthy eating. This is also a chance to thank Frank for the warm, fresh meals he's prepared for our Voice to Face parties each year, as he prepares to retire after 18 years of dedicated service!

Presenter: *Frank Bowie, Food Services Director, The Good Companions Seniors' Centre*

Community Fridge and Pantry

Thursday, November 6 — 2:45-3:45 PM

Ottawa Public Foods is a volunteer-driven community fridge and pantry dedicated to reducing food waste and increasing food access for residents in Centretown Ottawa. In this session, learn about the work they do and how you can access their services.

Presenter: *Susan Palmaj, Ottawa Public Foods*

Evolution of Christmas Movies

Monday, December 8 — 2:45-3:15 PM

Take a festive journey through the decades of Christmas films. We'll explore how Holiday films have reflected changing traditions, family dynamics, and festive spirit. Whether you're a fan of heartfelt classics or hilarious holiday comedies, this celebration of Christmas movies is sure to spark a little seasonal magic.

Presenter: *SCWW Team Member*

ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Storytelling with Mary

Sept. 15, Oct. 20, Nov. 17 & Dec. 15 — 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

Sept, 30, Oct. 28, Nov. 25 & Dec. 16 — 10:45-11:45 AM

Experience a taste of the local world of art with the Ottawa Art Gallery (OAG) and their monthly Art Talks. Join us for engaging conversations about the OAG's diverse exhibitions and collections, where our expert guide provides in-depth descriptions of artworks and the meaning behind them. Please join the conversation! Mail-outs of images will be provided to those who register in advance.

Presenter: *Representative from the Ottawa Art Gallery*

Music Chat: Dean Martin

Thursday, September 18 — 10:45-11:45 AM

Known as the "King of Cool," Dean Martin captivated audiences with his laid-back style, smooth vocals, and effortless charm. Martin's voice defined a generation of easy-listening hits and timeless classics. We'll listen to some of Dean Martin's most memorable songs, and discuss the relaxed, charismatic style that made him a standout star in music history.

Presenter: *SCWW Team Member*

Travelogue: North Island, New Zealand

Friday, October 24 — 12:45-1:30 PM

Take a relaxing and enriching journey through New Zealand's North Island — a cultural crossroads where ancient tradition meets modern life. This travelogue will dive deep into the island's living history, Māori heritage, geothermal marvels, and cosmopolitan cities.

Presenter: *SCWW Team Member*

ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Music Chat: Frank Sinatra

Thursday, November 20 — 10:45-11:45 AM

Nicknamed “Ol’ Blue Eyes,” Frank Sinatra remains one of the most iconic entertainers of the 20th century. Known for his smooth baritone voice, impeccable phrasing, and timeless charm, Sinatra helped shape American popular music. Join us for a relaxed chat as we listen to some of his greatest hits and explore the unique style and vocal magic that made him a legend.

Presenter: *SCWW Team Member*

Christmas Concert with George

Thursday, December 18 — 10:45-11:45 AM

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

Presenter: *George McNaule*

***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.***

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.

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labour Day No Programs Today	2 Fall Program Registration Week Trivia 2:45-3:15 pm	3	4 Short Stories 10:45-11:15 am	5 SCWW Calendar Presentation 10:45-11:15 am
8 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm Monday Check-In 2:45-3:15 pm	9 Way With Words 10:45-11:15 am Trivia 2:45-3:15 pm	10 Fun Facts 10:45-11:15 am Ottawa Buzz 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	11 BINGO 10:45-11:45 am Canadian History Series 2:45-3:30 pm	12 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
15 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm Storytelling 2:45-3:15 pm	16 Dear Abby 10:45 - 11:15 am Trivia 2:45-3:15 pm	17 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm You be the Judge 2:45-3:15 pm	18 Music Chat: Dean Martin 10:45-11:45 am Mind Your Brain Health 2:45-3:45 pm	19 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
22 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm History of Lighthouses 2:45-3:15 pm	23 Voice to Face No Programs Today	24 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Name That Tune 2:45-3:15 pm	25 Lung Health Foundation 10:45-11:15 am Fact or Fiction 2:45-3:15 pm	26 Birthday Party 10:45-11:15 am Book Chat 12:45-1:15 pm
29 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm BINGO 2:45-3:45 pm	30 OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	Saturday Programming: Trivia Saturday, September 13 2:45-3:15 PM		

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

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Saturday Programming: Fun Facts Saturday, October 4 2:45-3:15 PM		1 Fun Facts 10:45-11:15 am Ottawa Buzz 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	2 Short Stories 10:45-11:15 am 50 Years in Aviation 2:45-3:45 pm	3 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
6 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm Monday Check-In 2:45-3:15 pm	7 5-Minute Mysteries 10:45-11:15 am Trivia 2:45-3:15 pm	8 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Finish the Line 2:45-3:15 pm	9 A Friendly Voice 10:45-11:45 am Canadian History Series 2:45-3:30 pm	10 Remember When 10:45-11:15 am Crossword Puzzle 12:45-1:15 pm
13 Thanksgiving No Programs Today	14 Long-Term Care 101 10:45-11:45 am Trivia 2:45-3:15 pm	15 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Innovations of Today 2:45-3:15 pm	16 BINGO 10:45-11:45 am Sports Chat 2:45-3:15 pm	17 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
20 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm Storytelling 2:45-3:15 pm	21 Categories 10:45-11:15 am Trivia 2:45-3:15 pm	22 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm SCWW Planning Committee 2:45-3:15 pm	23 Cooking with Frank 10:45-11:15 am Discussion Group 2:45-3:15 pm	24 Spiritual Space 10:45-11:15 am Travelogue: North Island 12:45-1:30 pm
27 Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm BINGO 2:45-3:45 pm	28 OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	29 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Name That Tune 2:45-3:15 pm	30 Injury + Fall Prevention 10:45-11:45 am Just Joking 2:45-3:15 pm	31 Gratitude Jar 10:45-11:15 am Canadian Ghost Stories 12:45-1:15 pm

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

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm Monday Check-In 2:45-3:15 pm	4 Way With Words 10:45-11:15 am Trivia 2:45-3:15 pm	5 Fun Facts 10:45-11:15 am Ottawa Buzz 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	6 Short Stories 10:45-11:15 am  Community Fridge + Pantry 2:45-3:45 pm	7 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
10  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm  Remembrance Day Ceremony 2:45-3:15 pm	11 Remembrance Day No Programs Today	12 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Sayings Unravelling 2:45-3:15 pm	13 BINGO 10:45-11:45 am  Canadian History Series 2:45-3:30 pm	14 Recipe + Food Chat 10:45-11:15 am  Canadian Connections *2:00-3:00 pm
17  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm  Storytelling 2:45-3:15 pm	18 Dear Abby 10:45 - 11:15 am Trivia 2:45-3:15 pm	19 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm You be the Judge 2:45-3:15 pm	20  Music Chat: Frank Sinatra 10:45-11:45 am Brain Teasers & Riddles 2:45-3:15 pm	21 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
24  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm BINGO 2:45-3:45 pm	25  OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	26 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Name That Tune 2:45-3:15 pm	27  Death Doula 10:45-11:45 am Fact or Fiction 2:45-3:15 pm	28 Birthday Party 10:45-11:15 am Bazaar Set-Up No Afternoon Program

-  Health & Wellness Series
-  Educational Series
-  Art & Travel
-  Special Events

Saturday Programming:
Who, What, Where
Saturday, November 15
2:45-3:15 PM

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

December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm Monday Check-In 2:45-3:15 pm	2 TV + Movie Chat 10:45 - 11:15 am Trivia 2:45-3:15 pm	3 Fun Facts 10:45-11:15 am Ottawa Buzz 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	4 Short Stories 10:45-11:15 am Table Topics 2:45-3:15 pm	5 Good News 10:45-11:15 am Radio Plays *12:30-1:00 pm
8  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm  Evolution of Christmas Movies 2:45-3:15 pm	9 5-Minute Mysteries 10:45-11:15 am Trivia 2:45-3:15 pm	10 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Finish the Line 2:45-3:15 pm	11 BINGO 10:45-11:45 am  Canadian History Series 2:45-3:30 pm	12 Remember When 10:45-11:15 am Crossword Puzzle 12:45-1:15 pm
15  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm  Storytelling 2:45-3:15 pm	16  OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	17 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Name That Tune 2:45-3:15 pm	18  Christmas Concert with George 10:45-11:45 am Sports Chat 2:45-3:15 pm	19 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
22  Mindfulness 10:30-11:00 am Book Club 12:45-1:30 pm BINGO 2:45-3:45 pm	23 Categories 10:45-11:15 am Trivia *12:45-1:15 pm	24  'Twas the Night Before Christmas 10:45-11:30 am	25 Centre Closed for the Holidays	26 Centre Closed for the Holidays
29 Centre Closed for the Holidays	30 Centre Closed for the Holidays	31  New Year's Eve Countdown 11:30 am-12:15 pm	Saturday Programming: Name That Tune Saturday, December 13 2:45-3:15 PM	

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, September 5 — 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*

SCWW Planning Committee

Wednesday, October 22 — 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*

Canadian Ghost Stories

Friday, October 31 — 12:45-1:15 PM

Canada's rich and colourful history has given rise to a wealth of spine-tingling stories of the supernatural. These tales of fright-filled folklore span the entire country. Join us as we read from Barbara Smith's captivating collection of *Canadian Ghost Stories*, sharing legends that have been whispered through generations. Bring your scariest ghost story to share!

Presenter: *SCWW Team Member*

Remembrance Day Ceremony

Monday, November 10 — 2:45-3:15 PM

Even from home we can still gather for 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 14 — *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

'Twas the Night Before Christmas

Wednesday, December 24 — 10:45-11:30 AM

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

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

Presenter: SCWW Team Member

New Years Eve Countdown

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

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

Presenter: SCWW Team Member

The Good Companions will be closed for the holidays from Wednesday, December 24th through Thursday, January 1st. We will reopen on Friday, January 2nd.

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

BOOK CLUB: *Finding Flora* by Elinor Florence

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, December 22nd, so be sure to join us for final thoughts and discussion.

A rollicking historical novel set in turn-of-the-century Alberta about a young woman on the run from her abusive husband who uses a legal loophole to claim a homestead in the Wild West.

Scottish newcomer Flora Craigie jumps from a moving train in 1905 to escape her abusive husband. Desperate to disappear, she claims a homestead on the beautiful but wild Alberta prairie, determined to create a new life for herself. She is astonished to find that her nearest neighbours are also female: a Welsh widow with three children; two American women raising chickens; and a Métis woman who supports herself by training wild horses.



While battling both the brutal environment and the local cynicism toward female farmers, the five women with their very different backgrounds struggle to find common ground. But when their homes are threatened with expropriation by a hostile government, they join forces to “fire the heather,” a Scottish term meaning to raise a ruckus. To complicate matters, there are signs that Flora’s violent husband is still hunting for her. And as the competition for free land along the new Canadian Pacific Railway line heats up, an unscrupulous land agent threatens not only Flora’s livelihood, but her very existence.

Book Club Discussion Questions

- How do you think the residents of Ladyville, including the children, changed and evolved during the course of their adventures?
- How well did the author blend historical fact and fiction in this book? Did you find the book accurate and authentic? Did you learn something new about the time and place in which it is set?
- What do you think happened to the characters after the book concluded? Were you surprised by the ending?

REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Trivia-Style Programs

WAY WITH WORDS

Test your vocabulary with 30 minutes of word games! These games will include rhyming words, or finding answers that begin with, end with, or contain a particular set of letters.

FINISH THE LINE

“There is no time like the _____!” 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.

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

Collaborate with others to fill in the blanks and enjoy the camaraderie of working through clues as a team. If you wish to receive a blank copy of the puzzle, you must register in advance.

5-MINUTE MYSTERIES

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

SAYINGS UNRAVELLED

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

FUN FACTS

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

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.

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, September 19



Howie Meeker

NHL star and influential commentator on *Hockey Night in Canada*



Angela James

Canadian athlete known as the first superstar of women's hockey

Friday, October 17



Julie Andrews

English motion-picture, stage, and musical star noted for her crystalline four-octave voice



Dick Van Dyke

Actor, entertainer and Comedian, best known for *The Dick Van Dyke Show*

Friday, November 21



David Suzuki

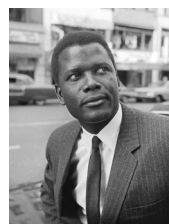
Canadian environmental activist, science broadcaster, and geneticist



Viola Desmond

Civil libertarian known for her acts of defiance against racial segregation in Canada

Friday, December 19



Sidney Poitier

First Black and Bahamian actor to win the Academy Award for Best Actor



Harry Belafonte

Singer, actor, and activist who popularized calypso music

Reminder: Voice to Face Party

Our annual Voice to Face Party is coming up on
Tuesday, September 23, 2025 at The Good Companions Seniors' Centre!

Please RSVP by September 9 via 613-236-0428 ext. 2323 or
scww@thegoodcompanions.ca

Come celebrate, connect, and share some laughs!

SCWW BINGO PATTERNS

4 Corners

B I N G O				
●				●
		FREE		
●				●

Inside Square

B I N G O				
	●	●	●	
	●	FREE	●	
	●	●	●	

Postage Stamp

B I N G O				
			●	●
			●	●
		FREE		

The Letter "T"

B I N G O				
●	●	●	●	●
		●		
		FREE		
		●		
		●		

The Letter "X"

B I N G O				
●				●
	●		●	
		FREE		
	●		●	
●				●

The Letter "L"

B I N G O				
●				
●				
●		FREE		
●				
●	●	●	●	●

The Letter "H"

B I N G O				
●				●
●				●
●	●	FREE	●	●
●				●
●				●

Plus Sign

B I N G O				
		●		
		●		
●	●	FREE	●	●
		●		
		●		

6-Pack

B I N G O				
			●	●
		FREE	●	●
			●	●

PARTICIPANTS' CORNER

WHAT WE ARE WATCHING

Sullivan's Crossing (2023)

The Odd Couple (1968)

America's Got Talent (2006)

Trouble in Paradise (1932)

Ghost (1990)

The Defiant Ones (1958)

FBI (2018)

How the West Was Won (1962)

WHAT WE ARE READING

To Kill a Mockingbird by Harper Lee

The River We Remember by William Kent Kreuger

Flowers for Algernon by Daniel Keyes

The Silmarillion by J.R.R Tolkien

William Monk Series by Anne Perry

The Scarlet Pimpernel by Baroness Orczy

Foul Ball! Five Years in the American League by Allison Gordon

Mr. Churchill's Secretary by Susan Elia MacNeal

Any book of Terry C. Johnston

George VI and Elizabeth: The Marriage That Saved the Monarchy by Sally Bedell Smith

WHAT WE ARE REMINISCING

Drive-in movie nights

Hand-cranking the car's engine

Reading *The Hardy Boys* and *Bobbsey Twins*

Hand-me-downs

Old cars with vinyl roofs

Good old-fashioned pranks

Milk deliveries in glass bottles with cream at the top

Rotary phones with long cords

Writing letters by hand and waiting for a reply

Playing outside for hours unsupervised

Mom's cooking

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

