



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

**JANUARY - APRIL 2026
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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BONE HEALTH 101

**BODY-LED BRAIN
CARE**

**THE HISTORY OF
MAPLE SYRUP**

**ONTARIO HEALTH
ATHOME**

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



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(she/her)

SCWW Program Assistant
613-236-0428
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SCWW Placement Student
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A Message from Your Coordinator

Winter has come once again. As the days grow shorter and the nights longer, the winter chill makes home feel a little warmer and community even more meaningful. We're excited to share a great lineup of programs to keep you feeling connected and supported in the new year!

You'll notice a few changes in this calendar. Saturday programs will now begin at 10:45 am. We're also bringing back Canadian Trivia once a month, and keep an eye out for a few bonus Bingo sessions!

I want to remind everyone that this program is a safe space for participants, volunteers, and staff alike. We have a zero-tolerance policy for any form of discrimination, and I encourage you to read the Respectful Conduct Policy below.

On a lighter note, it has been a busy few months for our team, and we want to extend a warm welcome to all of our new participants. Thank you for taking the leap to try something new. We also want to thank our long-time participants for always being such a welcoming and supportive group whenever someone new joins the line.

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!

Courtney DeFazio
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.

We have zero tolerance for violations of this Conduct Policy. Failure to follow these guidelines may result in your removal from the program.

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*

Tips for a Safer Winter

Friday, January 23 — 12:45-1:15 PM

Join us for a practical and encouraging session on staying warm, healthy, and comfortable through the harsh winter season. We'll cover simple tips for keeping warm, staying hydrated, and adding extra insulation and safety to your daily routine. Bring your own best winter survival tips to share with the group!

Presenter: *SCWW Team Member*

Defy Dementia — Brain Health for Caregivers

Thursday, January 29 — 10:45-11:30 AM

NEW DATE

With half of Canadians expected to become caregivers, this podcast episode explores how caregiving affects brain health. Dr. Ho Yu explains the factors that raise caregivers' dementia risk, and Katie Brandt shares her experience caring for both her husband and father, offering practical guidance for caregivers at any stage. Don't miss this episode for essential insights to help defy dementia.

Presenter: *Defy Dementia Podcast, Baycrest Health Sciences*

Bone Health 101

Tuesday, February 10 — 10:45-11:45 AM

NEW DATE

Did you know that at least 1 in 3 women and 1 in 5 men will experience an osteoporotic fracture in their lifetime? This presentation offers a clear overview of osteoporosis and discusses practical ways to reduce your fracture risk. This session is presented by Esther Becker, a volunteer educator with Osteoporosis Canada and retired federal public servant with a Ph.D. in educational psychology, who has lived with osteoporosis for nearly 25 years and remains active through exercise, hiking, kayaking, and exploring Canada.

Presenter: *Esther Becker, Volunteer Educator, Osteoporosis Canada*

HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Hospice & Palliative Care

Thursday, February 26 — 10:45-11:45 AM

Hospice Care Ottawa is a charitable organization that offers free palliative and end-of-life programs and services. This presentation will offer an overview of hospice and palliative care, and the supports available through Hospice Care Ottawa. Join us to learn how hospice teams bring comfort, guidance, and dignity to individuals and families throughout this journey.

Presenter: *Taylor Mueller, Director, Fund Development & Communications, Hospice Care Ottawa*

Elder Abuse Prevention Ontario

Tuesday, March 17 — 10:45-11:45 AM

Elder Abuse Prevention Ontario is the provincially recognized leader in elder abuse prevention, offering education, training, resources, and information on the increasingly complex issues facing older adults. Join Mary Shkoury for an informative session providing an overview of Elder Abuse Awareness and Prevention, including key topics such as ageism and seniors' rights.

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

Defy Dementia— Boost Your Brain One Bite at a Time

Wednesday, April 8 — 2:45-3:30 PM

In this podcast, discover how diet affects brain health. Retired dietician Anjali Gupta shares the changes she made after her mother's dementia diagnosis, and Dr. Thomas Holland explains how food influences the brain. Tune in for practice tips to make brain-healthy choices.

Presenter: *Defy Dementia Podcast, Baycrest Health Sciences*

Body-Led Brain Care

Thursday, April 23 — 10:45-11:45 AM

Through gentle movement, mindful breathing, mentally stimulating activities, nutrition tips, and social connection, participants will learn practical ways to enhance memory, focus, physical vitality, and overall wellbeing — all in a safe, adaptable and inclusive environment.

Presenter: *Kristy Giles, Minds in Motion Coordinator, Alzheimer Society of Lanark Leeds Grenville*

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

GPCSO: Geriatric Psychiatry Community Services of Ottawa

Thursday, January 22 — 2:45-3:30 PM

GPCSO is a geriatric psychiatry program, working with older adults to optimize their mental health and/or dementias with challenging behaviours. Join for an overview of the organization's services, and how you or someone you support can connect with them.

Presenter: *Kaitlyn Borutskie, Registered Nurse, Psychogeriatric Resource Consultant, Geriatric Psychiatry Community Services of Ottawa*

Canadian Landmarks

Friday, January 30 — 12:45-1:15 PM

Explore the breathtaking landmarks that define Canada! This presentation will take you on a journey across the country, uncovering the stories, history, and cultural significance behind Canada's most famous destinations.

Presenter: *SCWW Team Member*

20th Century Canadian History Through the Magic of Radio

Thursday, February 19 — 10:45-11:45 AM

Travel back in time with a nostalgic look at key moments in Canadian history, like the Second World War and the 1939 Royal Visit, as well as forgotten stories such as the 1936 Moose River Mine Disaster. All events will be linked by the crucial role that the radio played to inform Canadians and keep them up to date.

Presenter: *Laurence Wall, Retired CBC Broadcaster*

Ontario Health atHome

Thursday, March 5 — 2:45-3:30 PM

Ontario Health at Home is the province's agency for coordinating in-home and community-based care, offering services such as nursing, personal support, medical supplies, and connections to community resources. Join us to learn more about what they do and how you can access their services

Presenter: *Monique Roy, Ontario Health atHome*

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Old Wives Tales & Truths

Tuesday, March 10 — 10:45-11:15 AM

From “feed a cold” to “carrots help you see in the dark,” old wives’ tales have shaped our everyday wisdom for centuries. Join us as we dig into these quirky bits of folklore and uncover which claims hold up to scientific scrutiny, and which may be just charming myths.

Presenter: *SCWW Team Member*

The History of Maple Syrup

Monday, March 23 — 2:45-3:15 PM

From the quiet beauty of sugar maple forests to the high-tech, high-stakes world of syrup production, this presentation takes you on a remarkable journey into one of Canada’s most cherished traditions: maple syrup. Join us for an enjoyable session exploring the history of maple syrup’s discovery, how it’s produced, and the fascinating evolution of this iconic treat.

Presenter: *SCWW Team Member*

Meals on Wheels

Thursday, April 9 — 10:45-11:15 AM

Meals on Wheels is a volunteer-based non-profit organization that provides nutritious meals to help community members remain healthy and independent at home. Join this presentation for an overview of Meals on Wheels — learn who is eligible, explore the different meal programs offered, and get answers to frequently asked questions.

Presenter: *Bau St-Cyr, Executive Director, and Meredith Woods, Coordinator of Client Services, Meals on Wheels*

Climate Change

Tuesday, April 21 — 10:45-11:45 AM

What can we do about climate change? Meet with Nick Grover of Ecology Ottawa to hear about what can be done right here in our own city to address the global climate crisis and why it matters.

Presenter: *Nick Grover, Climate Change Organizer, Ecology Ottawa*

ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Storytelling with Mary

Jan. 19, Feb. 9, Mar. 16 & Apr. 20 — 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

Jan. 27, Feb. 24, Mar. 31 & Apr. 28 — 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*

Travelogue: California Dreamin'

Friday, February 13 — 12:45-1:30 PM

From movie magic to surf culture, California is where dreams meet coastline. And if you've ever found yourself "California dreamin'," this month's travelogue is your ticket west. Pack your sunglasses — we're heading to the Golden State.

Presenter: *SCWW Team Member*

Music Chat: Love and Loss in Popular and Classical Music

Tuesday, February 17 — 10:45-11:45 AM

Psychologists describe the concept of love in terms of companionship, tenderness and commitment, but also as a flirtation, or a passion or even an obsession. We make reference to mothers' love, puppy love, brotherly love, romantic love, and even self-love. A great many composers, from Cole Porter and Paul McCartney, as well as 19th century composers such as Giuseppe Verdi and Georges Bizet have all struggled to express these complexities of human relationships in their music. This chat will explore some of these varieties of love as expressed in both popular and classical music.

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

ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Travelogue: New Orleans for Mardi Gras

Friday, April 24 — 10:45-11:30 AM

This month, we're heading to New Orleans —“The Big Easy,” “Crescent City,” or simply NOLA. We're visiting during Mardi Gras, so expect lively parades, music, and a festive atmosphere. Come explore the sights, flavors, and culture that make Louisiana truly one of a kind.

Presenter: SCWW Team Member

Music Chat: Come Back to Erin — Irish Laments of the 1800s

Tuesday, April 14 — 10:45-11:45 AM

Every song has a story to tell. Irish songs tell stories about Irish culture and Irish character and Irish history. It's all there to see (and hear) in songs like, *The Wearing of the Green*, *Kathleen Mavourneen*, *The Last Rose of Summer*, and many, many more, so let's spend an hour or so listening to some of these wonderful old Irish songs and chatting about the stories that they're telling us.

Presenter: Brian McGurrin, Retired Librarian & Music Enthusiast

WHAT PARTICIPANTS ARE LISTENING TO

“Day-O” (Banana Boat) by Harry Belafonte

“Whispering Hope” by Jim Reeves

“Downtown” by Petula Clarke

“A Girl I Used to Know” by George Jones

“Once In A Lifetime Love” by Alan Jackson

“Islands in the Stream” by Dolly Parton,
Kenny Rogers

“Listen to Your Heart” by Roxette

“Daydream Believer” by The Monkees
















January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> Saturday Programming: Trivia Saturday, January 10 10:45-11:15 AM </div>			1 Centre Closed for the Holidays	2
5 Book Club 12:45-1:45 pm	6  SCWW Calendar Presentation 10:45-11:15 am	7 Fun Facts 10:45-11:15 am	8 Short Stories 10:45-11:15 am	9 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
<div> Winter Program Registration </div>				
12  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm Monday Check-In 2:45-3:15 pm	13 Way With Words 10:45-11:15 am Trivia 2:45-3:15 pm	14 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	15 BINGO 10:45-11:45 am Fact or Fiction 2:45-3:15 pm	16 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
19  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm  Storytelling 2:45-3:15 pm	20 Dear Abby 10:45-11:15 am Trivia 2:45-3:15 pm	21 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm You be the Judge 2:45-3:15 pm	22 5-Minute Mysteries 10:45-11:15 am  GPCSO 2:45-3:30 pm	23 Book Chat 10:45-11:15 am  Tips for a Safer Winter 12:45-1:15 pm
26  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm BINGO 2:45-3:45 pm	27  OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	28 Fun Facts 10:45-11:15 am Remember When 12:45-1:15 pm Name That Tune 2:45-3:15 pm	29  Defy Dementia – UPDATED 10:45-11:30 am Canadian Trivia 2:45-3:15 pm	30 Birthday Party 10:45-11:15 am  Canadian Landmarks 12:45-1:15 pm

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

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm Monday Check-In 2:45-3:15 pm	3 Categories 10:45-11:15 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  Black History Month 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 12:45-1:45 pm  Storytelling 2:45-3:15 pm	10  Bone Health 101 – UPDATED 10:45-11:45 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 TV + Movie Chat 10:45 - 11:15 am  Travelogue: California 12:45-1:30 pm
16 Family Day No Programs Today	17  Music Chat 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  Canadian History Through Radio 10:45-11:45 am  Winter Olympics 2:45-3:15 pm	20 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
23  Mindfulness 10:30-11:00 am Book Club 12:45-1:45 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 Remember When 12:45-1:15 pm Name That Tune 2:45-3:15 pm	26  Hospice & Palliative Care 10:45-11:45 am Canadian Trivia 2:45-3:15 pm	27 BINGO 10:45-11:45 am Crossword Puzzle 12:45-1:15 pm

Saturday Programming:
Fun Facts
Saturday, February 7
10:45-11:15 AM

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm Monday Check-In 2:45-3:15 pm	3 Way With Words 10:45-11:15 am Trivia 2:45-3:15 pm	4 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	5 Short Stories 10:45-11:15 am Ontario Health atHome 2:45-3:30 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 12:45-1:45 pm International Women's Day 2:45-3:15 pm	10 Old Wives Tales & Truths 10:45-11:15 am Trivia 2:45-3:15 pm	11 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Sayings Unravelling 2:45-3:15 pm	12 BINGO 10:45-11:45 am Brain Teasers & Riddles 2:45-3:15 pm	13 The Mystery of Friday the 13th 10:45-11:15 am <div> Staff Meeting No Afternoon Program </div>
16 Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm Storytelling 2:45-3:15 pm	17 Elder Abuse Prevention 10:45-11:45 am Trivia 2:45-3:15 pm	18 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm You be the Judge 2:45-3:15 pm	19 Catch-Up With Emma 10:45-11:15 am Fact or Fiction 2:45-3:15 pm	20 Biographies 10:45-11:15 am Music Requests 12:45-1:45 pm
23 Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm History of Maple Syrup 2:45-3:15 pm	24 Dear Abby 10:45-11:15 am Trivia 2:45-3:15 pm	25 Fun Facts 10:45-11:15 am Remember When 12:45-1:15 pm Name That Tune 2:45-3:15 pm	26 5-Minute Mysteries 10:45-11:15 am Canadian Trivia 2:45-3:15 pm	27 Birthday Party 10:45-11:15 am Recipe + Food Chat 12:45-1:15 pm
30 Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm BINGO 2:45-3:45 pm	31 OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	<div> Saturday Programming: 5-Minute Mysteries Saturday, March 14 10:45-11:15 AM </div>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> Saturday Programming: You be the Judge Saturday, April 11 10:45-11:15 am </div>		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 History of April Fools Day 2:45-3:15 pm	3 Good Friday No Programs Today
6 Easter Monday No Programs Today	7 Categories 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 Defy Dementia 2:45-3:30 pm	9 Meals on Wheels 10:45-11:15 am Table Topics 2:45-3:15 pm	10 Good News 10:45-11:15 am Radio Plays 12:45-1:15 pm
13 Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm Monday Check-In 2:45-3:15 pm	14 Music Chat 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 Finish the Line 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 12:45-1:45 pm Storytelling 2:45-3:15 pm	21 Climate Change 10:45-11:45 am Trivia 2:45-3:15 pm	22 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm BINGO 2:45-3:45 pm	23 Body-Led Brain Care 10:45-11:45 am Family Feud 2:45-3:15 pm	24 Travelogue: New Orleans 10:45-11:30 am Crossword Puzzle 12:45-1:15 pm
27 Mindfulness 10:30-11:00 am Book Club 12:45-1:45 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 Remember When 12:45-1:15 pm Name That Tune 2:45-3:15 pm	30 Gratitude Jar 10:45-11:15 am Canadian Trivia 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

Tuesday, January 6 — 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*

Black History Month: Trailblazing Black Canadian Women

Thursday, February 5 — 2:45-3:15 PM

February is Black History Month in Canada! Today, we highlight a few of the remarkable Black Canadian women who blazed trails toward freedom and equality, shaping our nation's culture, history, and heritage. The legacies of these incredible women, and the women who continue to carry the torch of racial equality and justice in our country, deserve to be known and celebrated.

Presenter: *SCWW Team Member*

SCWW Planning Committee

Wednesday, February 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*

Winter Olympics

Thursday, February 19 — 2:45-3:15 PM

Join us for a special edition of our *Sports Chat* as we dive into the excitement of the Winter 2026 Olympics! We'll talk about this year's new events and share which sports we're enjoying the most — whether it's hockey, figure skating, snowboarding, or anything in between. Come ready for a lively conversation about all things Olympics!

Presenter: *SCWW Team Member*

SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

International Women's Day: Forgotten Women of Wartime History

Monday, March 9 — 2:45-3:15 PM

Join us as we celebrate International Women's Day by shining a light on the often forgotten women who shaped wartime history. This program will explore the remarkable stories and vital contributions of women whose courage and leadership have too often gone unrecognized. Together, we will honor the women of the past and recognize how their legacy continues to inspire and empower women today and for generations to come.

Presenter: *SCWW Team Member*

The Mystery of Friday the 13th

Friday, March 13 — 10:45-11:15 AM

Is Friday the 13th really unlucky or just misunderstood? Join us as we journey through history to uncover the origins of this infamous day, from ancient fears and medieval legends to modern pop culture. We'll explore the myths, superstitions, and stories that have captured imaginations for centuries. Prepare for a mix of history, mystery, and a little spine-tingling fun!

Presenter: *SCWW Team Member*

Catch-Up with Emma

Thursday, March 19 — 10:45-11:15 AM

Grab a coffee and join us for a fun 30-minute catch-up with Emma, who's currently on maternity leave! Hear her updates, share a laugh, and enjoy a relaxed chat — Don't miss this chance to say hello!

Presenter: *Emma Revell, Program Coordinator, Seniors' Centre Without Walls*

History of April Fools Day

Thursday, April 2 — 2:45-3:15 PM

Learn the origins of April Fools' Day, explore the best pranks throughout history, and share your own favorite tricks in this fun, interactive program!

Presenter: *SCWW Team Member*

REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

BOOK CLUB: *The Queen of Fives* by Alex Hay

We will meet every Monday to listen to 45 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, April 27th, so be sure to join us for final thoughts and discussion.

They whisper her name in every corner of town.

The lady with a hundred faces, a thousand lives.

Five moves, five days — for such are the rules of her game.

1898. Quinn Le Blanc, London's most talented con woman, has five days to pull off the seemingly impossible: trick an eligible duke into marriage and lift a fortune from the richest family in England.

Masquerading as a wealthy debutante, Quinn is the jewel of the season. Her brilliant act opens doors to the grand drawing rooms and lavish balls of high society - and propels her into the inner circle of her target: the corrupt, charismatic Kendals.

But as she spins in and out of their world, Quinn becomes tangled in a dangerous web of love, lies and loyalty. The Kendal family all have secrets of their own, and she may not be the only one playing a game of high deception...



Book Recommendations From Participants

Dakota Plains Series by Lauraine Snelling

For Whom the Bell Tolls by Ernest Hemingway

The Lord of the Rings by J.R.R Tolkien

A Lane Winslow Mystery Series by Iona Whishaw

Mr. Churchill's Secretary by Susan MacNeal

Forgotten War by Don Bentley

How to Age Disgracefully: A Novel by Clare Pooley

The Bittlemores by Jann Arden

The Songcatcher and Me by Ruth Latta

A Dictionary of Angels Including the Fallen Angels by Gustav Davidson

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.

FAMILY FEUD — **NEW!**

Dial in for Family Feud fun! No teams — Just you, your best guesses, and plenty of surprises as we try to uncover the most popular survey answers together.

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!

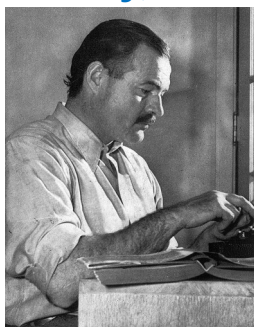
REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Sit Back and Relax Programs

15-MINUTE BIOGRAPHIES

Friday, January 16



Ernest Hemingway

American novelist, known for his influential style and adventurous life



John Steinbeck

American author known for his powerful social justice novels.

Friday, March 20



Mary Two-Axe Earley

Courageous Mohawk activist who fought for Indigenous women's rights in Canada



Elsie MacGill

The world's first female aeronautical engineer, known as "Queen of the Hurricanes"

Friday, February 20



Robin Williams

Widely regarded as one of the greatest comedians of all time.



John Candy

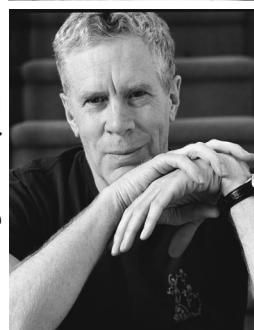
One of Canada's greatest and funniest character actors.

Friday, April 17



Kate Aitken

Celebrated Canadian broadcaster and author, also known as "Mrs. A"



Stuart McLean

Beloved Canadian storyteller and broadcaster best known for *The Vinyl Cafe*

*Do you have a topic that you would like to learn or talk about?
Let us know, and we can find ways to add it into our next program guide.*

SCWW BINGO PATTERNS

4 Corners

B	I	N	G	O
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		FREE		
●				●

Inside Square

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	●	●	●	
	●	FREE	●	
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Postage Stamp

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		FREE		

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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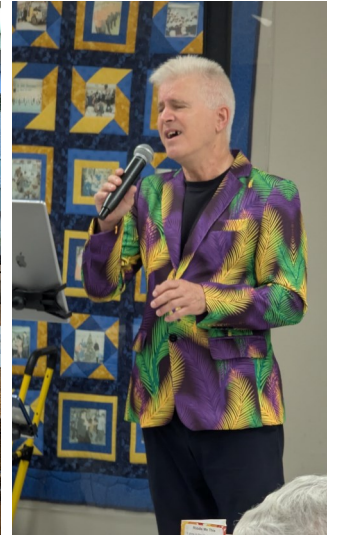
Plus Sign

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6-Pack

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			●	●

SCWW VOICE TO FACE PARTY



On September 23rd, 2025 we hosted our annual in-person “Voice to Face” gathering at The Good Companions.

A heartfelt thank you to our incredible staff and volunteers, whose hard work made this event possible. Most importantly, thank you to all of you who joined us — it was such a joy to see your smiling faces!

We also extend our gratitude to our funders, special guests, and both current and past presenters who helped make the day memorable. A special note of thanks goes to the generous donor whose anonymous contribution made this celebration possible.

For those who weren't able to attend, please know that you were missed, and we would love to see you at next year's celebration!

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 — 1-855-892-9992

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



OSTEOPOROSIS
CANADA



Alzheimer Society
LANARK LEEDS GRENVILLE



GP C S O
S C G P O



Baycrest

