



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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MINDFULNESS &
MEDITATION

WEEKLY TRIVIA

CHAIR EXERCISE &
YOGA

BOOK CLUB

SUMMER SOLSTICE

BINGO

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

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.

SCWW 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** (long-distance) or **1-844-237-9847** (toll-free).

**The calls are open to anyone, whether or not you have registered. 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



We've made it through the darkest and coldest stretch of the year! Not only are sunnier days ahead, but we also have a great lineup of new programs to enjoy this summer.

Our first big update is that we've finally found a wonderful instructor for our Mindfulness & Meditation series. In partnership with Centretown Community Health Centre, Amy Wannamaker will be joining us every Monday morning to lead a guided meditation.

We're also introducing weekly Chair Exercise & Yoga sessions on Thursday morning's, hosted by Anna Ferdinand, owner of Play! Joyful Fitness. It's a great opportunity to add a little extra movement and joy to your week!

You'll also find an invitation to our next Voice to Face Party on September 29, 2026. It will be so nice to see some of your faces again!

I also want to extend a huge thank you to our student Natalie, who we've had the pleasure of having with us since September. We wish her the best in her future endeavors!

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

A Message from Your Coordinator

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 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. In partnership with Centretown Community Health Centre, join Amy Wannamaker every Monday morning for 30 minutes dedicated to calming the body and mind through guided practice.

Presenter: *Amy Wannamaker, Community Health Worker - Health Promotion, Centretown Community Health Centre*

Chair Exercise & Yoga

Thursday Mornings — 10:45-11:15 AM

Join Anna weekly for fun and simple chair-based exercises you can do right at home. These sessions will focus on safe, supportive movements designed to build strength and improve flexibility for everyday tasks. All fitness levels are welcome!

Please note: a PAR-Q and fitness liability waiver is required before attending. This form is included in your program guide package. Please return the completed form to us, or call to provide verbal consent. Full details are included on the form.

Presenter: *Anna Ferdinand, 500 Hour Yoga Teacher, Certified Group Fitness Instructor and Owner of Play! Joyful Fitness*

The Independence Toolkit: Navigating Home Support to Stay Where You Love

Tuesday, June 2 — 10:45-11:45 AM

Most of us want to stay in our own homes for as long as possible, but sometimes we just need a little extra "wind in our sails" to make that happen safely. Join Adepeju (Ade) Araoye from Assisting Hands Home Care for a warm, conversational session. We will discuss how small support from a hand with the morning routine to friendly companionship can make a big difference in maintaining your independence.

Presenter: *Adepeju (Ade) Araoye, Owner/Director of Operations, Assisting Hands Home Care*

HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Seniors On Site

Tuesday, June 16 — 10:45-11:45 AM

Seniors on Site is a non-medical home care agency providing support to seniors at home, in retirement residences, or in long-term care facilities. Our caregivers, all aged 45 and over, bring a wealth of life experience, practical skills, and compassion to their work. Join this session for an overview of Seniors on Site services and how they help seniors maintain independence and quality of life.

Presenter: *Janet Cooper, Client Services Manager, Seniors On Site*

Tea & Toast

Monday, June 22 — 2:45-3:45 PM

Finding the right housing can be overwhelming and time-consuming. In this session, learn how Tea & Toast's team of Eldercare Planners supports seniors and their families in navigating retirement living and long-term care options with personalized guidance. Discover how their expertise can help you make confident, informed decisions for the future.

Presenter: *Amy Friesen, Author, Founder & CEO, Tea & Toast*

Optimal Aging: THRIVE Approach to Wellbeing

Thursday, June 25 — 2:45-3:45 PM

Using the THRIVE approach, we will be reviewing five key areas of our health (thoughts, health habits, relationships, interests, emotions) and how to set goals in these areas for optimal aging and wellbeing.

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

Friday Wind-Down

Friday, July 10 — 12:45-1:15 PM

Join us for a recorded mindfulness session designed to help you gently transition out of the week and into a restful weekend. Take a moment to slow down, breathe deeply, and refocus your energy as you end your week on a positive and calming note.

Presenter: *Various*

HEALTH & WELLNESS SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Navigating Vision Loss

Monday, July 13 — 2:45-3:45 PM

Join the Canadian National Institute for the Blind and Vision Loss Rehabilitation Canada for an educational session on eye conditions and rehabilitation services. This collaborative program will offer a comprehensive overview of resources for individuals with visual impairments and highlight the programs available to support them.

Presenters: *Anne Ogoti, Manager, Healthcare Operations (Ontario East), and Kamilia Zaman, Low Vision Specialist, Vision Loss Rehabilitation Canada; and Dr. Kate Riccomini, Program Lead, Advocacy & Accessible Community Engagement, CNIB*

Ottawa Cancer Foundation

Friday, July 24 — 10:45-11:45 AM

This presentation will offer an overview of the work of The Ottawa Cancer Foundation, highlighting the free programs, services, and resources available to support individuals, families, and caregivers impacted by a cancer diagnosis. The goal is to help participants feel informed and confident in reaching out for supportive cancer care when they need it.

Presenter: *Jill Burns, MPH, RD, DIPNURS(UK), Director, Community Partnerships & Programs, The Ottawa Cancer Foundation*

Exploring Grief

Monday, August 17 — 2:45-3:45 PM

Bereaved Families of Ontario – Ottawa Region is a provincial charitable organization, established in 1978, dedicated to supporting individuals coping with the loss of a loved one. This session will offer an introduction to grief and bereavement, exploring the many ways people experience and express loss. It will highlight the different types of grief, including those that may not always be openly recognized, and discuss the wide range of emotional, physical, and social responses that can accompany the grieving process. Participants will also learn about available supports and resources to help navigate the grieving process.

Presenter: *Micheline Lepage, Chair, Board of Directors, Bereaved Families of Ontario, Ottawa Region*

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

200 Years of Bytown

Tuesday, May 19 — 10:45-11:45 AM

2026 marks the bicentenary of the founding of Ottawa. Two hundred years ago, a small military encampment and construction site was established on the south bank of the Ottawa River as work began on the Rideau Canal. The community was called Bytown after Lieutenant-Colonel John By of the Royal Engineers and Sappers who oversaw the canal's construction. In 1857, Queen Victoria chose the small town, now called Ottawa, as Canada's capital. On May 19th, we will time travel back to Bytown to meet some of its founding fathers and learn what life was like in that rough frontier community.

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

Royal Canadian Legion

Wednesday, May 27 — 2:45-3:45 PM

The Royal Canadian Legion will celebrate its 100th anniversary in 2026, marking a century of service to Veterans, their families, and communities across Canada since its incorporation on July 17, 1926. Join us to explore the history and legacy of the Legion and learn how it continues to support communities nationwide today. We'll also highlight ways you can take part in celebrating this important milestone throughout the summer.

Presenter: *SCWW Team Member & Representative from The Royal Canadian Legion*

How to Report a Scam

Tuesday, June 9 — 10:45-11:45 AM

Scams can happen to anyone, and knowing what to do is key. This presentation will guide you through the steps to recognize and report scams safely and confidently. We'll cover who to contact, what information to provide, and how reporting helps protect both you and others. You'll leave with practical tools to take action if something doesn't feel right.

Presenter: *Vikta Paulo, Region Director, Better Business Bureau of Greater Ottawa*

EDUCATIONAL SERIES

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Adult Day Program

Wednesday, June 10 — 2:45-3:30 PM

Adult Day Programs provide meaningful opportunities for older adults to stay active, connected, and supported in their communities. In this session, we will explore how the program works, how referrals are made, and the many benefits it provides for both participants and caregivers. We will also take a closer look at common myths and clarify what Adult Day Programs truly offer.

Presenter: *Penny Bodnoff, Adult Day Program Coordinator, The Good Companions Seniors' Centre*

Slavery in Canada

Wednesday, June 24 — 12:45-1:45 PM

When people think of Canada's slave history, we often believe that we were a haven for the runaway American slave. We hold ourselves above the USA in our treatment of the African peoples, that we actively encouraged them to ride the Underground Railroad to freedom and opportunity. This presentation will expose the truth behind the myth of African enfranchisement in this country, not as a means to shame but to liberate us all in a new understanding and knowledge of the history of slavery in Canada.

Presenter: *Kristen Treusch, BFA, BA, MA, SquarePeg Tours Winnipeg, Manitoba*

The History of Astrology and the Zodiac

Thursday, July 23 — 2:45-3:15 PM

More than just a blurb in the back of a magazine, astrology has existed in many forms since the ancient Babylonians. It has influenced astronomy, geography, medical advances, and cartography. Join us for an engaging session and lively discussion as we explore the rich history of astrology and the zodiac.

Presenter: *SCWW Team Member*

Canadian Landmarks Part 2

Tuesday, August 18 — 10:45-11:15 AM

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*

ART & TRAVEL

TO JOIN ANY PROGRAM DIAL: 343-600-7647

Storytelling with Mary

May 11, June 15, July 20 & August 24 — 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 26, June 30, July 28 & August 25 — 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: Canadian Music

Tuesday, July 7 — 10:45-11:45 AM

Celebrate Canada Day with a music-filled program featuring iconic Canadian artists and timeless hits. From coast to coast, we'll explore the songs and musicians that have shaped Canada's sound and identity. Sing along, share your favourites, and enjoy the fun!

Presenter: *SCWW Team Member & Brian McGurrian*

We understand that it can sometimes feel difficult or uncomfortable to ask questions during a presentation.

If you have a question you'd like to ask, feel free to share it with us in advance and we can pass it along to the presenter anonymously.

You can email us at scww@thegoodcompanions.ca or call 613-236-0428 ext. 2323

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p> ■ Health & Wellness Series ■ Educational Series ■ Art & Travel ■ Special Events </p>				<p>1</p> <p>SCWW Calendar Presentation 10:45-11:15 am</p>
<div style="border: 2px solid cyan; border-radius: 15px; padding: 10px; display: inline-block;"> <p><u>Saturday Programming:</u> Trivia Saturday, May 9 10:45-11:15 AM</p> </div>				
<p>4</p> <p>Mindfulness 10:30-11:00 am</p>	<p>5</p>	<p>6</p>	<p>7</p> <p>Chair Exercise & Yoga 10:45-11:15 am</p>	<p>8</p> <p>Good News 10:45-11:15 am</p> <p>Radio Plays 12:45-1:15 pm</p>
<div style="border: 2px solid red; padding: 5px; display: inline-block;"> <p>Summer Program Registration</p> </div>				
<p>Monday Check-In 2:45-3:15 pm</p>				
<p>11</p> <p>Mindfulness 10:30-11:00 am</p> <p>Book Club 12:45-1:45 pm</p> <p>Storytelling 2:45-3:15 pm</p>	<p>12</p> <p>Way With Words 10:45-11:15 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>13</p> <p>Fun Facts 10:45-11:15 am</p> <p>Current Affairs 12:45-1:15 pm</p> <p>Who, What, Where 2:45-3:15 pm</p>	<p>14</p> <p>Chair Exercise & Yoga 10:45-11:15 am</p> <p>BINGO 2:45-3:45 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>Victoria Day</p> <p>No Programs Today</p>	<p>19</p> <p>200 Years of Bytown 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>Coffee Chat 12:45-1:15 pm</p> <p>You be the Judge 2:45-3:15 pm</p>	<p>21</p> <p>Chair Exercise & Yoga 10:45-11:15 am</p> <p>Canadian Trivia 2:45-3:15 pm</p>	<p>22</p> <p>Book Chat 10:45-11:15 am</p> <p>Gratitude Jar 12:45-1:15 pm</p>
<p>25</p> <p>Mindfulness 10:30-11:00 am</p> <p>Book Club 12:45-1:45 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>Current Affairs 12:45-1:15 pm</p> <p>Royal Canadian Legion 2:45-3:45 pm</p>	<p>28</p> <p>Chair Exercise & Yoga 10:45-11:15 am</p> <p>5-Minute Mysteries 2:45-3:15 pm</p>	<p>29</p> <p>Birthday Party 10:45-11:15 am</p> <p>Name That Tune 12:45-1:15 pm</p>

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

June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm Monday Check-In 2:45-3:15 pm	2 Independence Toolkit 10:45-11:45 am Trivia 2:45-3:15 pm	3 Fun Facts 10:45-11:15 am Short Stories 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	4 Chair Exercise & Yoga 10:45-11:15 am SCWW Planning Committee 2:45-3:15 pm	5 Volunteer Recognition No Programs Today
8 Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm Summer Solstice *2:30-3:00 pm	9 How to Report a Scam 10:45-11:45 am Trivia 2:45-3:15 pm	10 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Adult Day Program 2:45-3:30 pm	11 Chair Exercise & Yoga 10:45-11:15 am BINGO 2:45-3:45 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 12:45-1:45 pm Storytelling 2:45-3:15 pm	16 Seniors On Site 10:45-11:45 am Trivia 2:45-3:15 pm	17 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Finish the Line 2:45-3:15 pm	18 Chair Exercise & Yoga 10:45-11:15 am Canadian Trivia 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 12:45-1:45 pm Tea & Toast 2:45-3:45 pm	23 Pride Month 10:45-11:45 am Trivia 2:45-3:15 pm	24 Fun Facts 10:45-11:15 am Slavery in Canada 12:45-1:45 pm Fact or Fiction 2:45-3:15 pm	25 Chair Exercise & Yoga 10:45-11:15 am Optimal Aging 2:45-3:45 pm	26 FIFA World Cup 10:45-11:15 am Name That Tune 12:45-1:15 pm
29 Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm BINGO 2:45-3:45 pm	30 OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	<div style="border: 2px solid #00aaff; border-radius: 20px; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Saturday Programming: Fun Facts Saturday, June 13 10:45-11:15 AM</p> </div>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Saturday Programming: Who, What, Where Saturday, July 11 10:45-11:15 AM</p>		<p>1 Canada Day No Programs Today</p>	<p>2 Chair Exercise & Yoga 10:45-11:15 am</p> <p>Canada Day 2:45-3:15 pm</p>	<p>3 Good News 10:45-11:15 am</p> <p>Radio Plays 12:45-1:15 pm</p>
<p>6 Mindfulness 10:30-11:00 am</p> <p>Book Club 12:45-1:45 pm</p> <p>Monday Check-In 2:45-3:15 pm</p>	<p>7 Music Chat 10:45-11:45 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>8 Fun Facts 10:45-11:15 am</p> <p>Current Affairs 12:45-1:15 pm</p> <p>Who, What, Where 2:45-3:15 pm</p>	<p>9 Chair Exercise & Yoga 10:45-11:15 am</p> <p>BINGO 2:45-3:45 pm</p>	<p>10 TV + Movie Chat 10:45-11:15 am</p> <p>Friday Wind-Down 12:45-1:15 pm</p>
<p>13 Mindfulness 10:30-11:00 am</p> <p>Book Club 12:45-1:45 pm</p> <p>Navigating Vision Loss 2:45-3:45 pm</p>	<p>14 Way With Words 10:45-11:15 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>15 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>16 Chair Exercise & Yoga 10:45-11:15 am</p> <p>Canadian Trivia 2:45-3:15 pm</p>	<p>17 Biographies 10:45-11:15 am</p> <p>Music Requests 12:45-1:45 pm</p>
<p>20 Mindfulness 10:30-11:00 am</p> <p>Book Club 12:45-1:45 pm</p> <p>Storytelling 2:45-3:15 pm</p>	<p>21 Brain Teasers & Riddles 10:45-11:15 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>22 Fun Facts 10:45-11:15 am</p> <p>Current Affairs 12:45-1:15 pm</p> <p>Sequence Sense 2:45-3:15 pm</p>	<p>23 Chair Exercise & Yoga 10:45-11:15 am</p> <p>The History of Astrology 2:45-3:15 pm</p>	<p>24 Ottawa Cancer Foundation 10:45-11:45 am</p> <p>Remember When 12:45-1:15 pm</p>
<p>27 Mindfulness 10:30-11:00 am</p> <p>Book Club 12:45-1:45 pm</p> <p>BINGO 2:45-3:45 pm</p>	<p>28 OAG Art Talk 10:45-11:45 am</p> <p>Trivia 2:45-3:15 pm</p>	<p>29 Fun Facts 10:45-11:15 am</p> <p>Spiritual Space 12:45-1:15 pm</p> <p>Sayings Unravalled 2:45-3:15 pm</p>	<p>30 Chair Exercise & Yoga 10:45-11:15 am</p> <p>5-Minute Mysteries 2:45-3:15 pm</p>	<p>31 Birthday Party 10:45-11:15 am</p> <p>Name That Tune 12:45-1:15 pm</p>

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

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Civic Holiday No Programs Today	4 Discussion Group 10:45-11:15 am Trivia 2:45-3:15 pm	5 Fun Facts 10:45-11:15 am Short Stories 12:45-1:15 pm Who, What, Where 2:45-3:15 pm	6 Chair Exercise & Yoga 10:45-11:15 am Crossword Puzzle 2:45-3:15 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 12:45-1:45 pm Monday Check-In 2:45-3:15 pm	11 Dear Abby 10:45-11:15 am Trivia 2:45-3:15 pm	12 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Categories 2:45-3:15 pm	13 Chair Exercise & Yoga 10:45-11:15 am BINGO 2:45-3:45 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 12:45-1:45 pm Exploring Grief 2:45-3:45 pm	18 Canadian Landmarks 10:45-11:15 am Trivia 2:45-3:15 pm	19 Fun Facts 10:45-11:15 am Coffee Chat 12:45-1:15 pm Family Feud 2:45-3:15 pm	20 Chair Exercise & Yoga 10:45-11:15 am Canadian Trivia 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 12:45-1:45 pm Storytelling 2:45-3:15 pm	25 OAG Art Talk 10:45-11:45 am Trivia 2:45-3:15 pm	26 Fun Facts 10:45-11:15 am Current Affairs 12:45-1:15 pm Fact or Fiction 2:45-3:15 pm	27 Chair Exercise & Yoga 10:45-11:15 am Campfire Stories 2:45-3:15 pm	28 Sports Chat 10:45-11:15 am Name That Tune 12:45-1:15 pm
31 Mindfulness 10:30-11:00 am Book Club 12:45-1:45 pm BINGO 2:45-3:45 pm	<div style="border: 2px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p>Saturday Programming: 5-Minute Mysteries Saturday, August 15 10:45-11:15 AM</p> </div> <div style="margin-top: 10px;"> <ul style="list-style-type: none"> <li style="margin-right: 10px;"> Health & Wellness Series <li style="margin-right: 10px;"> Educational Series <li style="margin-right: 10px;"> Art & Travel Special Events </div>			

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 1 — 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

Thursday, June 4 — 2:45-3:15 PM

Interested in becoming a SCWW volunteer? Join our participant-led Planning Committee to share your feedback and help shape our upcoming program guide. This program is for you and made by you — help us enhance it by sharing your ideas for topics, presentations, and activities you'd like to see offered!

Presenter: *Your SCWW Team*

Summer Solstice

Monday, June 8 — *2:30-3:00 PM

The summer solstice is the longest day and shortest night of the year in the Northern Hemisphere. Revered since the Neolithic era, it is steeped in tradition and folklore. Explore how this ancient celebration was once observed and how it continues to be celebrated today. **Please note the start time of this program.**

Presenter: *SCWW Team Member*

Pride Month - Celebrating Canadian 2SLGBTQIA+ Trailblazers & Everyday Allyship

Tuesday, June 23 — 10:45-11:45 AM

Join us for a warm and accessible telephone presentation designed for seniors. In a relaxed format, we'll highlight notable 2SLGBTQIA+ Canadians who have helped shape our country, explore what it means to be an ally, and share simple, everyday ways to show support. We'll also introduce practical resources you can use right away, including local senior-friendly groups, online stories, and easy-to-follow ally checklists.

Presenter: *Sarah Rae, 2SLGBTQIA+ Program Coordinator, The Good Companions Seniors' Centre*

SPECIAL EVENTS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

FIFA World Cup

Friday, June 26 — 10:45-11:15 AM

Join this special edition of *Sports Chat* as we dive into the excitement of the 2026 FIFA World Cup, hosted in part by Canada! Come ready for a quick look at the tournament's history and a lively discussion about one of the world's biggest sporting events.

Presenter: *SCWW Team Member*

Canada Day

Thursday, July 2 — 2:45-3:15 PM

This Canada Day, we invite you to celebrate with a thoughtfully curated selection of your favourite activities — each with a distinctly Canadian twist. This will include fascinating facts, lively trivia, and a “Name That Tune” challenge featuring iconic Canadian hits. It is a wonderful opportunity to come together in recognition of our nation's heritage while enjoying an atmosphere of fun, connection, and celebration.

Presenter: *SCWW Team Member*

Canadian Connections

Friday, August 14 — *2:00-3:00 PM

Connect with SCWW participants from across the country for an interactive session full of connection, engagement, and shared experiences. **Please note the start time of this program.**

Presenter: *SCWW Team Member*

Campfire Stories

Thursday, August 27 — 2:45-3:15 PM

There's no better way to spend a summer evening than sharing stories around a campfire. Experience the joy of fun and spooky campfire stories passed down through generations and share one of your own if you'd like. It's a perfect way to capture the spirit of a summer night!

Presenter: *SCWW Team Member*

REGULAR PROGRAMS

TO JOIN ANY PROGRAM DIAL: 343-600-7647

BOOK CLUB: *Vera Wong's Unsolicited Advice for Murderers* by Jesse Q. Sutanto

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, August 31st, so be sure to join us for final thoughts and discussion.

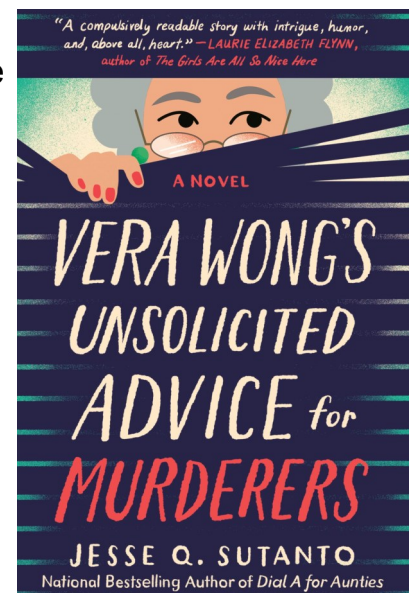
Put the kettle on, there's a mystery brewing...

Tea-shop owner. Matchmaker. Detective?

Sixty-year-old self-proclaimed tea expert Vera Wong enjoys nothing more than sipping a good cup of Wulong and doing some healthy 'detective' work on the internet (AKA checking up on her son to see if he's dating anybody yet).

But when Vera wakes up one morning to find a dead man in the middle of her tea shop, it's going to take more than a strong Longjing to fix things. Knowing she'll do a better job than the police possibly could – because nobody sniffs out a wrongdoing quite like a suspicious Chinese mother with time on her hands – Vera decides it's down to her to catch the killer.

Nobody spills the tea like this amateur sleuth.



Book Club Discussion Questions

- Vera has a strong personality! She is regimented, opinionated and interfering, but also lonely, well-meaning and loving. Did you love Vera, or did you find her to be a meddlesome bulldozer? How did your opinion of Vera affect your overall enjoyment of the book?
- Did you agree with Vera's decision to take the investigation into her own hands? Would you have done the same in her shoes?
- Tea and food figure prominently in the book. Did you enjoy learning about tea and Chinese medicine? What dish of Vera's would you most like to taste?
- Overall, what did you think of the ending? Did you like the way the story tied up?

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’!

FAMILY FEUD

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.

SEQUENCE SENSE — **NEW!**

Put your memory and sense of history to the test. Work together to place a mix of five historical events in chronological order!

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.

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.

SPORTS CHAT

Join us for a lively discussion on the world of sports. From recent games and big plays to favourite teams and classic moments, there's something for everyone to enjoy — no expertise required!

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'll swap favourite recipes, discover new ones, and share helpful tips and tricks we use in the kitchen, along with ideas for meals to try at home!

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.

TV + MOVIE CHAT

Share your favorite TV series and movies, chat about what you're currently watching, and explore the latest trending shows and films!

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!

SAYINGS UNRAVELLED

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

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.

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 15



Sammy Davis Jr.
Musician, actor, and dancer, widely called the “greatest entertainer in history”



Lauren Bacall
Actress of classic Hollywood cinema, also known as the “den mother” of the Rat Pack

Friday, June 19



W.E.B. Du Bois
The first Black person to earn a PhD from Harvard. He was an intellectual, sociologist, and historian



Martin Luther King Jr.
Civil rights activist and Baptist minister, famously known for his “I Have a Dream” speech

Friday, July 17



Catherine O'Hara
Iconic Canadian comedian, actress, and writer, recognized in both comedy and dramatic performances



Martin Short
Canadian comedian, actor, and writer, known for his energetic roles in sketch comedy

Friday, August 21



Rock Hudson
Prominent American actor during the Golden Age of Hollywood, known for his iconic role in *Giant*



Judy Garland
Iconic singer, actress, and vaudevillian, best known as Dorothy in *The Wizard of Oz*

*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
●				●
		FREE		
●				●

Inside Square

B	I	N	G	O
	●	●	●	
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Postage Stamp

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		FREE		

The Letter "T"

B	I	N	G	O
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The Letter "X"

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		FREE		
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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

B	I	N	G	O
			●	●
		FREE	●	●
			●	●

Participant's Corner

WHAT WE ARE WATCHING

A Patch of Blue (1965)
A Night to Remember (1958)
Forrest Gump (1994)
Pride & Prejudice (2005)
Untold Stories of the E.R. (2004)

The Philadelphia Story (1940)
Doctor Zhivago (1965)
Happy Days (1974)
Double Indemnity (1944)
The Birds (1963)

WHAT WE ARE SINGING

Here Comes the Sun – The Beatles
Yesterday Once More – The Carpenters
Loch Lomond – Peter Hollens
One – U2
Amazing Grace – Andrea Bocelli
Walk Easy, Walk Slow – Link Wray

The Gael – Dougie MacLean
The Happiness of Having You – Charley
Pride
Lord of the Dance – John McDermott
Ramona – Jim Reeves
Alone – Heart

Voice to Face Party 2026

You are invited to our next Voice to Face Party at The Good Companions!

Tuesday, September 29, 2026

Join us for an exciting day to meet the friendly voices you connect with on the phone!

A formal invitation has been included in the program guide. Be sure to let us know if you have any dietary restrictions.

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!**

accesscss

Connect to Community Support Services

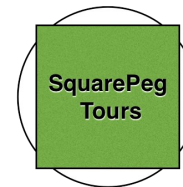


CENTRETOWN
Community Health Centre

CENTRE DE SANTÉ
Communautaire du Centre-ville



**VISION LOSS
REHABILITATION™**
CANADA



**GP
SCSO
CGPO**



The Historical Society
of Ottawa