



*Seniors Centre  
Without Walls*

# Telephone Programs Okanagan

A **free**, interactive, **telephone**-based program that provides activities for mental, social, and emotional well-being to adults 65+ in the Okanagan.

Please note that a larger print version of this program is available upon request.

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## How does it work?

- You can **call** or use the **registration form** on the website to register for programs you choose at any time.
- If applicable, you will be mailed or emailed any necessary materials for the program.
- On the day of the program, you will be called into the program. When the conference calling system calls and you answer, you will be prompted to press 1 to join. If you do this, you will enter the call and hear the facilitator welcome you.

## Code of Conduct

This is an inclusive and positive space for everyone! In order to maintain this space everyone must contribute respectfully. Please:

- Allow the facilitator/host to guide the group
- Respect other opinions, whether or not you agree with them
- Take turns and allow others to share too
- Be kind when you make comments to others

If you cannot abide by these rules, you may be removed from the program at the facilitator's discretion. If you have an issue with another participant, please contact the coordinator directly.

## Registration & General Contact

**Telephone:** 250-861-6180 ext. 1

**Email:** SCWW@seniorsoutreach.ca

## Program List

This is a list of all the programs we are offering in our Fall 2021 session from September 20<sup>th</sup> to December 2<sup>nd</sup>. Connecting with others and engaging in stimulating activities and conversations contributes to our emotional, social and mental well-being.

### Coffee Break

Coffee Break is a casual platform where folks can catch up with one another and enjoy fun, light-hearted conversation. The last session of each month will feature a community highlight or special guest.

### Bingo

This program speaks for itself, it is a classic for good reason- it is fun! When you sign up for this program, you will be sent bingo sheets and all that is left to do is enjoy playing with others on the call.

### Word and Memory Games

Join in an assortment of fun word and memory games like Scattergories, Anagrams, Odd One Out, Balderdash, Finish that Line, and many more.

### Mindfulness

Mindfulness is a meditation practice that has many proven benefits on physical and mental health, such as increasing happiness and improving the immune system. This program is a beginner guide to using this practice; no experience is necessary, just a willingness to learn something new.

### Brain Teasers

Challenge and stretch your mind with these riddles and puzzles. Some may stump you; others may come naturally to you!

### Trivia

See what sorts of obscure facts or information you know or remember. And, if you do not remember, you will surely learn something new.

### Chicken Soup for the Soul Stories

Join us for uplifting and inspiring short stories taken from the Chicken Soup for the Soul collections. Come be encouraged and inspired as we hear stories and discuss them.

### Live Music

Do you enjoy music? Join our wonderful host as he plays the piano, engages our minds with interesting facts about the songs and songwriters, and have fun guessing the song. Our host is a skilled musician who can play any genre of music.

### Well-Being through Gratitude

Did you know that having and showing gratitude can help reduce feelings of stress and improve feelings of well-being? Gratitude can foster positive feelings. Come join us as we learn about gratitude and how it can help our well-being.

## Tackling Anxiety

### 10 week program

(Pre-registration required)

Anxiety is something many people experience. It can affect one's quality of life and well-being. This 10-week program is designed for those who have already been participating in our mindfulness sessions and have expressed a desire for more tools to help tackle anxiety. Others may be able to join depending on space and individual needs. This session will explore anxiety and its' triggers, expand on mindfulness practice, and provide other tools one can use to help manage anxiety.

(This is not a place for medical advice, and we encourage you to speak with your medical practitioner about your medical needs related to anxiety)

## Poetry about Animals

**Kika Dorsey**, a poet from Boulder, Colorado, will share poems about animals, the ones we live with, in the periphery or depth of the wild, and the ones we keep as pets. We will explore poems that delve into what these creatures mean to us, how the boundary between human and animal can be so thin, or so mysterious. She will share poems from others and poems she has written herself.

(1 session)

## SEPTEMBER 2021- Telephone

Monday	Tuesday	Wednesday	Thursday
6	7	8	9
SCWW Fall Registration week			
13	14	15	16
SCWW Fall Registration week			
20	21	22	23
SCWW Fall Sessions Begin	9:30-10 Live Music  10:30-11 Trivia  11:30-12 Mindfulness	10:30-11 Coffee Break  11:30-12 Chicken Soup for the Soul Stories  1:00-2:00 Tackling Anxiety 10-week series (must pre-register)	11:30-12 Bingo
27	28	29	30
	9:30-10 Live Music  10:30-11 Word & Memory Games  11:30-12 Mindfulness	10:30-11 Coffee Break  11:30-12 Chicken Soup for the Soul Stories  1:00-2:00 Tackling Anxiety 10-week series (must pre-register)	11:30-12 Bingo

## OCTOBER 2021- Telephone

Monday	Tuesday	Wednesday	Thursday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	9:30-10 <b>Live Music</b>  10:30-11 <b>Brain Teasers</b>  11:30-12 <b>Mindfulness</b>	10:30-11 <b>Coffee Break</b>  11:30-12 <b>Chicken Soup for the Soul Stories</b>  1:00-2:00 <b>Tackling Anxiety 10-week series</b>	10:30-11 <b>Well-Being through Gratitude</b>  11:30-12 <b>Bingo</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Thanksgiving Holiday</b>	9:30-10 <b>Live Music</b>  10:30-11 <b>Trivia</b>  11:30-12 <b>Mindfulness</b>	10:30-11 <b>Coffee Break</b>  11:30-12 <b>Chicken Soup for the Soul Stories</b>  1:00-2 <b>Tackling Anxiety 10-week series</b>	11:30-12 <b>Bingo</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	9:30-10 <b>Live Music</b>  10:30-11 <b>Word &amp; Memory Games</b>  11:30-12 <b>Mindfulness</b>	10:30-11 <b>Coffee Break</b>  11:30-12 <b>Chicken Soup for the Soul Stories</b>  1:00-2 <b>Tackling Anxiety 10-week series</b>	10:30-11 <b>Well-Being through Gratitude</b>  11:30-12 <b>Bingo</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	9:30-10 <b>Live Music</b>  10:30-11 <b>Brain Teasers</b>  11:30-12 <b>Mindfulness</b>	10:30-11 <b>Coffee Break</b>  11:30-12 <b>Chicken Soup for the Soul Stories</b>  1:00-2 <b>Tackling Anxiety 10-week series</b>	11:30-12 <b>Bingo</b>

## NOVEMBER 2021- Telephone

Monday	Tuesday	Wednesday	Thursday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	9:30-10 <b>Live Music</b>  10:30-11 <b>Trivia</b>  11:30-12 <b>Mindfulness</b>	10:30-11 <b>Coffee Break</b>  11:30-12 <b>Chicken Soup for the Soul Stories</b>  1:00-2 <b>Tackling Anxiety</b>	9:30-10 <b>Poetry about Animals</b>  10:30-11 <b>Well-Being through Gratitude</b>  11:30-12 <b>Bingo</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	9:30-10 <b>Live Music</b>  10:30-11 <b>Word &amp; Memory Games</b>  11:30-12 <b>Mindfulness</b>	10:30-11 <b>Coffee Break</b>  11:30-12 <b>Chicken Soup for the Soul Stories</b>  1:00-2 <b>Tackling Anxiety</b>	<b>Remembrance Day Holiday</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	9:30-10 <b>Live Music</b>  10:30-11 <b>Brain Teasers</b>  11:30-12 <b>Mindfulness</b>	10:30-11 <b>Coffee Break</b>  11:30-12 <b>Chicken Soup for the Soul Stories</b>  1:00-2 <b>Tackling Anxiety</b>	11:30-12 <b>Bingo</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	9:30-10 <b>Live Music</b>  10:30-11 <b>Trivia</b>  11:30-12 <b>Mindfulness</b>	10:30-11 <b>Coffee Break</b>  11:30-12 <b>Chicken Soup for the Soul Stories</b>  1:00-2 <b>Tackling Anxiety</b>	10:30-11 <b>Well-Being through Gratitude</b>  11:30-12 <b>Bingo</b>
<b>29</b>	<b>30</b>	<b>DEC 01</b>	<b>DEC 02</b>
	9:30-10 <b>Live Music</b> 10:30-11 <b>Word &amp; Memory Games</b> 11:30-12 <b>Mindfulness</b>	10:30-11 <b>Coffee Break</b>  11:30-12 <b>Chicken Soup for the Soul Stories</b>	11:30-12 <b>Bingo</b>