



*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.

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 Spring 2022 session from April 26th to June 30th. Research shows that 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.

- During this spring session we will have participants from the Saskatchewan Seniors Centre without Walls joining us for some sessions. It will be a nice opportunity to connect with others and enjoy chatting together.

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.

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.

Word and Memory Games

Join in an assortment of fun word and memory games like Scattergories, Anagrams, Odd One Out, Balderdash, Finish that Line, 20 Questions and many more.

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. Learn new trivia about holidays and events as well.

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.

Music

Do you enjoy music? Join us as we explore various eras and styles of music, engage our minds with interesting facts about the songs and songwriters, and have fun guessing the song. You can also request your favorite song.

Wellness Series

This bi-weekly series is aimed at improving the well-being of older adults through providing practical information and activities that can be implemented into daily lives.

The topics include:

- 1) Affirmations for Well-being
- 2) The Importance of Self-Care
- 3) Nutrition Tips for Older Adults
- 4) Coping with Stress
- 5) Building Mental Strength

APRIL 2022- Telephone

Monday	Tuesday	Wednesday	Thursday
4	5	6	7
11 SCWW Spring Registration Begins	12	13	14
18 Easter Monday Holiday (Closed)	19	20	21
25	26 9:30-10:15 Music 11:30-12 Mindfulness	27 10:30-11 Coffee Break 11:30-12 Chicken Soup for the Soul Stories	28 10:30-11 Brain Teasers 11:30-12 Bingo

MAY 2022 - Telephone

Monday	Tuesday	Wednesday	Thursday
2 10:00-10:30 Wellness Series: Affirmations for Well-being	3 9:30-10:15 Music 11:30-12 Mindfulness	4 10:30-11 Coffee Break 11:30-12 Chicken Soup for the Soul Stories	5 10:30-11 Trivia 11:30-12 Bingo
9	10 9:30-10:15 Music 11:30-12 Mindfulness	11 10:30-11 Coffee Break 11:30-12 Chicken Soup for the Soul Stories	12 (No Sessions Today)
16 10:00-10:30 Wellness Series: The Importance of Self-Care	17 9:30-10:15 Music 11:30-12 Mindfulness	18 10:30-11 Coffee Break 11:30-12 Chicken Soup for the Soul Stories	19 10:30-11 Word & Memory Games 11:30-12 Bingo
23 Victoria Day Holiday (Closed)	24 9:30-10:15 Music 11:30-12 Mindfulness	25 10:30-11 Coffee Break 11:30-12 Chicken Soup for the Soul Stories	26 10:30-11 Brain Teasers 11:30-12 Bingo
30 10:00-10:30 Wellness Series: Nutrition Tips for Older Adults	31 9:30-10:15 Music 11:30-12 Mindfulness		

JUNE 2022 - Telephone

Monday	Tuesday	Wednesday	Thursday
		1	2
		10:30-11 Coffee Break	10:30-11 Trivia
		11:30-12 Chicken Soup for the Soul Stories	11:30-12 Bingo
6	7	8	9
	9:30-10:15 Music	10:30-11 Coffee Break	10:30-11 Word & Memory Games
	11:30-12 Mindfulness	11:30-12 Chicken Soup for the Soul Stories	11:30-12 Bingo
13	14	15	16
10:00-10:30 Wellness Series: Coping with Stress	9:30-10:15 Music	10:30-11 Coffee Break	10:30-11 Brain Teasers
	11:30-12 Mindfulness	11:30-12 Chicken Soup for the Soul Stories	11:30-12 Bingo
20	21	22	23
	9:30-10:15 Music	10:30-11 Coffee Break	10:30-11 Trivia
	11:30-12 Mindfulness	11:30-12 Chicken Soup for the Soul Stories	11:30-12 Bingo
27	28	29	30
10:00-10:30 Wellness Series: Building Mental Strength	9:30-10:15 Music	10:30-11 Coffee Break	10:30-11 Word & Memory Games
	11:30-12 Mindfulness	11:30-12 Chicken Soup for the Soul Stories	11:30-12 Bingo