



*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.

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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

We are offering two telephone programs for the summer. If you are using Zoom, we also have one program in our online program guide. In Fall, we will return to our full program.

### Coffee Break

Coffee Break is a casual platform where folks can catch up with one another and enjoy fun, light-hearted conversation.

- During the summer 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.

Research shows that connecting with others and engaging in stimulating activities and conversations contributes to our emotional, social and mental well-being.

### 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. It may help to alleviate some symptoms of stress and anxiety too. Come try it out and see what it does for you!

# AUGUST 2022- Telephone

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
	11:30-12 Mindfulness	10:30-11 Coffee Break	
8	9	10	11
	11:30-12 Mindfulness	10:30-11 Coffee Break	
15	16	17	18
	11:30-12 Mindfulness	10:30-11 Coffee Break	
22	23	24	25
SCWW Holidays - all week			
29	30	31	1
SCWW Holidays - all week			

