



*Seniors Centre
Without Walls*

Telephone Programs

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

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

To maintain this inclusive and positive space, everyone must contribute respectfully.

Please:

- ✓ Allow the facilitator/host to guide the group
- ✓ Respect other opinions, whether you agree with them
- ✓ Take turns and allow others to share too
- ✓ Be kind when you make comments to others

If you have questions, please contact the SCWW Program Coordinator for assistance at (250) 861-6180 and press extension 1.

Registration & General Contact Info

Telephone: 250-861-6180 ext. 1

Email: SCWW@seniorsoutreach.ca

Website: <https://seniorsoutreach.ca/>

Program List

This is a list of all the programs we are offering in our Fall 2022 session from September 19th to December 1st.

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

Bingo (weekly)

Come play classic bingo with us! It's not about the winning, it's about the fun! Playing bingo brings positive benefits to your hand/eye coordination, mental alertness, and flexible thinking.

Brain Teasers (once every 3 weeks)

Challenge and stretch your mind with these riddles and puzzles. Some may stump you; others may come naturally to you! The benefits of exercising your brain include positive effects on memory and improving cognitive function.

Chicken Soup for the Soul Stories (weekly)

Join us for uplifting and inspiring short stories and discussions, taken from the Chicken Soup for the Soul collections. Some stories are from Canada, some about pets, and some from around the world, the variety of short stories are sure to be enjoyable!

Coffee Break (weekly)

Coffee Break is a casual platform where folks can catch up with one another and enjoy fun, light-hearted conversation. Get to know local participants as well as those from across the country.

Guest Series

Sept.22 Scams Presentation - Did you know that in 2020, 42,188 Canadians were victims of fraud and \$106.6 million of Canadians' money was lost to fraud and scams. During the Canada Revenue Agency's Scams presentation, you'll receive an overview of what to expect if the CRA contacts you, and help you be scam smart by understanding and recognizing the different types of scams.

Sept.29 Grief and Loss - Join us as Central Okanagan Hospice Association talks with us about grief and loss, including learning about the support available from COHA.

Date Pending Discussion on Aging - UBCO university students

Mindfulness (weekly)

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

Music Appreciation (twice per month)

Do you enjoy music? Studies have shown that music stimulates and exercises our brain, engages our memory and emotion, and connects us with others. Come and engage your minds with interesting facts about the songs and songwriters and have fun guessing the song. Request your favorite song or tell us what style of music you enjoy.

Poetry (twice per month)

Poetry is a wonderful way to explore emotions, thoughts, and experiences. Studies have shown that poetry brings about a similar emotional response as music. It also helps us cognitively and boosts our memory. Come enjoy poetic readings, share your favorite poem, and try creating poems as well.

Tackling Anxiety (8 weeks - Oct.13 to Dec.1)

Anxiety is something many people experience. It can affect one's quality of life and well-being. Join us as we learn a variety of tools to help us alleviate some of the symptoms of anxiety and its effects on our lives. There are 8 sessions that build on each tool, so it is important to attend each week.

Trivia (once every 3 weeks)

See what sorts of obscure facts or information you know or remember. And, if you do not remember, you will surely learn something new. Enhance your memory and cognitive skills as you socialize with others.

Word and Memory Games (once every 3 weeks)

Join in an assortment of fun word and memory games like Scattergories, Anagrams, Odd One Out, Balderdash, Finish that Line, and many more. Games can enhance our problem-solving skills and help us to think creatively. Strengthening our brains while having fun together ... what could be better?!

SEPTEMBER 2022- Telephone

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5	6	7	8
Labor Day Holiday	SCWW Fall Registration		
12	13	14	15
SCWW Fall Registration			
19	20	21	23
SCWW Fall Session Begins 11:00 Trivia	11:00 Mindfulness 1:00 Music Appreciation	10:00 Coffee Break 11:00 Chicken Soup Stories	11:00 Bingo 1:00 Guest Series - (CRA) Scams Presentation
26	27	28	29
11:00 Word & Memory Games	11:00 Mindfulness 1:00 Poetry	10:00 Coffee Break 11:00 Chicken Soup Stories	11:00 Bingo 1:00 Guest Series - (COHA) Grief and Loss

OCTOBER 2022- Telephone

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
11:00 Brain Teasers	11:00 Mindfulness 1:00 Music Appreciation	10:00 Coffee Break 11:00 Chicken Soup Stories	11:00 Bingo
10	11	12	13
THANKSGIVING (Holiday)	11:00 Mindfulness 1:00 Poetry	10:00 Coffee Break 11:00 Chicken Soup Stories	11:00 Bingo 1:00 Tackling Anxiety
17	18	19	20
11:00 Trivia	11:00 Mindfulness 1:00 Music Appreciation	10:00 Coffee Break 11:00 Chicken Soup Stories	11:00 Bingo 1:00 Tackling Anxiety
24	25	26	27
11:00 Word & Memory Games	11:00 Mindfulness 1:00 Poetry	10:00 Coffee Break 11:00 Chicken Soup Stories	11:00 Bingo 1:00 Tackling Anxiety

NOVEMBER 2022- Telephone

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
OCT 31	1	2	3
11:00 Brain Teasers	11:00 Mindfulness 1:00 Music Appreciation	10:00 Coffee Break 11:00 Chicken Soup Stories	11:00 Bingo 1:00 Tackling Anxiety
7	8	9	10
11:00 Trivia	11:00 Mindfulness 1:00 Poetry	10:00 Coffee Break 11:00 Chicken Soup Stories	11:00 Bingo 1:00 Tackling Anxiety
14	15	16	17
11:00 Word & Memory Games	11:00 Mindfulness 1:00 Music Appreciation	10:00 Coffee Break 11:00 Chicken Soup Stories	11:00 Bingo 1:00 Tackling Anxiety
21	22	23	24
11:00 Brain Teasers	11:00 Mindfulness 1:00 Poetry	10:00 Coffee Break 11:00 Chicken Soup Stories	11:00 Bingo 1:00 Tackling Anxiety
28	29	30	DEC 1
11:00 Trivia	11:00 Mindfulness 1:00 Music Appreciation	10:00 Coffee Break 11:00 Chicken Soup Stories	11:00 Bingo 1:00 Tackling Anxiety