



*Seniors Centre
Without Walls*

Online Programs

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

These programs take place over the internet on a video conferencing system called Zoom. You will have a choice as to whether you would like to have your video camera on or not throughout the program.

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 emailed any necessary materials for the program.
- At the time of the program, if you have already downloaded zoom onto your computer:
 - Open your email and click on the zoom link that was sent to you from SCWW@seniorsoutreach.ca (check your junk mail folder and add this email address to your trusted list)
 - Type your name if prompted
 - Wait in the waiting room until the facilitator admits you
- If you have not downloaded zoom, do the following:
 - Go to <https://zoom.us/>
 - On the top of the page click “join a meeting”
 - Enter the meeting ID
 - Enter your meeting name, just an initial for your last name
 - Please note that you may also want/need to follow the instructions to install the Zoom app

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

For assistance, please contact the SCWW Program Coordinator.

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 online 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.

Coffee Break (weekly)

Coffee Break is a great way to socialize with others from this area and other parts of Canada. From the comfort of your own home, join in light-hearted conversation, exchange information or stories, and get to know each other. Listen to or share a fun fact or joke of the week, favorite recipe, book or tv show ideas, and more.

Craft & Chat (weekly)

Do you love to make things, or did you in the past? Do you knit, crochet, paint, sew, build, or have another hobby? Join us to chat about your projects or work on them as we chat. Get your creativity flowing! Pre-planned activities such as rock painting or card-making and other suggestions also occur from time to time. Creative hobbies benefit you physically and mentally, so why not give it a try!

Kelowna Art Gallery Tour (once per month)

Admire, learn, and engage with three unique exhibitions put on through the Kelowna Art Gallery. Art Gallery staff will walk through a 30-minute tour with us live on Zoom. Interesting facts about the exhibits will be shared, and questions are welcomed. Each exhibition is unique, so register for them all.

September 26 - Exhibit - *The Wishing Well* - David and Jordan Doody

Kelowna-based artists David and Jordan Doody are known for their kaleidoscopic paintings and sculptural installations. For *The Wishing Well*, they have come together to create an experimental, site-specific installation that blurs the boundary between material and virtual space. Inspired by classic courtyard architecture and the post digital world, the Doody's aim to transform and activate the Rotary Courtyard space. Visitors are encouraged to sit, walk, and play on the sculpture, or even make it their own personal runway. David and Jordan Doody are interdisciplinary artists who examine the transitional spaces between tangible material and digital media. Jordan received her BFA and MFA from UBC Okanagan and continues to exhibit widely across Canada. David received his BFA from UBC and his MFA from Concordia University and is currently a Visual Arts instructor at UBC Okanagan. David and Jordan are the Artistic Directors of the Uptown Mural Project, an inclusive and educative urban art initiative held in Kelowna's Rutland neighborhood.

October 24 - Exhibit - *look don't look* - Barrie Jones

Barrie Jones is a Vancouver-based photo and video artist whose work is known for its focus on the human figure as a site of complex personal and collective identities. In *look don't look* Jones' uses vibrant video portraits to explore a multitude of human emotions and the complicated dynamics of intimate relationships. The positioning of his subjects in motion invites us to investigate the modern construction of social identities and our growing reliance on technology and social media. Jones received his BFA from the University of British Columbia and his MFA from York University. He spent much of his career as a photography instructor at the University of British Columbia where he recently retired. He has an extensive exhibition record, and his work is in the collections of several major institutions across Canada.

November 21 - Exhibit - *The Street*

Drawn from the Vancouver Art Gallery's permanent collection, *The Street* presents thematic views of the urban street as a source of inspiration for artists and as a primary site for the enactment of culture. As the central space in which private and public realms intersect, the street is an arena where individual gestures and chance encounters speak to the pleasures, the challenges, and the experiences of our everyday life. This group exhibition will feature painting, photography, sculpture,

and video ranging from the eighteenth century to the present. Visitors can look forward to seeing work by notable Canadian and international artists including William Hogarth, Roy Arden, Robert Capa, Allyson Clay, Robert Frank, Fred Herzog, Jeff Wall, Robert Linsley and Lawrence Paul Yuxweluptun, among many others.

Exploring the World (weekly except Sept.26, Oct.24, & Nov.21)

Come join us as we explore a different place in the world each week! Learn about the culture, food, art, music, and traditions of these places. Enjoy interacting and sharing your thoughts, as well as experiences, if you have travelled there. Learning new things can stimulate your mind and activate your brain, increasing your well-being.

Mindfulness (weekly)

Mindfulness is a meditation practice that has many proven benefits on physical and mental health, such as improving sleep and helping to reduce symptoms of stress and anxiety. This program is a beginner guide to using this practice; no experience is necessary, just a willingness to learn something new. This program on Zoom utilizes sound and visual images which our telephone program does not.

SEPTEMBER 2022- Online (Zoom)

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 1:00 Exploring the World	2:00 Craft & Chat	1:00 Mindfulness	10:00 Coffee Break
26	27	28	29
1:00 Kelowna Art Gallery Tour	2:00 Craft & Chat	1:00 Mindfulness	10:00 Coffee Break

OCTOBER 2022- Online (Zoom)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
1:00 Exploring the World	2:00 Craft & Chat	1:00 Mindfulness	10:00 Coffee Break
10	11	12	13
THANKSGIVING (Holiday)	2:00 Craft & Chat	1:00 Mindfulness	10:00 Coffee Break
17	18	19	20
1:00 Exploring the World	2:00 Craft & Chat	1:00 Mindfulness	10:00 Coffee Break
24	25	26	27
1:00 Kelowna Art Gallery Tour	2:00 Craft & Chat	1:00 Mindfulness	10:00 Coffee Break

NOVEMBER 2022- Online (Zoom)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
OCT 31	1	2	3
1:00 Exploring the World	2:00 Craft & Chat	1:00 Mindfulness	10:00 Coffee Break
7	8	9	10
1:00 Exploring the World	2:00 Craft & Chat	1:00 Mindfulness	10:00 Coffee Break
14	15	16	17
1:00 Exploring the World	2:00 Craft & Chat	1:00 Mindfulness	10:00 Coffee Break
21	22	23	24
1:00 Kelowna Art Gallery Tour	2:00 Craft & Chat	1:00 Mindfulness	10:00 Coffee Break
28	29	30	DEC 1
1:00 Exploring the World	2:00 Craft & Chat	1:00 Mindfulness	10:00 Coffee Break