



**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. Registering for a program indicates your agreement to the following:

- ✓ Allow the facilitator/host to guide the group
- ✓ Respect other opinions, whether you agree with them or not
- ✓ 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 Winter 2023 session from January 23rd to March 30th.

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

Coffee Chat (weekly)

Coffee Chat 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.

Exploring the World (weekly except Jan.23, Feb.13 & 20, & Mar.13)

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.

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. Each exhibition is unique, so register for them all. Opportunities to ask questions and learn new things will be offered during the session.

January 23 - Exhibit - **CHEAP ! - by artist **Patrick Lundeen****

CHEAP ! presents a new body of work by Kelowna-based artist Patrick Lundeen who combines sculpture, textiles, and sound to create a fully immersive experience that captures the artist's absurdist aesthetic. Lundeen's work, all made of recycled and found objects, explores how discarded materials can be manipulated, repurposed, and reimagined. Triggered by audience interaction, the objects on view move and make noise, creating a soundscape for the exhibition.

February 13 - Exhibit - **Big Rock Candy Mountain - by artists **Reed H. Reed and Hannah Jickling****

Big Rock Candy Mountain is an artist-run flavor incubator and taste-making think-tank where artists and children explore themes such as: pop aesthetics and marketing; kids and capitalism; adult/child power relations; food security and the dynamics of an international economy. In contrast to the live conditions of most Big Rock Candy Mountain projects, this exhibition showcases drawing, printmaking, and collage as uncommon and eccentric documentation strategies. The works detail the so-called 'peripheral material' generated within participatory, school-centered projects and aim to retrospectively process the sensory noise of collaborative experiences.

March 13 - Exhibit - **The Shape of Obus - by artist **Shannon Bool****

Shannon Bool's multi-faceted work borrows from the techniques of tapestry, carpet, silk painting, collage, and the photogram. It revolves around a central theme: a critique of modernism, through the use of materials and techniques associated with the feminine and the craft, which is mixed with a very personal interpretation of psychoanalytical concepts. Shannon Bool examines the reverse side of modernism by deliberately exploring decorative and ornamental motifs, textures, surfaces and affects. She brings to light aesthetic influences and forces that are usually repressed. She brings to light those left out of official historical narratives (most often women).

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! Creative hobbies benefit you physically and mentally, so why not give it a try! While most sessions are not structured, the following pre-planned activities will occur:

February 14 - Affirmations Jar

What better day than Valentine's Day to create an affirmations jar and fill it with loving and kind affirmations to ourselves, or create it as a gift to give someone else. Supplies will be discussed before this date, and each person may choose how they want to create it and what medium to use.

March 14 - Paint Along

Anyone can paint, whether experienced or not, so join the fun as we paint along to a pre-recorded video (participants will choose one project as a group from several options at the start of winter session). Supplies will be discussed and a supply list available once the selection has been made.

Gratitude Journaling (weekly)

More than a practice, gratitude is a lens through which we can view the world. Gratitude can contribute towards our resilience, providing increased optimism and well-being, and influence healthier choices. Join us as we use gratitude journal prompts and thought-provoking questions to write and draw how gratitude feels, where it arises, and what it means to you. Gratitude is a way of being, and like any exercise, it grows and strengthens with use!

TEDx Noon Hour Session (Pre-recorded)

Join us over the lunch hour for pre-recorded TEDx sessions featuring teachings from the Squamish/Lil'wat Nations (www.slcc.ca/tedxwhistler-slcc)

February 9 - "The spirit moves like a storm"

Featuring Chief Janice George, a member of the Squamish Nation in BC, Canada. This pre-recorded session includes storytelling about two life-changing events and the storms that accompanied them, and the beautiful weaving that commemorates the experience, featuring the traditional Coast Salish wool weaving.

March 9 - "So many questions, so few answers"

Featuring Gélpcal, Cultural Chief R.A. Joseph, from the Lil'wat Nation in this pre-recorded session which explores his core identity and that of his people through deep, soul-searching questions. This talk also explores the legacy we all want to leave behind.

JANUARY 2023 - Online (Zoom) - Pacific Standard Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
Holiday			
9	10	11	12
SCWW Winter Registration Begins			
16	17	18	19
			10:00 Coffee Chat (Early Start)
23	24	25	26
SCWW Winter Session Begins 1:00 Kelowna Art Gallery Tour	1:00 Craft & Chat		10:00 Coffee Chat 1:00 Gratitude Journaling
30	31		
1:00 Exploring the World	1:00 Craft & Chat		

FEBRUARY 2023 - Online (Zoom) - Pacific Standard Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
			10:00 Coffee Chat 1:00 Gratitude Journaling
6	7	8	9
1:00 Exploring the World	1:00 Craft & Chat		10:00 Coffee Chat 12:00 TEDx Noon Hour Session 1:00 Gratitude Journaling
13	14	15	16
1:00 Kelowna Art Gallery Tour	1:00 Craft & Chat (Affirmations Jar)		10:00 Coffee Chat 1:00 Gratitude Journaling
20	21	22	23
FAMILY DAY (Holiday)	1:00 Craft & Chat		10:00 Coffee Chat 1:00 Gratitude Journaling
27	28		
1:00 Exploring the World	1:00 Craft & Chat		

MARCH 2023- Online (Zoom) - Pacific Standard Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
			10:00 Coffee Chat 1:00 Gratitude Journaling
6	7	8	9
1:00 Exploring the World	1:00 Craft & Chat		10:00 Coffee Chat 12:00 TEDx Noon Hour Session 1:00 Gratitude Journaling
13	14	15	16
1:00 Kelowna Art Gallery Tour	1:00 Craft & Chat (Paint Along)		10:00 Coffee Chat 1:00 Gratitude Journaling
20	21	22	23
1:00 Exploring the World	1:00 Craft & Chat		10:00 Coffee Chat 1:00 Gratitude Journaling
27	28	29	30
1:00 Exploring the World	1:00 Craft & Chat		10:00 Coffee Chat 1:00 Gratitude Journaling