



*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. 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
- ✓ 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 Winter 2023 session from January 23rd to March 30th.

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

Affirmations (1 session)

Learn about the value of affirmations and how to incorporate more affirmations into your daily routine. Discover how they benefit your well-being, and practice creating affirmations for yourself and to share with others.

Bingo (weekly)

Come play classic bingo with us! It's not about the winning, it's about the fun!

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!

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.

Coffee Chat (weekly)

Coffee Chat 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.

Cultivating Gratitude (1 session)

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 influencing healthier choices. Join us as we discuss 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!

Guest Series (2 sessions)

Feb.21 Tax Tips - During the Canada Revenue Agency's income tax presentation, you'll receive information for seniors about income tax, tax returns, and any tax credits that may be available specifically for older adults.

March 21 Benefits & Credits - During the Canada Revenue Agency's benefits and credits presentation, you'll receive information for seniors about any benefits or credits that may be available, specifically for older adults.

Mindfulness (weekly)

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.

Super Sleuths - Solving Mysteries (1 session)

Do you think you have good detective skills? Do you like solving mysteries? Join us to use your super sleuthing skills and help solve the mysteries presented in the stories. Can you follow the clues and find the answer? We will have fun trying!

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, Odd One Out, Balderdash, Finish that Line, and more. Games can enhance our problem-solving skills and help us to think creatively.

January 2023 - Telephone - 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)	11:00 Mindfulness (Early Start)		
23	24	25	26
SCWW Winter Session Begins 10:00 Coffee Chat	9:30 Cultivating Gratitude		
11:00 Word & Memory Games	11:00 Mindfulness	11:00 Chicken Soup Stories	11:00 Bingo
30	31		
10:00 Coffee Chat 11:00 Brain Teasers	11:00 Mindfulness		

FEBRUARY 2023 - Telephone - Pacific Standard Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
		11:00 Chicken Soup Stories	11:00 Bingo
6	7	8	9
10:00 Coffee Chat 11:00 Trivia	9:30 Affirmations 11:00 Mindfulness	11:00 Chicken Soup Stories	11:00 Bingo
13	14	15	16
10:00 Coffee Chat 11:00 Word & Memory Games	11:00 Mindfulness	11:00 Chicken Soup Stories	11:00 Bingo
20	21	22	23
Family Day (Holiday)	9:30 Guest Series - (CRA) Tax Tips 11:00 Mindfulness	11:00 Chicken Soup Stories	11:00 Bingo
27	28		
10:00 Coffee Chat 11:00 Brain Teasers	11:00 Mindfulness		

MARCH 2023 - Telephone - Pacific Standard Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
		11:00 Chicken Soup Stories	11:00 Bingo
6	7	8	9
10:00 Coffee Chat 11:00 Trivia	11:00 Mindfulness	11:00 Chicken Soup Stories	11:00 Bingo
13	14	15	16
10:00 Coffee Chat 11:00 Word & Memory Games	9:30 Super Sleuths - Solving Mysteries 11:00 Mindfulness	11:00 Chicken Soup Stories	11:00 Bingo
20	21	22	23
10:00 Coffee Chat 11:00 Brain Teasers	9:30 Guest Series - (CRA) Benefits 11:00 Mindfulness	11:00 Chicken Soup Stories	11:00 Bingo
27	28	29	30
10:00 Coffee Chat 11:00 Trivia	11:00 Mindfulness	11:00 Chicken Soup Stories	11:00 Bingo