



*Seniors Centre
Without Walls*

Online Programs

Pacific Standard Time Zone

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: 250-258-9187

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 2023 session from September 25th to November 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.

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:

October 3 - Autumn card making

Fall is in the air - colourful leaves, pumpkins, apples, and that cozy feeling of a warm cup of tea or coffee in your hands. Using different techniques and supplies, we will make Autumn or Thanksgiving cards to enjoy or share with others.

October 24 - Diamond Art Painting

Diamond dot or diamond art painting is a relaxing activity which uses tiny resin facets to create a sparkly, shimmering painting with the help of a sticky pen and glue. Register to join in the fun with a small starter painting to learn this new popular art.

November 21 - Autumn Themed Paint Along

Do you like to paint? Have you ever participated in a painting session where all participants follow a guided lesson creating a similar but still individualized painting? Join us as we laugh and chat our way through it and create our own masterpieces!

Giving Thanks: Stories of Resilience and Gratitude (Only Oct.5)

As Thanksgiving approaches, these stories of resilience and gratitude are great reminders of our own reasons to be thankful! Enjoy listening, discussing, and sharing your own stories of resilience and gratitude.

Kelowna Art Gallery Tour (3 tours)

Admire, learn, and engage with a unique exhibit virtually with the Kelowna Art Gallery. Art Gallery staff will walk through a 30-minute tour with us live on Zoom. Opportunities to ask questions and learn new things will be offered during the session.

September 25 - Exhibit - *Takao Tanabe: Printmaker*

Organized by the Kelowna Art Gallery with guest Curator Ian Thom, this exhibition features over sixty prints by renowned artist Takao Tanabe. Tanabe is among Canada's most celebrated painters and printmakers, recognized for his landscapes that bridge the gap between abstraction and realism. Loaned from the Vancouver Art Gallery and the Winnipeg Art Gallery collections, many works in this exhibition have never been exhibited until now.

October 30 - Exhibit - *As Above, So Below*

Born in the coastal village of Ardrishaig, Scotland, Mary Smith McCulloch explores Intaglio printmaking as a communicative medium that documents the human impact on both the Okanagan and European landscapes. *As Above, So Below* presents work that touches on historical notes of humanity, civilization, land, and architecture. McCulloch maintains a studio practice overlooking Okanagan Lake, and continues to exhibit in Canada and the UK. She has shown in numerous printmaking biennial and triennial exhibitions, is the founder of the Printmaking program at UBC Okanagan, and is an Associate Professor Emerita.

November 27 - Exhibit - *Wolves: The Art of Dempsey Bob*

This exhibition offers a personal encounter with one of the leading carvers of British Columbia's Northwest Coast, and an immersive experience of the Tahltan and Tlingit mainland cultures. The show surveys the artist's development from his early days as a student of legendary female carver Freda Diesing through to his late career masterworks, which advance the traditions of carving in the 21st century.

Remembrance: Every Object Tells a Story (only November 9)

Remembrance Day is on November 11th every year and is a time to remember the effects of war and the loss of life in the past and present. In the series of the Canadian War Museum's Every Object Tells a Story, hear the stories of the Izzy doll, Aileen Rogers Teddy Bear, and hear about the Canadian War Museum where these objects reside.

The Great Pacific Northwest Virtual Road Trip (weekly except September 25, October 30, and November 27)

Come join us on an exciting virtual road trip as we explore the Pacific Northwest including the coastal states of Washington, Oregon, and California. Explore new cities, attractions, cultural stops, and delicious food. Enjoy the beautiful diverse landscapes. Share your own memories of travels in these locations with the group.

SEPTEMBER 2023 - Online (Zoom) Pacific Standard Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
11	12	13	14
SCWW Fall Registration Begins			
18	19	20	21
SCWW Fall Coffee Chat sessions begin			10:00 Coffee Chat
25	26	27	28
SCWW Fall Session Begins 1:00 Kelowna Art Gallery Exhibit	1:00 Craft & Chat		10:00 Coffee Chat

OCTOBER 2023 - Online (Zoom) - Pacific Standard Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
<p>National Day for Truth and Reconciliation</p> <p>1:00 The Great Pacific Northwest Virtual Road Trip</p>	<p>1:00 Craft & Chat (Autumn card-making)</p>	<p>Seniors Outreach and SCWW closed today</p>	<p>10:00 Coffee Chat</p> <p>1:00 Giving Thanks: Stories of Resilience and Gratitude</p>
9	10	11	12
<p>THANKSGIVING (Holiday)</p>	<p>1:00 Craft & Chat</p>		<p>10:00 Coffee Chat</p>
16	17	18	19
<p>1:00 The Great Pacific Northwest Virtual Road Trip</p>	<p>1:00 Craft & Chat</p>		<p>10:00 Coffee Chat</p>
23	24	25	26
<p>1:00 The Great Pacific Northwest Virtual Road Trip</p>	<p>1:00 Craft & Chat (Diamond Art)</p>		<p>10:00 Coffee Chat</p>
30	31		
<p>1:00 Kelowna Art Gallery Tour</p>	<p>1:00 Craft & Chat</p>		

NOVEMBER 2023- Online (Zoom) - Pacific Standard Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
			10:00 Coffee Chat
6	7	8	9
1:00 The Great Pacific Northwest Virtual Road Trip	1:00 Craft & Chat		10:00 Coffee Chat 1:00 Remembrance: Every Object Tells a Story
13	14	15	16
REMEMBRANCE DAY (Holiday)	1:00 Craft & Chat		10:00 Coffee Chat
20	21	22	23
1:00 The Great Pacific Northwest Virtual Road Trip	1:00 Craft & Chat (Autumn Paint Along)		10:00 Coffee Chat
27	28	29	30
1:00 Kelowna Art Gallery Tour	1:00 Craft & Chat		10:00 Coffee Chat