



*Seniors Centre
Without Walls*

Telephone Programs

Pacific Standard Time Zone

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 or not you agree with them
- ✓ Take turns and allow others to share too
- ✓ Be kind when you make comments to others

If you have questions regarding the code of conduct, please contact the SCWW Program Coordinator for assistance at (250) 258-9187.

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 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 conversation 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! Bingo cards will be emailed or mailed to registered participants.

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 (starts on Sept. 18 - weekly - except October 9 and November 13)

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.

Giving Thanks: Stories of Resilience and Gratitude (only October 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.

Guest Series (3 sessions)

October 17 Seniors First BC - Elder Abuse and SFBC Services - This presentation by Seniors First BC (SFBC) discusses the abuse of older adults, types of abuse and people involved, and strategies to deal with abuse. It includes an overview of Seniors First BC's programs and services.

October 31 Alzheimer's Society of BC - Intro to Dementia, symptoms, and resources - This presentation will give participants an introduction to Dementia and discuss the symptoms to be aware of. It will also discuss resources for participants, family, friends, or caregivers.

November 14 Seniors First BC - Frauds and Scams - This presentation by Seniors First BC (SFBC) introduces what frauds and scams are, common methods and schemes targeting Canadian seniors, safety strategies, and resources to consult if you or someone you know has been affected by frauds/scams.

Mindfulness (weekly)

Mindfulness is a meditation practice that has many proven benefits on physical and mental health, and can be effective in reducing the symptoms of anxiety and stress. This program is a beginner guide to using this practice; no experience is necessary, just a willingness to learn something new.

Music and Poetry (weekly except October 5 and November 9)

Music and Poetry stimulate the imagination and bring imagery to the topics it contains. Music lyrics often contain poetry and poetry can easily be set to music. Come enjoy the music and poetry of Autumn, and contribute your own favorites as well! Explore creating poetry as you engage your brain in new ways.

Remembrance: Every Object Tells a Story (only on 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.

Trivia (once every 3 weeks)

Do you like Trivia? 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.

Well-Being Series: Sleep Health (2 sessions)

October 3 What is Sleep Hygiene - In this introduction to sleep health, find out what sleep hygiene is and how it helps you sleep. Learn how to keep a sleep diary to discover what is working well for you and what areas could be improved upon.

November 28 Sleep Habits and Changing Patterns - As we continue our discussion about sleep, we explore the sleep habits we have formed and uncover helpful tools for changing those patterns.

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, 20 Questions and more. Games can enhance our problem-solving skills and help us to think creatively.

SEPTEMBER 2023 - Telephone - Pacific Standard Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4	5	6	7
11	12	13	14
<p style="text-align: center;">SCWW Fall Registration Opens</p>			
18	19	20	21
<p style="text-align: center;">SCWW Fall Registration and Coffee Chat</p> <p>10:00 Coffee Chat</p>			
25	26	27	28
<p style="text-align: center;">SCWW Fall Session Begins</p> <p>10:00 Coffee Chat</p> <p>11:00 Word & Memory Games</p>	<p>11:00 Mindfulness</p> <p>12:00 Chicken Soup Stories</p>		<p>11:00 Bingo</p> <p>12:00 Music & Poetry</p>

OCTOBER 2023 - Telephone - Pacific Standard Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
10:00 Coffee Chat 11:00 Trivia	Well-Being Series: What is Sleep Hygiene? 11:00 Mindfulness 12:00 Chicken Soup Stories	Seniors Outreach and SCWW closed	11:00 Bingo 12:00 Giving Thanks: Stories of Resilience and Gratitude
9	10	11	12
Thanksgiving (Holiday)	11:00 Mindfulness 12:00 Chicken Soup Stories		11:00 Bingo 12:00 Music & Poetry
16	17	18	19
10:00 Coffee Chat 11:00 Brain Teasers	9:30 Guest Series: Seniors First BC services and information on elder abuse 11:00 Mindfulness 12:00 Chicken Soup Stories		11:00 Bingo 12:00 Music & Poetry
23	24	25	26
10:00 Coffee Chat 11:00 Word & Memory Games	11:00 Mindfulness 12:00 Chicken Soup Stories		11:00 Bingo 12:00 Music & Poetry
30	31		
10:00 Coffee Chat 11:00 Trivia	9:30 Guest Series: Alzheimer's Society of BC -Dementia, symptoms and resources 11:00 Mindfulness 12:00 Chicken Soup Stories		

NOVEMBER 2023 - Telephone - Pacific Standard Time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1	2
			11:00 Bingo 1:00 Music & Poetry
6	7	8	9
10:00 Coffee Chat 11:00 Brain Teasers	11:00 Mindfulness 12:00 Chicken Soup Stories		11:00 Bingo 12:00 Remembrance: Every Object Tells a Story
13	14	15	16
Remembrance Day (holiday)	9:30 Guest Series: Seniors First BC - Frauds and Scams 11:00 Mindfulness 12:00 Chicken Soup Stories		11:00 Bingo 1:00 Music & Poetry
20	21	22	23
10:00 Coffee Chat 11:00 Word & Memory Games	11:00 Mindfulness 12:00 Chicken Soup Stories		11:00 Bingo 1:00 Music & Poetry
27	28	29	30
10:00 Coffee Chat 11:00 Trivia	9:30 Well-Being Series: Sleep habits and how to change patterns 11:00 Mindfulness 12:00 Chicken Soup Stories		11:00 Bingo 1:00 Music & Poetry