



Free Telephone Group Activities



**Real Pirates Exhibit
Manitoba Museum**



**Maralee Caruso
CTV News
Celebrity Bingo**

Did you know you can learn about
astronomy, travel to other
countries or tour a museum -
all over the phone?

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**Journey to
Churchill
Assiniboine Park
Zoo**



**First Nations
Astronomy**

**All participants must re-register
for each new session**

**For more information or to register, please call A & O at:
204-956-6440 in Winnipeg or toll-free at 1-888-333-3121**

You may also visit our website at www.ageopportunity.mb.ca
or e-mail us at intake@ageopportunity.mb.ca

Large print versions of this guide are available.

Presentation Series

The presentations in this series will be recorded for anyone that is not able to join us. If you can't make it on the line with us, let us know and we will arrange for you to listen to the lecture at your convenience.



Real Pirates

An exhibition from National Geographic presents, “*Real Pirates: The untold story of the Whydah from slave ship to pirate ship.*” The exhibition explores early 18th century piracy with more than 200 artefacts recovered from the ocean floor.

“Real Pirates” tells the story of the Whydah - a real pirate ship that sank off the coast of Cape Cod nearly 300 years ago - and showcases treasure chests of coins, gold, jewelry, weaponry such as cannons, pistols and swords. “Real Pirates” also provides visitors with an unprecedented glimpse into the unique economic, political and social circumstances of the early 18th century.

Presenter:

**Jérôme Marchildon,
Museum Program Developer
The Manitoba Museum**

Tuesday, January 13th from 10:00 - 11:00 am

First Nations Astronomy

Re-imagine the stars through Wilfred Buck’s eyes. Buck is an expert on First Nations astronomy. What did our First Nations people see when they looked up at the night sky? Learn the mythology behind the astronomy. This is a unique opportunity to experience astronomy from the viewpoint of The First People of North America, through his sharing of stories of the stars.

**Presenter:
Wilfred Buck,
Cree Science Educator
Fridays,
March 20th & 27th
from 10:00 - 11:00 am**



Home Sweet Home

If you needed to move from your current home, do you know what housing options are available to you? Do you have all the information to confidently make the transition from your current home to a new place? Join Silvia in a discussion about the different options available to older adults in Winnipeg. Learn about such options as independent living, assisted living, supportive housing and life leasing. Understand how to use the Winnipeg Housing Directory for Older Adults to help you research your options.

**Presenter: Silvia Visintin, M.A.
Housing Consultant,
A & O: Support Services for Older Adults
Housing Program**

**Wednesday, March 4th
from 11:00 am - 12:00 pm**

Cochlear Implants: When Hearing Aids Are Not Enough

Manitoba recently celebrated the accomplishment of inserting 100 cochlear implant devices at the Health Sciences Centre. A cochlear implant is a small electronic device that can help to provide a sense of sound by electrical stimulation of the auditory nerve to a person who is profoundly deaf or severely hard-of-hearing. The focus of the talk will be on cochlear implants: what they are, how they work and who might be a candidate. Here is an opportunity to learn about hearing loss and different assistive technology available to adults with hearing difficulties.

**Presenter: Daniela Stangherlin, Au.D., CCC-A
Audiologist, Central Speech and Hearing Clinic
Tuesday, March 31st from 10:00 - 11:00 am**

This program is funded by the Winnipeg Regional Health Authority and the Seniors and Healthy Aging Secretariat as part of the Age-Friendly Manitoba Initiative.

Culture & the Arts Presentation Series

The presentations in this series will be recorded for anyone that is not able to join us. If you can't make it on the line with us, let us know and we will arrange for you to listen to the lecture at your convenience.



Royal Winnipeg Ballet

The Royal Winnipeg Ballet is one of the world's premier dance companies. Based in Winnipeg, Manitoba, it is Canada's oldest ballet company and the longest continuously operating ballet company in North America. Join Muddy Water Tours to hear the in depth story of this company and the story behind some of the famous dances they have performed.



CANADA'S ROYAL
WINNIPEG BALLET

Presenter:
Kristen Verin-Treusch,
Muddy Water Tours

Friday, March 13th
from 10:00 - 11:00 am

Winnipeg Symphony Orchestra

Join James Manishen as he talks about the history of the WSO, the concert experience going back to the days of the old Winnipeg Auditorium (where he got his start with the WSO in 1966), some of the luminaries that appeared with the orchestra and where the organization is today. James will also invite listeners to share their favourite WSO moments, performances and experiences, from early times to today.

Presenter: James Manishen,
Artistic Operations
Associate
Winnipeg Symphony
Orchestra

Friday, February 13th from
10:00 - 10:45 am



Group of Seven

Muddy Water Tours will present a history of the Group of Seven, their origins, members and legacy in a one hour presentation. The 'Group of Seven' is the most famous association of Canadian artists in our country's history. The seven artists who formed 'The Group of Seven' in 1920 included Franklin Carmichael, Lawren Harris, A.Y. Jackson, Frank Johnston, Arthur Lismer, J.E.H. MacDonald and Fred Varley. Tom Thomson was a major influence, if not an inspiration, for 'The Group'; but, unfortunately he died under mysterious circumstances in a canoeing accident in Algonquin Park in 1917, three years before 'The Group of Seven' was officially formed.



Presenter: Kristen Verin-Treusch,
Muddy Water Tours

Tuesday, April 14th from 2:00 - 3:00 pm

Come Onto the Stage with the Opera 'The Queen of the Arts'

Enjoy this enchanting biweekly series with Joann Alexander-Smith, as she combines recordings of arias, duets and choruses, with her fascinating descriptions of the opera, featuring composers such as Puccini, Verdi, Mozart, Bizet and others.



Presenter:

Joann Alexander-Smith,
General Director Manitoba Opera (Retired)

Wednesdays from 2:00 - 3:00 pm

January 7th & 21st, February 4th & 18th,
March 4th & 18th & April 1st, 15th & 29th

A & O: Support Services for Older Adults is a not-for-profit social service agency that offers life-enhancing programs and services to older adults 55+ living in the province of Manitoba. A & O's programs and services support and enhance the physical, intellectual, emotional, social and spiritual lives of older persons and actively promote participation in all aspects of community life.

Historical Presentation Series

The presentations in this series will be recorded for anyone that is not able to join us. If you can't make it on the line with us, let us know and we will arrange for you to listen to the lecture at your convenience.



War of 1812

Find out what this war was really all about. Find out who really won. Find out about its significance for Canada. Learn about some of the battles and generals (there are 2 adjacent streets in Winnipeg named after the most important general and one of the most important battles!).

Presenter: Richard Castro

Thursday, February 19th from 2:30 - 3:30 pm



Canadian Pacific Railway

Let's talk about the first railway to reach Winnipeg. The CPR. The Canadian Pacific Railway was the dream of the Prime Minister, Sir John A. MacDonal(d). He wanted a Canadian Railway from the east to stretch all the way to the Pacific west coast.

Friday, April 10th from 10:00 - 11:00 am

Canadian National Railway

The CPR dominated the rails and the monopoly on transporting goods across our great land. It was getting too expensive. Time to give it some competition. The CNR was an amalgamation of smaller lines that thought they were up to the task. What were the struggles?

Friday, April 17th from 10:00 - 11:00 am

The Colossals

We were on a few occasions known to be the fastest growing city in North America. That meant we had money, wealth, prosperity and growth. You need someplace to put that money and invest your wealth. Enter the Banks. We'll talk about two of the bigger ones during these times. The Bank of Montreal and the Bank of Commerce.

Friday, April 24th from 10:00 - 11:00 am

Series Presenter: Greg Agnew, Historian

Egyptology

Let us take a journey through Egypt during the 1920's when Howard Carter, a British archaeologist, excavated the unlooted tomb of "The Boy King Tut" (Tutankhamun) in the Valley of the Kings.



Presenter: Joann Alexander-Smith

Wednesday, April 22nd from 2:00 - 3:00 pm

Comparison of the History of Canada and the UK



Learn about a potted history of both countries, see what is similar and what is different. Find out how much you already know and how much you didn't know!

Presenter: Richard Castro

Thursday, January 22nd from 2:30 - 3:30 pm

Jewish Settlers

The Industrial Revolution led to technical progress and urbanization, but also created hardship. For hundreds of thousands of Jews and other Europeans, immigration to North America was a chance for a new beginning. Where did the Jewish community settle in Manitoba and in Canada and why?

Presenter: Ricki Segal

Wednesday, March 25th from 1:00 - 2:00 pm

Holocaust Survivors

The Holocaust took place in Europe from 1933 - 1945. It began with the rise of socialism and with the appointment of Adolph Hitler as chancellor of Germany. It brought about a mass destruction of European people, especially the Jews. Six million Jews were killed during those years, along with many other groups who suffered as well under Hitler's reign. Many of them met the same fate as the Jewish people. There were also many non-Jews who risked their lives to save others. There are many Holocaust survivors living in the province. Join us to learn more about their stories.

Presenter: Ricki Segal

Tuesday, April 7th from 1:00 - 2:00 pm



Book Journeys

Books and short stories are read aloud

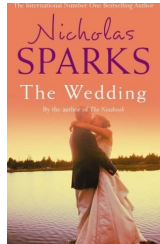
Afternoon Book Club

The Wedding by Nicholas Sparks

After thirty years of marriage, Wilson Lewis, son-in-law of Allie and Noah Calhoun (of *The Notebook*), is forced to admit that the romance has gone out of his marriage. Desperate to win back his wife, Jane's, heart, he must figure out how to make her fall in love with him... again.

Despite the shining example of Allie and Noah's marriage, Wilson is himself a man unable to easily express his emotions. A successful estate attorney, he has provided well for his family, but now, with his daughter's upcoming wedding, he is forced to face the fact that he and Jane have grown apart and he wonders if she even loves him anymore. Wilson is sure of one thing - his love for his wife has only deepened and intensified over the years.

Now, with the memories of his in-laws' magnificent fifty-year love affair as his guide, Wilson struggles to find his way back into the heart of the woman he adores.



Facilitator: Pat Benoit
Mondays, January 5th - April 27th
from 1:30 - 2:15 pm

Short Stories

We will read aloud a different short story from a variety of genres including comedy, drama and suspense. Participants are welcome to present their own stories (fiction or non-fiction).

Thursdays, from 10:00 - 10:30 am
January 22nd, February 19th,
March 19th & April 16th

Readings by Ricki Segal

Join Ricki Segal, Winnipeg author of *My Zayde and Other Memories of Growing Up Jewish*, as she shares some of her unpublished short stories and poetry.

Wednesdays, February 4th, 11th, 18th & 25th
from 1:00 - 1:30 pm

Celebrity



Each month we play Bingo with different personalities. We will mail you three lucky bingo cards and you play along at home.



Alix Michaels
Fab 94.3 Morning Show co-host
Tuesday,
January 27th
2:00 - 2:30 pm



Don Percy
Jewel 101 FM
Tuesday,
February 3rd
2:00 - 2:30 pm



Maralee Caruso
CTV News at Six anchor
Tuesday,
February 24th
2:00 - 2:30 pm



Beau & Heather
BOB 99.9 FM
Tuesday,
March 10th
2:00 - 2:30 pm



Gordon Sinclair Jr.
Winnipeg Free Press
Senior Columnist
Tuesday, April 28th
2:00 - 2:30 pm

Winnipeg Free Press

Additional bingo dates:
Tuesdays from 2:00 - 2:30 pm
January 13th, March 24th & April 21st

Bingo cards with raised print and Braille dots or large print are available.

Senior Centre Without Borders

Folklorama

Folklorama - South Sudan

South Sudan, officially the Republic of South Sudan, is a landlocked country in northeastern Africa that gained its independence from Sudan in 2011. Its diverse habitats include tropical forests, swamps, grassy savannas, floodplains, and wetlands that are home to elephants, giraffes, lions and cape buffalo. Let's learn more about the world's newest country.

Presenter: A Special Guest from Folklorama!
Wednesday, January 14th from 2:00 - 2:30 pm

Folklorama - Romania

Diverse attractions such as the Black Sea, skiing resorts, Transylvanian cities and Dracula's Castle bring in over 7 million visitors a year. We will find out more about this beautiful country nestled away in southeastern-central Europe.



Presenter: A Special Guest from Folklorama!
Wednesday, February 25th from 2:30 - 3:00 pm

Folklorama - Spain

Spain's climate, its geographic location, popular coastlines, diverse landscapes, historical legacy and culture has made Spain's international tourist industry the second largest in the world, in terms of spending, worth approximately 40 billion Euros annually.

Presenter: A Special Guest from Folklorama!

Tuesday, April 28th



Travelogues

New Orleans & Mardi Gras

Back from a recent trip to New Orleans, Michelle Ranville will talk about the vibrant history and culture of the 'Big Easy.' N'awlins, as it's also known, is famous for it's music, food and laid back southern charm. We will take a journey through the French Quarter, view the mansions along St. Charles Avenue, join a Mardi Gras Parade and we will make sure to visit Bourbon Street!

Presenter:
Michelle Ranville, A & O
Tuesday, February 17th (Mardi Gras!)
from 2:00 - 2:30 pm

Russia Travelogue

First get an overview of this immense country which is almost twice as big as Canada but which has many geographical features in common. Then go on a trip with Richard from St. Petersburg to Moscow as he travels down some of the mighty rivers and across the mighty lakes.

Presenter: Richard Castro
Thursday, March 5th from 2:30 - 3:00 pm

Journey to Churchill

"*Journey to Churchill*" with the Assiniboine Park Zoo, as we virtually tour the animals and cultures of the North and discover this innovative new exhibit space. Get a glimpse of how the Zoo-keepers keep the animals engaged in the world around them, and the role our zoo is playing in conservation.

Picture: Hudson the polar bear playing in the snow!

Presenter: Abigail Cristo, Education Coordinator



Friday, January 30th
from 11:00 am - 12:00 pm

Languages

German Lessons (4 weeks)

Learning a new language can slow the brain's aging, even if it is learnt in adulthood. Have fun with us while you learn everyday conversational German for beginners!

Sie können mit uns nach Deutschland kommen und ein Glas Bier trinken, toll was?

You can with us to Germany come and a glass beer drink, cool eh?

Presenter: Richard Castro
Thursdays, February 5th - 26th
from 11:00 am - 12:00 pm

Entry Program for Older Adult Newcomers English Conversation Circle **(10 weeks)**

An opportunity for older adult newcomers to:

- practice their English speaking and listening skills
- learn more about important settlement topics
- meet other older adults from around the world

Connect with people from other communities in Manitoba all by engaging in fun activities such as role playing, questions and answers, group discussions, and telephone scenarios to name a few.

Our facilitator Richard has taught English in a number of different settings in Winnipeg and has experience teaching German and Finnish. He also has a wide knowledge of French, Russian, Swedish and Norwegian.

Presenter: Richard Castro
Thursdays, January 15th - March 19th
from 1:00 - 2:00 pm

Idiom Addicts

What did Charlie mean when he said he was taking his best girl to the blind pig? Well, you can be sure he was not talking about the farmyard. Join in the conversation and learn about the origins of unusual words and expressions in the English language. Expand your vocabulary, and have fun doing it! By the way, Charlie was taking his girl to a speakeasy; an Irish term for an illicit saloon during Prohibition. You couldn't risk raising your voice and attracting the attention of the cops; you had to speak easy.

Presenter: Mary Bana
Friday, January 30th from 10:00 - 10:30 am
Feb 27th from 10:00 - 10:30 am
March 27th from 2:00 - 2:30 pm
April 24th from 2:00 - 2:30 pm

Features



Coffee Talk

Join other Walls participants from around Manitoba to talk about anything and everything!

Thursdays, from 10:00 - 10:30 am

January 15th & January 29th
February 12th & February 26th
March 12th & March 26th
April 9th & April 23rd

WOW (Without Walls) Program Planning Meeting

We are already working on the May - August 2015 Program Guide. We welcome you to share your ideas with us about what programs and activities you would like to take part in. Your feedback and ideas are always appreciated!

Tuesday, February 10th from 11:00 - 11:30 am

Recipe Exchange

This is your chance to share some of your favourite recipes with your friends from across the province.

Tuesdays from 10:00 - 10:30 am
January 6th & 27th, February 10 & 24th
March 10th & 24th, April 14th & 21st

Special Guest: Brenda Bazylewski,
Manitoba Egg Farmers
Tuesday, January 27th from 10:00 - 10:30 am

Special Guest: Wendy Harrisko,
Manitoba Turkey Producers
Tuesday, February 10th from 10:00 - 10:30 am

Across the Miles

Join participants from Without Walls programs in **Texas, New York** and **California** for an interactive discussion about a variety of topics.

Tuesdays, January 20th & March 17th
from 1:00 - 2:00 pm

Health & Wellness

Music Therapy - Guided Imagery

In November, many of you tuned in to hear Cindy Bass speak about the history of music therapy as well as tell you a little about her private practice in this dynamic profession.

Tune into this session to leave your troubles behind by taking a walk in the forest (complete with soothing background music) and learn about this method of music therapy to help with relaxation.



Friday, January 9th from 10:00 - 10:30 am

Tunes to energize, tunes to tap your toes, tunes to relax & more tunes to make you feel better. Accredited music therapist Cindy Bass will provide you with lots of great tunes when you tune in for this session on January 23rd to learn more about how to use recorded music therapeutically to match your mood and need of the day. Requests welcome and hopefully there will be a favourite tune for everyone!

Friday, January 23rd from 10:00 - 10:30 am

Presenter: Cindy Bass, BMT, MTA

Nutrition Month

Did you know ... March is Nutrition Month? Once again this March, dietitians will be encouraging Canadians to celebrate healthy eating and delicious nourishing food. This year's Nutrition Month theme is "Eating 9 to 5". Eating healthy can be a challenge for everyone, not just those in the workforce! Join Lorna Shaw, Registered Dietitian with the Healthy Aging Resource Team for ideas on quick, healthy meals that fit any lifestyle. Learn tips for saving money on food purchasing and saving time and energy when preparing food. Healthy eating isn't just for 9 to 5, its 24/7!

Friday, March 20th from 1:30 - 2:30 pm

**Presenter: Lorna Shaw-Hoepfner, RD
Healthy Aging Resource Team**



Diabetes: What You Need to Know

As requested, please join in another presentation by the Canadian Diabetes Association on diabetes for those who are diagnosed, undiagnosed, and at risk.

Recap of:

- * types of diabetes
- * signs, symptoms, and risk factors
- * prevalence and incidence of diabetes
- * preventing type 2 diabetes
- * healthy food choices
- * physical activity

Focus of information:

- * complications of diabetes
- * audience questions (*if you have specific questions please advise so that they may be addressed during the presentation*)

Presenter:

**Canadian Diabetes Association
Tuesday, March 3rd from 10:00 - 11:00 am**

Art Therapy

Let's explore the therapeutic use of art. It does not require any special training or skill.

Research shows that Art Therapy may:

- * lower stress and negative thoughts
- * increase confidence, concentration and positive feelings
- * enhance cognitive abilities

Art therapy allows for a window of opportunity to bring the unconscious into consciousness; raising awareness to increase understanding of our experiences, associations, and feelings.

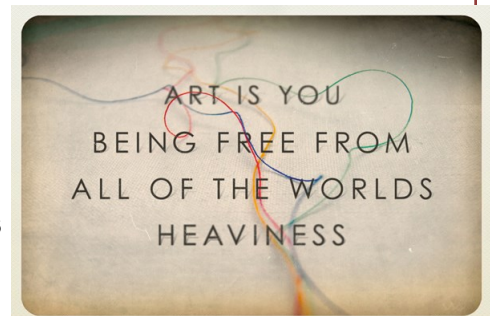
Wednesdays, February 11th from 2:00 - 3:00 pm

March 11th from 1:30 - 2:30 pm

April 8th from 1:30 - 2:30 pm

Presenter:

**Kayla Cardinal,
BFA, DTATI
Winnipeg Art
Therapy Services**



Health & Wellness

Dealing with Loss & Change

The changes that often come in later life - retirement, the death of loved ones, increased isolation, medical problems - can lead to depression. Depression prevents you from enjoying life like you used to. But its effects go far beyond mood. Depression is not an inevitable part of aging, and there are many steps you can take to overcome the symptoms, no matter the challenges you face.

Presenter:

**Stacey Krueger, Community Educator
Community Mental Health Association**

Tuesday, February 10th from 2:00 - 2:45 pm

Meditation Series (4 weeks)

Learn more about meditation and sit back and relax as Pamela Thrift takes you through a stress-reducing meditation exercise. Meditation has many benefits, some of these can include:

- * relaxes our nervous system
- * slows the aging process
- * increased energy

These meditations are not intended to be, or replace individual therapy sessions. Please contact A & O for more information.

Presenter: Pamela Thrift

Fridays, January 9th - 30th from 1:00 - 1:45 pm

Bed Bugs

Join Dean Geller as he teaches you everything you may or may not want to know about bed bugs. You will learn how to identify bed bugs, their biology and lifecycle and preventative measures.

**Presenter: Dean Geller, Manager
Integrated Pest Management Group
Manitoba Housing**

Friday, February 6th from 1:00 - 2:00 pm

Better Breathers On Air Education and Support Group

This group is for people with chronic lung disease and their caregivers and is offered in partnership with A & O and the Manitoba Lung Association. Participating with this group will help you learn how to cope with lung disease, manage your lung health and improve your quality of life.

**Tuesdays, from 11:00 am - 12:00 pm
January 20th, February 17th,
March 17th & April 21st**

Weekly Features

Brain Teasers

Research shows that exercising our brain has many benefits, including:

- * improves concentration
- * boosts brain activity
- * enhances memory and processing speed



**Mondays, January 5th - April 27th
from 10:00 - 10:30 am**

**Monday, Feb 16th changed to Tuesday, Feb 17th
Monday, April 6th changed to Tuesday, April 7th**

Did You Know & Riddles

This biweekly feature will alternate between Did You Know fun facts and Riddles.

Did You Know?

**Wednesdays, January 7th - April 29th
from 10:00 - 10:30 am**

Riddles

Wednesdays, January 14th - April 22nd

Medical Mysteries

Join us as we delve into the world of medicine and try to solve medical mysteries straight from the wards. Be a part of the process to help us solve diagnostic dilemmas and hear firsthand accounts that lead doctors to the right diagnosis.

Presenter: Aaron Sacheli

**Thursdays, from 7:00 - 7:30 pm
January 8th - April 30th**

*Visit Aaron's blog at
<http://thinklikeadoctor.blogspot.ca> to see questions
for this week and answers from last week!*

Monthly Features

What's the Verdict?

We will look at interesting court cases and see if we can figure out how the court ruled.

**Wednesday, January 28th,
Friday, February 27th,
Thursday, March 26th &
Friday, April 17th**
from 2:00- 2:30 pm

Whodunnit?

Sharpen your detective skills as we try to figure out Whodunnit!

**Tuesday, January 20th,
Friday, February 20th, Friday, March 6th
Thursday, April 30th**
from 10:00 - 10:30 am



Old Time Radio Plays

Years ago, listening to the radio was the main source of entertainment until television came along. Join us for a blast from the past with mystery, drama and comedy radio plays.

**Friday, January 16th from 10:00 - 10:30 am
Friday, February 6th from 10:00 - 10:30 am
Friday, March 6th from 10:00 - 10:30 am
Friday, April 10th from 2:00 - 2:30 pm**

List Mania

Quick - name 10 ballroom dances. How about listing 10 provincial capitals. Join us as we try and come up with as many answers as possible.

**Fridays from 3:00 - 3:30 pm
January 16th, February 20th,
March 13th & April 17th**

What if I can't call into a program?

If you are unable to call into a program, we can call you and have you join us!

Biographies

Join us each month as we delve into the lives of famous individuals.

Duff Roblin

Dufferin Roblin served as the 14th Premier of Manitoba from 1958 to 1967 and was later appointed to the Senate of Canada on the advice of Prime Minister Pierre Trudeau. He has been credited with bringing Manitoba into the modern era, with desired changes in education, hospital finance, roads, social assistance and flood protection.



Thursday, January 8th from 10:00 - 10:30 am



Tom Hanks

This Academy Award winning actor, director, producer, and writer got his big break in the TV comedy Bosom Buddies. He went on to star in romantic comedies, animated movies and dramas. Lets explore the eclectic career of our modern day Spencer Tracy.

Thursday, February 5th from 10:00 - 10:30 am

Stephen Juba

Juba had many unsuccessful forays into Manitoba politics before becoming an MLA from 1953 to 1959 and the 37th Mayor of Winnipeg from 1957 to 1977. Learn more about the first Ukrainian Canadian to hold high political office in the city.



Thursday, March 5th from 10:00 - 10:30 am



Paul McCartney

Sir James Paul McCartney has been recognized as one of the most successful composers and performers of all time. We will follow his career through the Beatles era and his solo career. We will also find out more about the man behind the music.

Thursday, April 2nd from 10:00 - 10:30 am

Observances & Celebrations

Chinese New Year

Chinese New Year is a major festival in the Chinese culture. According to the Chinese calendar, Chinese New Year will be celebrated on Thursday, February 19, 2015. It will be the Year of the Sheep. There are 12 animals in the Chinese Zodiac. Find out which animal represents the year you were born. You will also learn about the traditions of Chinese New Year, including good fortune greetings, superstitions, and food.



2015

Presenter: Anita Suen

Tuesday, February 3rd from 10:00 - 11:00 am

Famous Love Stories

Famous and/or Tragic Love Stories. What can we learn from them? Explore some famous tales of loves won and lost. Why do some of these tales become iconic while others less so.

**Presenter: Kristen Verin-Treusch,
Muddy Water Tours**

Friday, February 13th from 1:30 - 2:30 pm

St. Patrick's Day

Come and have some fun with the luck of the Irish!

Tuesday, March 17th from 10:00 - 10:30 am

Groundhog Day

Let's find out together whether the groundhog comes out of its home this day to "predict" if spring is on its way in the northern hemisphere.

Monday, February 2nd from 11:00 - 11:30 am

Weatherman's Day Wind Chill and Humidex

February 5th is Weatherman's Day. Ever wonder what these complex concepts were really all about? Go back to school with Richard as we explore these exciting topics together with the aid of graphs and charts. Answer questions together and appreciate their real relevance and significance.

Presenter: Richard Castro

Thursday, February 5th from 2:30 - 3:30 pm

Passover

Passover begins the evening of April 3rd this year and ends the evening of April 11th. Passover celebrates the deliverance of the Jewish people from slavery in Egypt. We will discuss the different rituals unique to the Passover celebration. For example, during Passover, the house is free of chametz (unleavened bread) because when the Pharaoh freed the Israelites, it was said that they could not wait for the bread dough to rise and in commemoration, no leavened bread is eaten for eight days.

Presenter: Ricki Segal

Tuesday, March 31st from 1:00 - 2:00 pm

April Fools' Day

Join us for our fun celebration of April Fools' Day, which has been popular since the 19th century.

Wednesday, April 1st from 1:00 - 1:30 pm

8TH ANNUAL HOUSING & LIFESTYLES EXPO

Date: Tuesday, May 26, 2015

Time: 10:00 am - 3:00 pm

Location: Victoria Inn, 1808 Wellington Ave., Winnipeg, MB

For more information, please contact A & O: Support Services for Older Adults at **204-956-6440** or view our website at www.ageopportunity.mb.ca.



January 2015



Happy New Year!

Mon	Tue	Wed	Thu	Fri
<p>YOU MAY REGISTER FOR PROGRAMS ANYTIME</p>			1 NEW YEAR'S DAY	2 NO PROGRAM
5 Brain Teasers 10:00 - 10:30 am Afternoon Book 1:30 - 2:15 pm	6 Recipe Exchange 10:00 - 10:30 am	7 Did You Know? 10:00 - 10:30 am Opera 2:00 - 3:00 pm	8 Biographies 10:00 - 10:30 am Medical Mysteries 7:00 - 7:30 pm	9 Music Therapy 10:00 - 10:30 am Meditation 1:00 - 1:45 pm
12 Brain Teasers 10:00 - 10:30 am Afternoon Book 1:30 - 2:15 pm	13 Real Pirates 10:00 - 11:00 am Bingo 2:00 - 2:30 pm	14 Riddles 10:00 - 10:30 am Folklorama - South Sudan 2:00 - 2:30 pm	15 Coffee Talk 10:00 - 10:30 am ECC 1:00 - 2:00 pm Medical Mysteries 7:00 - 7:30 pm	16 Radio Plays 10:00 - 10:30 am Meditation 1:00 - 1:45 pm List Mania 3:00 - 3:30 pm
19 Brain Teasers 10:00 - 10:30 am Afternoon Book 1:30 - 2:15 pm	20 Whodunnit? 10:00 - 10:30 am Better Breathers 11:00 am - 12:00 pm Across The Miles 1:00 - 2:00 pm	21 Did You Know? 10:00 - 10:30 am Opera 2:00 - 3:00 pm	22 Short Stories 10:00 - 10:30 am ECC 1:00 - 2:00 pm UK and Canada 2:30 - 3:30 pm Medical Mysteries 7:00 - 7:30 pm	23 Music Therapy 10:00 - 10:30 am Meditation 1:00 - 1:45 pm
26 Brain Teasers 10:00 - 10:30 am Afternoon Book 1:30 - 2:15 pm	27 Recipe Exchange MB Egg Producers 10:00 - 10:30 am Celebrity Bingo Alix Michaels 2:00 - 2:30 pm	28 Riddles 10:00 - 10:30 am What's the Verdict? 2:00 - 2:30 pm	29 Coffee Talk 10:00 - 10:30 am ECC 1:00 - 2:00 pm Medical Mysteries 7:00 - 7:30 pm	30 Idioms 10:00 - 10:30 am Journey to Churchill 11:00 am - 12:00 pm Meditation 1:00 - 1:45 pm



February 2015

Mon	Tue	Wed	Thu	Fri
<p>2 Brain Teasers 10:00 - 10:30 am</p> <p>Ground Hog Day 11:00 - 11:30 am</p> <p>Afternoon Book 1:30 - 2:15 pm</p>	<p>3 Chinese New Year 10:00 - 11:00 am</p> <p>Celebrity Bingo Don Percy 2:00 - 2:30 pm</p>	<p>4 Did You Know? 10:00 - 10:30 am</p> <p>Ricki Segal 1:00 - 1:30 pm</p> <p>Opera 2:00 - 3:00 pm</p>	<p>5 Biographies 10:00 - 10:30 am</p> <p>German 11:00 am - 12 pm ECC 1:00 - 2:00 pm</p> <p>Weatherman's Day 2:30 - 3:30 pm</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>6 Radio Plays 10:00 - 10:30 am</p> <p>Bed Bugs 1:00 - 2:00 pm</p>
<p>9 Brain Teasers 10:00 - 10:30 am</p> <p>Afternoon Book 1:30 - 2:15 pm</p>	<p>10 Recipe Exchange MB Turkey 10:00 - 10:30 am</p> <p>Planning Meeting 11:00 - 11:30 am</p> <p>Loss & Change CMHA 2:00 - 2:45 pm</p>	<p>11 Riddles 10:00 - 10:30 am</p> <p>Ricki Segal 1:00 - 1:30 pm</p> <p>Art Therapy 2:00 - 3:00 pm</p>	<p>12 Coffee Talk 10:00 - 10:30 am</p> <p>German 11:00 am - 12 pm ECC 1:00 - 2:00 pm</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>13 Winnipeg Symphony Orchestra 10:00 - 10:45 am</p> <p>Valentine's Day - Famous/Tragic Love Stories 1:30 - 2:30 pm</p>
<p>16 LOUIS RIEL DAY OFFICE CLOSED</p>	<p>17 Brain Teasers 10:00 - 10:30 am</p> <p>Better Breathers 11:00 am - 12:00 pm</p> <p>New Orleans - Mardi Gras 2:00 - 2:30 pm</p>	<p>18 Did You Know? 10:00 - 10:30 am</p> <p>Ricki Segal 1:00 - 1:30 pm</p> <p>Opera 2:00 - 3:00 pm</p>	<p>19 Short Stories 10:00 - 10:30 am</p> <p>German 11:00 am - 12 pm ECC 1:00 - 2:00 pm</p> <p>War of 1812 2:30 - 3:30 pm</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>20 Whodunnit? 10:00 - 10:30 am</p> <p>List Mania 3:00 - 3:30 pm</p>
<p>23 Brain Teasers 10:00 - 10:30 am</p> <p>Afternoon Book 1:30 - 2:15 pm</p>	<p>24 Recipe Exchange 10:00 - 10:30 am</p> <p>Celebrity Bingo - Maralee Caruso 2:00 - 2:30 pm</p>	<p>25 Riddles 10:00 - 10:30 am</p> <p>Ricki Segal 1:00 - 1:30 pm</p> <p>Folklorama - Romania 2:30 - 3:00 pm</p>	<p>26 Coffee Talk 10:00 - 10:30 am</p> <p>German 11:00 am - 12 pm ECC 1:00 - 2:00 pm</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>27 Idioms 10:00 - 10:30 am</p> <p>What's the Verdict? 2:00 - 2:30 pm</p>

March 2015



Mon	Tue	Wed	Thu	Fri
<p>2 Brain Teasers 10:00 - 10:30 am</p> <p>Afternoon Book 1:30 - 2:15 pm</p>	<p>3 Diabetes 10:00 - 11:00 am</p>	<p>4 Did You Know? 10:00 - 10:30 am</p> <p>Home Sweet Home 11:00 am - 12:00 pm</p> <p>Opera 2:00 - 3:00 pm</p>	<p>5 Biographies 10:00 - 10:30 am</p> <p>ECC 1:00 - 2:00 pm</p> <p>Russia Travelogue 2:30 - 3:30 pm</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>6 Radio Plays 10:00 - 10:30 am</p> <p>Whodunnit? 2:00 - 2:30 pm</p>
<p>9 Brain Teasers 10:00 - 10:30 am</p> <p>Afternoon Book 1:30 - 2:15 pm</p>	<p>10 Recipe Exchange 10:00 - 10:30 am</p> <p>Celebrity Bingo Beau & Heather 2:00 - 2:30 pm</p>	<p>11 Riddles 10:00 - 10:30 am</p> <p>Art Therapy 1:30 - 2:30 pm</p>	<p>12 Coffee Talk 10:00 - 10:30 am</p> <p>ECC 1:00 - 2:00 pm</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>13 Royal Winnipeg Ballet 10:00 - 11:00 am</p> <p>List Mania 3:00 - 3:30 pm</p>
<p>16 Brain Teasers 10:00 - 10:30 am</p> <p>Afternoon Book 1:30 - 2:15 pm</p>	<p>17 St. Patrick's Day 10:00 - 10:30 am</p> <p>Better Breathers 11:00 am - 12:00 pm</p> <p>Across The Miles 1:00 - 2:00 pm</p>	<p>18 Did You Know? 10:00 - 10:30 am</p> <p>Opera 2:00 - 3:00 pm</p>	<p>19 Short Stories 10:00 - 10:30 am</p> <p>ECC 1:00 - 2:00 pm</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>20 First Nations Astronomy 10:00 - 11:00 am</p> <p>Nutrition 1:30 - 2:30 pm</p>
<p>23 Brain Teasers 10:00 - 10:30 am</p> <p>Afternoon Book 1:30 - 2:15 pm</p>	<p>24 Recipe Exchange 10:00 - 10:30 am</p> <p>Bingo 2:00 - 2:30 pm</p>	<p>25 Riddles 10:00 - 10:30 am</p> <p>Jewish Settlers 1:00 - 2:00 pm</p>	<p>26 Coffee Talk 10:00 - 10:30 am</p> <p>What's the Verdict? 2:00 - 2:30 pm</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>27 First Nations Astronomy 10:00 - 11:00 am</p> <p>Idioms 2:00 - 2:30 pm</p>
<p>30 Brain Teasers 10:00 - 10:30 am</p> <p>Afternoon Book 1:30 - 2:15 pm</p>	<p>31 Cochlear Implants 10:00 - 11:00 am</p> <p>Passover 1:00 - 2:00 pm</p>			

April 2015



Mon	Tue	Wed	Thu	Fri
		<p>1 Did You Know? 10:00 - 10:30 am</p> <p>April Fools' Day 1:00 - 1:30 pm</p> <p>Opera 2:00 - 3:00 pm</p>	<p>2 Biographies 10:00 - 10:30 am</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>3 GOOD FRIDAY</p> <p>OFFICE CLOSED</p>
<p>6 EASTER MONDAY</p> <p>OFFICE CLOSED</p>	<p>7 Brain Teasers 10:00 - 10:30 am</p> <p>Holocaust 1:00 - 2:00 pm</p>	<p>8 Riddles 10:00 - 10:30 am</p> <p>Art Therapy 1:30 - 2:30 pm</p>	<p>9 Coffee Talk 10:00 - 10:30 am</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>10 CPR 10:00 - 11:00 am</p> <p>Radio Plays 2:00 - 2:30 pm</p>
<p>13 Brain Teasers 10:00 - 10:30 am</p> <p>Afternoon Book 1:30 - 2:15 pm</p>	<p>14 Recipe Exchange 10:00 - 10:30 am</p> <p>Group of Seven 2:00 - 3:00 pm</p>	<p>15 Did You Know? 10:00 - 10:30 am</p> <p>Opera 2:00 - 3:00 pm</p>	<p>16 Short Stories 10:00 - 10:30 am</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>17 CNR 10:00 - 11:00 am</p> <p>What's the Verdict? 2:00 - 2:30 pm</p> <p>List Mania 3:00 - 3:30 pm</p>
<p>20 Brain Teasers 10:00 - 10:30 am</p> <p>Afternoon Book 1:30 - 2:15 pm</p>	<p>21 Recipe Exchange 10:00 - 10:30 am</p> <p>Better Breathers 11:00 am - 12:00 pm</p> <p>Bingo 2:00 - 2:30 pm</p>	<p>22 Riddles 10:00 - 10:30 am</p> <p>Egyptology 2:00 - 3:00 pm</p>	<p>23 Coffee Talk 10:00 - 10:30 am</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	<p>24 The Colossals 10:00 - 11:00 am</p> <p>Idioms 2:00 - 2:30 pm</p>
<p>27 Brain Teasers 10:00 - 10:30 am</p> <p>Afternoon Book 1:30 - 2:15 pm</p>	<p>28 Folklorama - Spain 10:00 - 10:30 am</p> <p>Celebrity Bingo Gordon Sinclair Jr. 2:00 - 2:30 pm</p>	<p>29 Did You Know? 10:00 - 10:30 am</p> <p>Opera 2:00 - 3:00 pm</p>	<p>30 Whodunnit? 10:00 - 10:30 am</p> <p>Medical Mysteries 7:00 - 7:30 pm</p>	



Support Services for Older Adults

Senior Centre Without Walls

Winter Session January - April 2015



Date: _____ How did you hear about SCWW? _____

Name: _____ Phone Number: _____

Address/PO Box: _____ City/Town: _____

Postal Code: _____ E-mail: _____

Birthdate: _____ Gender: _____ Do you need to be called in? _____

Presentation Series

- Real Pirates
- Cochlear Implants
- First Nations Astronomy
- Home Sweet Home
- Royal Winnipeg Ballet
- Opera
- Winnipeg Symphony Orchestra
- Group of Seven
- War of 1812
- Canadian Pacific Railway
- Canadian National Railway
- The Colossals
- Egyptology
- Comparison of the History of Canada and the UK
- Jewish Settlers
- Holocaust Survivors

Book Clubs

- Afternoon: The Wedding
- Short Stories
- Readings by Ricki Segal

Celebrity Bingo

- Jan 13 Jan 27
- Feb 3 Feb 24
- Mar 10 Mar 24
- Apr 21 Apr 28

Folklorama & Travelogues

- Folklorama: South Sudan
- Folklorama: Romania
- Folklorama: Spain
- Travelogue: New Orleans
- Travelogue: Russia
- Journey to Churchill

Languages

- German Lessons
- English Conversation Circle for Newcomers
- Idiom Addicts

Features

- Coffee Talk
- Program Planning Mtg
- Recipe Exchange
- Across the Miles

Health & Wellness

- Music Therapy
- Nutrition Month
- Diabetes
- Art Therapy
- Loss & Change
- Meditation
- Bed Bugs
- Better Breathers On Air

Weekly Features

- Brain Teasers
- Did You Know?
- Riddles
- Medical Mysteries

Monthly Features

- What's the Verdict?
- Whodunnit?
- Old Time Radio Plays
- List Mania
- Biographies

Observances / Celebrations

- Chinese New Year
- Groundhog Day
- Weatherman's Day
- Famous Love Stories
- St. Patrick's Day
- Passover
- April Fools' Day

Previous Recordings Available

- Winnipeg's Famous Streets
- World Mental Health Day
- Diabetes
- Travelogue: Northern Lights
- Folklorama: Wales

Ask about other recordings!

**You may register at any time during the session. Pick the best method for you:
(PLEASE NOTE: All participants must re-register for each new session)**

Call us:
Toll-free at 1-888-333-3121 or
204-956-6440 in Winnipeg
and register over the phone

**Mail your Registration
Worksheet to:**
A & O: Support Services for
Older Adults
200 - 280 Smith St.
Winnipeg, MB R3C 1K2

**Fax your Registration
Worksheet to:**
(204) 946-5667