



VOLUME 25  
JAN - APR  
2025

# SENIOR CENTRE WITHOUT WALLS

## IN THIS ISSUE

STONEWALL QUARRY HISTORY

CANCER SCREENING

DEPRESSION & ANXIETY IN LATER LIFE

**\*Large  
print  
versions  
of this  
guide are  
available.**

**FREE TELEPHONE GROUP  
ACTIVITIES FOR MANITOBANS 55+**

For more information or to register:

**204-956-6440 (Winnipeg)**

**1-888-333-3121 (Toll-free)**

**[info@aosupportservices.ca](mailto:info@aosupportservices.ca)**

**200-207 Donald St., Winnipeg, MB R3C 1M5**

All participants will be called in ten minutes prior to the program start time using our audio conferencing system. Participants will also be provided with a toll-free number should they need to call themselves in. Information about this system and FAQs will be provided upon registration.

## FREQUENTLY ASKED QUESTIONS

### **What is Senior Centre Without Walls (SCWW)?**

SCWW provides educational and recreational programming in a fun and interactive atmosphere.

**All programming is provided over the phone.**

### **Who can participate in SCWW?**

- Individuals 55+
- Living anywhere in Manitoba
- Groups of older adults may also join

### **Is there a cost to join?**

No - all programming is free of charge

### **How does SCWW Work?**

1. You may register for programs anytime during the term
2. Fill out the Registration Worksheet and email it in, mail it in or call A & O to register over the phone
3. You will be mailed any materials related to a program such as presentation handouts and program materials
4. All participants will be called in ten minutes prior to the program start time. Participants will also be provided with a toll-free number should they need to call themselves in

### **Accessibility and Inclusivity**

- We can provide large print guides and materials
- All book club selections and short stories are read aloud
- We can provide bingo cards with raised numbers and Braille numbers
- This publication is available in alternate formats upon request

### **How many programs can I register for?**

You may register for as many as you wish!

### **When does registration begin?**

You may register as soon as you receive your guide. You may also register anytime during the term.

## GROUP ETIQUETTE

- Please allow the facilitator to guide and direct the group
- Please respect all group members and their opinions even if you do not necessarily agree with them
- Disrespectful comments are not allowed
- Allow every participant to contribute and do not dominate the conversation
- If you have an issue with a group member, please contact SCWW

## RESPECTFUL CONDUCT POLICY

Senior Centre Without Walls promotes an environment that values:

- Positive communication between people
- Courteous conduct
- Diversity and the human rights of others related to their national or ethnic origin, religion, age, gender identity, marital status, family status, economic status, any physical or mental disability and sexual orientation
- Mutual respect, fairness and equality

# PRESENTATION SERIES

## WELCOME TO SENIOR CENTRE WITHOUT WALLS! WEDNESDAY, JANUARY 15 - 10:00 - 10:45 AM

New to the program? We will help you get familiar with SCWW. Are you a SCWW veteran? Help us welcome our new participants and share some of your ideas about how to easily manage the Program Guide.

## TRISH'S DISHES TUESDAY, MARCH 6 - 1:30 - 2:30 PM

*Presenter: Trish Bennett, Monthly Recipe Column "Trish's Dishes"*

Join me as I share a favorite recipe and the story behind my monthly adventure of homemade recipes, kitchen gadgets, and tips to make life easier and tastier - YUMMY!

## STONEWALL QUARRY HISTORY: A TRAIL THROUGH TIME TUESDAY, APRIL 29 - 1:30 - 2:30 PM

*Presenters: Catherine Precourt and Allison Mankewich - Stonewall Heritage Committee Members*

Travel back through time, investigating seven different communities that have existed in this area. We begin with sea creatures 450 million years ago and finish with today's bedroom community.

## RESIDENTIAL TENANCIES BRANCH TUESDAY, JANUARY 7 - 10:00 - 11:00 AM

*Presenter: Leighsha, Residential Tenancies Board*

As a tenant, it's essential to understand your rights and responsibilities to ensure a positive renting experience. The Residential Tenancies Branch is a valuable resource, offering guidance on legal obligations and resolving disputes.

## THE ARTISTS SERIES: LEONARDO DA VINCI THURSDAY, FEBRUARY 6 - 1:30 - 2:30 PM

*Presenter: Joan Curran,  
SCWW Participant &  
Volunteer*

Let's explore the amazing life and accomplishments of one of the most brilliant, innovative and creative individuals in history: Leonardo da Vinci. Tune in and you might even discover the secret behind Mona Lisa's smile.

## FACT OR FICTION? TUESDAY, JANUARY 28 - 10:00 - 11:00 AM

*Presenter: Greg Agnew,  
Historian, President and  
Board Member, Heritage  
Winnipeg*

So many fun facts about Winnipeg to talk about. Don't miss out! Let's look at some more facts in our city's history. More interesting tales to tell! Let's keep our history alive and live it through these events.

## HEAR THE CATALOGUE WEDNESDAY, APRIL 2 - 1:30 - 2:30 PM

Tune in as we read out loud the guide for Summer 2025!

# PRESENTATION SERIES

## **RICHARD III & THE PRINCES IN THE TOWER** **WEDNESDAY, APRIL 23 - 1:30 - 2:30 PM**

*Presenter: Ann Foster, Historian and Author*

Richard III is often seen as one of England's most villainous Kings, largely because of the claim he killed his young nephews. These boys, the Princes in the Tower, went missing and their fate has been of interest to countless sleuths. This presentation will look at what we know about Richard, his nephews, and what may have happened to them.

## **THE HISTORY OF ROCK** **WEDNESDAY, JANUARY 22 - 1:30 - 2:30 PM**

*Presenter: John Einarson, award-winning author and music historian*

Join John Einarson as he examines the Post-World War II social conditions that led to the growth of rock 'n' roll music beginning in the 1950s. We will look at the key events and cultural changes that gave birth to this exciting new music and listen to the major artists who pioneered rockabilly and doo-wop music in what is regarded as The Golden Age of Rock 'n' Roll.

## **FRIENDLY CALLS PROGRAM:** **CANADIAN RED CROSS** **TUESDAY, JANUARY 28 - 1:30 - 2:15 PM**

*Presenters: Justine Panganiban and Cody Bourdages, Friendly Calls Program Coordinators*

The Friendly Calls Program connects individuals facing loneliness with Canadian Red Cross personnel through weekly phone conversations, fostering social connections and stronger, more supportive communities across Canada.

## **PREPARING TO RETIRE** **WITH LORI PICKERL** **WEDNESDAY, APRIL 30 -** **10:00 - 11:00 AM**

*Presenter: Lori Pickerl, BSW, RSW, A & O*

Getting ready to retire? Lori has some helpful tips, tricks & important information to make your transition easier.

## **BANKERS ROW** **FRIDAY, MARCH 7 - 1:30 -** **2:30 PM**

*Presenter: Greg Agnew, Historian, President and Board Member, Heritage Winnipeg*

Did you know we had more banks than ever in the early 1900's? Why? Where were they? What caused it? Tune in to get all the answers!

## **SISTER CITIES** **TUESDAY, APRIL 15 - 1:30** **- 2:30 PM**

A sister city partnership connects cities worldwide to promote cultural exchange, education, business, and tourism. Join us as we explore Winnipeg's 11 sister cities and their unique ties.

# PRESENTATION SERIES

## FOOD SERIES: PROTEIN

TUESDAY, MARCH 18 - 1:30 - 2:30 PM

*Presenter: Maisy Nguyen - Program Assistant, A & O: Support Services for Older Adults*

Protein is a vital nutrient that strengthens muscles, boosts energy, and supports overall health as we age. Whether from plant-based sources like beans and tofu or lean meats like chicken and fish, a variety of proteins keeps you vibrant and energized daily.

## REMINISCING WITH ROSIE

WEDNESDAY, FEBRUARY 12 - 1:30 - 2:30 PM

*Presenter: Rosie Schau, Retired Chef*

Remember what a dollar would buy back in the 50's? Join me as we reminisce about the cost of food, cars, houses in the good old days and as well, I will share with you a delicious recipe from way back when.

## CONNECTING GENERATIONS: KIDS CHAT

WEDNESDAY, MARCH 12 - 1:30 - 2:00 PM

*Presenters: Grade 2/3 class from King Edward School, Winnipeg*

Join us as we welcome students from the grade 2/3 class at Kind Edward School to SCWW! We will exchange questions on the past, present and future, and may throw in a joke or two for good measure. We are sure to have a wonderful time learning from each other!

## CREATIVE SONGWRITING

TUESDAY, APRIL 22 - 10:00 - 11:00 AM

*Presenter: Rob Lutes, Singer-Songwriter, Musician & Musical Educator*

Join songwriter Rob Lutes for a workshop exploring visual and word prompts to inspire poems, lyrics, and reflections. Share your creations at the end!

## A DAY IN THE LIFE OF A PHARMACIST

TUESDAY, FEBRUARY 25  
- 10:00 - 10:30 AM

*Presenter: Vincent Law, Pharmacist*

I work in one of the busiest pharmacies in the city where we help some of the most vulnerable patients. The team I work with is incredibly diverse in interests, but we share our common goal to help take care of our community.

## OBSERVANCES & CELEBRATIONS

### NEW YEAR'S RESOLUTIONS

FRIDAY, JANUARY 3 -  
10:00 - 10:30 AM

### VALENTINE'S DAY

FRIDAY, FEBRUARY 14 -  
1:30 - 2:00 PM

### ST. PATRICK'S DAY

FRIDAY, MARCH 14 -  
1:30 - 2:00 PM

*In the spirit of Reconciliation, we acknowledge that Manitoba is the traditional land of the Cree, Ojibway, Oji-Cree, Dakota and Dene people, and the homeland of the Métis Nation and we are on Treaty 1 Territory.*

## BOOK JOURNEYS & SHORT STORIES

*Books and short stories are read aloud.*

### AFTERNOON BOOK CLUB: THE AMAZING MRS. POLLIFAX

**MONDAYS, JANUARY 20 & 27, FEBRUARY 3, 10 & 24, MARCH 3, 10, 17, 24 & 31, APRIL 7, 14 & 28 - 1:30 - 2:30 PM**

*Presenter: Madeline Kirc, SCWW Participant and Volunteer*

*Note: No sessions on January 6 & 13, February 17, April 21*

Once again the irrepressible Mrs. Pollifax, is off on an incredible escapade of international intrigue.

When Emily Pollifax answered the phone, she quickly forgot about her Garden Club tea in the afternoon. The last time she had heard the voice on the other end of the line it had sent of her off on a journey of secret agents and high adventure.

Now the man from the CIA was asking if she could leave immediately on a mission that would take her halfway across the world. What could Mrs. Pollifax say but yes?

### WRITTEN BY MARGE

**THURSDAYS, JANUARY 23 & 30 - 1:30 - 2:30 PM**

*Presenter: Marge Barker, SCWW Participant & Volunteer*

I hope that you enjoy these collection of writings, both fiction and real life told by Marge Barker. Some stories have mystery, some adventure, some are serious and some are humourous.

### SHORT STORIES

**THURSDAYS, JANUARY 9 & 23, FEBRUARY 6 & 20, MARCH 6 & 20, APRIL 3 & 17 - 10:00 - 10:30 AM**

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

Whether yours, mine or someone else's we will read aloud different short stories from a variety of genres.

### CREATIVE WRITING

**THURSDAY, MARCH 20 - 2:00 - 3:00 PM**

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

Whether sensory experiences, poetic expressions or recreating something you have already written and hidden in a drawer somewhere, it's time to hear what you've done with it all. As I share some of mine, we also want to hear each other's creative writing adventures.

### POETRY CORNER WITH MADDE

**TUESDAYS, JANUARY 7 - 1:30 - 2:00 PM & FEBRUARY 4, MARCH 4 & APRIL 1 - 10:00 - 10:30 AM**

*Presenter: Madeline Kirc, SCWW Participant & Volunteer*

Poetry is a celebrated art form of beauty, emotional depth, and imagination, evoking powerful images and emotions that touch our hearts with sincerity and grace.



# HEALTH & WELLNESS

## POST-POLIO SYNDROME

**TUESDAY, FEBRUARY 4 - 2:00 - 3:00 PM**

*Presenter: Kathryn Harper, SCWW Participant & Volunteer*

The late effects of polio, also known as post-polio syndrome, can include a range of symptoms that affect polio survivors' years after their initial illness. Although treated and managed at the time, Polio survivors' lives, thirty to forty years later, changed once again.

## DEPRESSION & ANXIETY IN LATER LIFE

**THURSDAY, FEBRUARY 20 - 1:30 - 2:30 PM**

*Presenter: Dr. Kristin Reynolds, Registered Clinical Psychologist and Director of Clinical Training at the University of Manitoba and Georgia Gopinath, Master's Student in Clinical Psychology*

Dr. Reynolds will provide evidence-based information on the science and management of depression and anxiety in later life. Topics such as: How to recognize depression and anxiety, how common are depression and anxiety, and what works to manage depression and anxiety will be discussed.

## A & O - PROGRAMS & SERVICES

**TUESDAY, MARCH 18 - 10:00 - 11:00 AM**

*Presenter: Lori Pickerl, BSW, RSW, A & O: Support Services for Older Adults*

A & O: Support Services for Older Adults is a not-for-profit organization that provides specialized services for older Manitobans across the province. The goal of these programs is to empower and support older adults in the community. Let's go beyond Senior Centre Without Walls and see what else the agency has to offer!

## EMERGENCY PREPAREDNESS

**WEDNESDAY, MARCH 26  
- 1:00 - 2:00 PM**

*Presenter: Tamara Irwin, Winnipeg Fire Paramedic Services*

Prepared for an emergency? Not sure of what you need or process? Tune in to be prepared & organized!

## PLANT THERAPY: NATURE'S GIFT FOR OUR WELL-BEING

**FRIDAY, FEBRUARY 21 -  
10:00 - 11:00 AM**

*Presenter: Melissa Scouten, Practitioner of Horticultural Therapy, Assiniboine Park Conservancy*

Nature encourages us to slow down, take a breath, and feel renewed. Like healthy food and staying active, nature offers unique benefits that boost our well-being. We'll take a virtual stroll together, exploring how nature supports our bodies and minds. If you have a potted plant, a small natural item like a pinecone, or a view from your window, bring it along to make the experience even more enjoyable!

# HEALTH & WELLNESS

## TYPES OF THERAPY

**TUESDAY, APRIL 15 - 10:00 - 11:00 AM**

*Presenter: Dr. Kristin Reynolds, Registered Clinical Psychologist and Director of Clinical Training at the University of Manitoba and Georgia Gopinath, Master's Student in Clinical Psychology*

Dr. Reynolds will provide evidence-based information on the different types of psychological treatments for common mental health problems in later life. Join us for a discussion on what psychological treatments are helpful, how they work, and how you can access them.

## ART THERAPY

**FRIDAYS, FEBRUARY 28 & APRIL 4 - 2:30 - 3:30 PM**

*Presenter: Gillian King, Art Therapist and Visual Artist*

Art therapy uses creative processes to promote personal expression, communication and empowerment, fostering emotional well-being and self-discovery. Participants will receive art supplies before sessions begin.

## “DO I STILL NEED THIS MEDICATION?” - LEARN ABOUT DEPRESCRIBING AND SAFE USE OF MEDICATIONS.

**TUESDAY, FEBRUARY 18 - 1:30 - 2:30 PM**

*Presenter: The Canadian Medication Appropriateness and Deprescribing Network*

Medications can help us in many different ways. However, as we age, our bodies become more sensitive to the effects of medications. Some medications we take may even cause more harm than benefit. Learn about safe medication use and essential questions to ask your healthcare professional to help prevent medication harm - for you and those you care for.

## FRAUDS AND SCAMS

**FRIDAY, FEBRUARY 7 - 10:00 - 11:00 AM**

Learn to spot scams and protect yourself from fraud in this ever-changing world. Join Frank and T.J. from Avenir IT as they discuss the latest technology-based scams and tactics.

## VACCINES FOR OLDER ADULTS

**TUESDAY, JANUARY 14 - 9:30 - 10:30 AM**

*Presenter: Vincent Law, Pharmacist*

From how vaccines work to which ones are recommended for you. Today, we will be talking all things immunizations. Bring me any of your questions and let's have a fun discussion at the end!

## COOKING FOR ONE

**WEDNESDAY, FEBRUARY 26 - 1:30 - 2:30 PM**

*Presenter: Lorna Shaw, Registered Dietician, Healthy Aging Resource Team Facilitator, WRHA*

Cooking for one can be a challenge. Join Registered Dietician Lorna Shaw to discuss nutritious meal ideas for one person.



# HEALTH & WELLNESS

## CANCERCARE SCREENING PROGRAMS

**FRIDAY, FEBRUARY 27 - 1:30 - 2:30 PM**

*Presenter: Uyiosa Chukwuka, Health Educator with CancerCare Manitoba*

This will be an interactive/educative session on Cancercare screening and prevention practices. It will focus on raising awareness about the 3 screening programs (BreastCheck, CervixCheck and ColonCheck) and exploring strategies for cancer prevention.

## MEDITATION SERIES

**FRIDAYS, JANUARY 10, 17, 24 & 31 - 1:00 - 1:45 PM**

*Presenter: Pamela Thrift Phone: 204-898-4513 Email: pamela\_thrift@hotmail.com*

Join Pamela Thrift for stress-reducing meditation exercises to relax and learn more about meditation; these are not a substitute for individual therapy. Please contact A & O for more information.

## MUSIC THERAPY

**FRIDAYS, MARCH 21 & APRIL 25 - 1:00 - 1:30 PM**

*Presenter: Cindy Bass, BMT, MTA*

On **March 21**, enjoy a guided imagery session with soothing music for relaxation.

On **April 25**, explore using recorded music therapeutically to suit your mood and needs.

## BULLYING AS IT APPLIES TO ELDER ABUSE

**WEDNESDAY, MARCH 5 - 1:30 - 2:30 PM**

*Presenter: Peggy Prendergast, Prevent Elder Abuse Manitoba (PEAM)*

What is bullying, and can we prevent it? Can we avoid becoming bullies ourselves? Join Peggy as she shares personal insights and research on handling bullying.

## EMPOWERING PATIENTS DURING VISITS WITH HEALTHCARE PROVIDERS

**FRIDAY, JANUARY 31 - 9:30 - 10:30 AM**

*Presenter: Vincent Law, Pharmacist*

Who feels 100% confident when answering all of the questions the doctor asks you at an appointment? I am willing to bet not too many! Let's talk about some of the ways to be prepared for an appointment.

## TRAVELOGUES

### AUTUMN IN MINNESOTA

**THURSDAY, MARCH 27 - 1:30 - 2:30 PM**

*Presenter: Sarah Boyce, B.A., Intake Worker - A & O*

A scenic fall road trip to Minnesota travelling through small towns and cruising on picturesque lakes. Explore the Midwest's local foods and enjoy seasonal activities from the farmlands to the city of Minneapolis.

# TRAVELOGUES

## TRAVEL WITH TERRI-LYNN

WEDNESDAY, FEBRUARY 19 - 1:30 - 2:30 PM

*Presenter: Terri-Lynn*

Experience Europe in 6 days: white-water rafting, dining in Paris, exploring Amsterdam, and relaxing in Portugal.

## ACROSS THE MILES

WEDNESDAY, JANUARY 29 - 2:30 - 3:30 PM

**A toll-free phone number and computer link will be provided.**

Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations throughout Canada and the U.S.

## CANADIAN CONNECTIONS

FRIDAY, APRIL 11 - 1:00 - 2:00 PM

**A toll-free phone number and computer link will be provided.**

Connect with peers from SCWW programs across Canada to share memories and enjoy lively conversations on various topics.

## TASTES, TALES & TRAVELS OF THE WORLD

TUESDAYS, JANUARY 14 & MARCH 4 & APRIL 1 - 2:00 - 3:00 PM

*Presenter: Kathryn Harper, SCWW Participant and Volunteer*

As we experience winter here, our travel stories will take us from warmer times in the south of England (Dickens' Country), to an amazing photography journey with Dave Clayton, Landscape & Wildlife Photographer (West Yorkshire, England), finishing with a unique look at the highlands of Scotland through the eyes of the Outlander cast and crew.

# FEATURES

## WOW (WITHOUT WALLS) PROGRAM PLANNING

FRIDAY, FEBRUARY 7 - 1:30 - 3:00 PM

We welcome you to share your ideas with us about what programs and activities you would like to take part in for the next Program Guide. Your feedback and ideas are always appreciated!

## WHAT'S THE VERDICT?

TUESDAYS, JANUARY 21, FEBRUARY 11, MARCH 11 & APRIL 8 - 11:00 - 11:45 AM

*Presenter: Kyla Kavanagh, Associate, Wolseley Law LLP and SCWW Volunteer*

Join lawyer Kyla Kavanagh to learn about and discuss famous or challenging cases from a legal perspective.

## THE EVOLUTION OF USEFUL THINGS

FRIDAY, JANUARY 24 - 10:00 - 11:00 AM & TUESDAY, APRIL 29 - 10:00 - 11:00 AM

How everyday artifacts - from forks and pins to paper clips and zippers - came to be as they are. Join us as we learn about the things we use every day!

# FEATURES

## TALENT SHOW

**FRIDAY, MARCH 28 - 10:00 - 11:00 AM**

Sing, share a short story or poem, play an instrument - no experience or special talent is required. Just come ready to entertain and/or be entertained!

## LIVING YOUR BEST LIFE

**TUESDAYS, FEBRUARY 18 & MARCH 25 - 10:00 - 11:00 AM**

Living your best life means caring for your mind and body, ensuring lasting health and vitality. The better you treat yourself, the longer you can enjoy a fulfilling life - because it's not the years in your life, but the life in your years that truly matters.

## GAME SHOW MANIA

**THURSDAYS, JANUARY 16 & APRIL 17 - 1:30 - 2:15 PM**

Get your game show fix and play Family Feud, Scattergories and more of your favourites!

## WAY WITH WORDS

**WEDNESDAYS, JANUARY 15 & APRIL 9 - 1:30 - 2:00 PM & FRIDAY, FEBRUARY 21 - 1:30 - 2:00 PM**

Players test their word skills by forming words from given letters or rhymes and solving clues based on word meanings, making the game fun and competitive

## GOOD NEWS

**FRIDAYS, JANUARY 10 & MARCH 7 - 10:00 - 10:30 AM**

*Presenter: Madeline Kirc, SCWW Participant and Volunteer*

We will discuss feel-good stories in the news. We will also share some random acts of kindness. Feel free to share some of your own uplifting stories with the group.

## CURIOSITY CLUB

**THURSDAY, APRIL 3 - 1:30 - 2:15 PM**

Join us as we explore the latest medical news, surprising breakthroughs, strange phenomena, tips, wacky inventions, and clever solutions to age-old health problems - plus share your own insights and curiosities!

## GRATITUDE GROUP

**FRIDAYS, FEBRUARY 28 - 10:00 - 10:30 AM & APRIL 16 - 1:30 - 2:00 PM**

*Presenter: Madeline Kirc, SCWW Participant and Volunteer*

Research shows that people who practice an attitude of gratitude consistently experience a host of benefits. Let's share all that we are grateful for!

## BIOGRAPHIES

**THURSDAYS - 1:30 - 2:00 PM**

## RYAN REYNOLDS

**- JANUARY 9**

## DONALD SUTHERLAND

**- FEBRUARY 13**

## ELVIS PRESLEY

**- MARCH 13**

## BURTON CUMMINGS

**- APRIL 10**

# FEATURES

## COFFEE TALK

**THURSDAYS, JANUARY 2, 16 & 30, FEBRUARY 13 & 27, MARCH 13 & 27, APRIL 10 & 24 - 10:00 - 10:30 AM**

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

## RADIO STATION 207

**WEDNESDAY, JANUARY 8 - 10:00 - 10:45 AM,  
FRIDAY, MARCH 28 - 1:30 - 2:15 PM  
THURSDAY, APRIL 24 - 1:30 - 2:15 PM**

Enjoy timeless classics and today's hits, curated for seasoned listeners. Requests welcome!

## BRAIN TEASERS

**MONDAYS, JANUARY 6, 13, 20 & 27, FEBRUARY 3, 10 & 24, MARCH 3, 10, 17, 24 & 31, APRIL 7, 14, & 28 - 10:00 - 11:00 AM**

*Note: No sessions on February 17 & April 21*

## NAME THAT TUNE

**FRIDAY, APRIL 25 - 10:00 - 10:30 AM**

"Name That Tune" is a lively game where players guess nostalgic songs, sparking memories and lots of laughs.

## BINGO

**TUESDAYS, JANUARY 21, FEBRUARY 11 & 25,  
MARCH 11 & 25, APRIL 8 & 22 - 2:00 - 2:45 PM**

Bingo over the phone? Why not! We will mail you three lucky bingo cards per game and you play along at home - it's that easy! Join in and see if we'll have a surprise guest!

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

## SPELLING BEE

**FRIDAYS, JANUARY 17,  
FEBRUARY 14, MARCH  
14 & APRIL 11 - 10:00 -  
10:30 AM**

A fun, interactive program inspired by Spelling Bees, designed to boost your vocabulary and mental sharpness while having a great time!

## CULINARY CORNER

**WEDNESDAY, FEBRUARY  
5 - 1:30 - 2:00 PM &  
FRIDAY, APRIL 4 - 10:00 -  
10:30 AM**

Tune in to share kitchen hacks, explore food customs, and contribute to our SCWW cookbook!

## IDIOM ADDICTS, PLUS

**FRIDAY, MARCH 21 - 10:00  
- 10:30 AM**

Join the conversation and learn about the origins of words and expressions in the English language.

## CHAT PACK

**WEDNESDAYS, MARCH  
19 & APRIL 30 - 1:30 -  
2:15 PM**

Join us for this interactive game where we ask fun and thought-provoking questions.

# JANUARY 2025

Mon	Tue	Wed	Thu	Fri
		1 <b>NEW YEAR'S DAY</b> <b>OFFICE CLOSED</b>	2 Coffee Talk 10:00 - 10:30 AM	3 New Year's Resolutions 10:00 - 10:30 AM
6 Brain Teasers 10:00 - 11:00 AM	7 Residential Tenancies Branch 10:00 - 11:00 AM  Poetry 1:30 - 2:00 PM	8 Radio Station 207 10:00 - 10:45 AM	9 Short Stories 10:00 - 10:30 AM  Biographies Ryan Reynolds 1:30 - 2:00 PM	10 Good News 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
13 Brain Teasers 10:00 - 11:00 AM	14 Vaccines 9:30 - 10:30 AM  Travels of the World 2:00 - 3:00 PM	15 Welcome to SCWW 10:00 - 10:45 AM  Way with Words 1:30 - 2:00 PM	16 Coffee Talk 10:00 - 10:30 AM  Game Show Mania 1:30 - 2:15 PM	17 Spelling Bee 10:00 - 10:30 AM  Meditation 1:00 - 1:45 PM
20 Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	21 What's the Verdict? 11:00 - 11:45 AM  Bingo 2:00 - 2:45 PM	22   History of Rock John Einarson 1:30 - 2:30 PM	23 Short Stories 10:00 - 10:30 AM  Written by Marge 1:30 - 2:30 PM	24 Evolution of Useful Things 10:00 - 11:00 AM  Meditation 1:00 - 1:45 PM
27 Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	28 Fact or Fiction? 10:00 - 11:00 AM  Red Cross: Friendly Calls 1:30 - 2:15 PM	29   Across the Miles 2:30 - 3:30 PM	30 Coffee Talk 10:00 - 10:30 AM  Written by Marge 1:30 - 2:30 PM	31 Empowering Patients 9:30 - 10:30 AM  Meditation 1:00 - 1:45 PM



# FEBRUARY 2025

Mon	Tue	Wed	Thu	Fri
<b>3</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>4</b> Poetry 10:00 - 10:30 AM  Post-Polio Syndrome 2:00 - 3:00 PM	<b>5</b>   Culinary Corner 1:30 - 2:00 PM	<b>6</b> Short Stories 10:00 - 10:30 AM  The Artists Series 1:30 - 2:30 PM	<b>7</b> Frauds & Scams (Avenir IT) 10:00 - 11:00 AM  Program Planning Meeting 1:30 - 3:00 PM
<b>10</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>11</b> What's the Verdict? 11:00 - 11:45 AM  Bingo 2:00 - 2:45 PM	<b>12</b>   Reminiscing with Rosie 1:30 - 2:30 PM	<b>13</b> Coffee Talk 10:00 - 10:30 AM  Biographies - Donald Sutherland 1:30 - 2:00 PM	<b>14</b> Spelling Bee 10:00 - 10:30 AM  Valentine's Day 1:30 - 2:00 PM
<b>17</b> <b>LOUIS RIEL DAY</b>  <b>OFFICE CLOSED</b>	<b>18</b> Living Your Best Life 10:00 - 11:00 AM  Deprescribing 1:30 - 2:30 PM	<b>19</b>   Travel with Terri- Lynn 1:30 - 2:30 PM	<b>20</b> Short Stories 10:00 - 10:30 AM  Depression & Anxiety 1:30 - 2:30 PM	<b>21</b> Plant Therapy 10:00 - 11:00 AM  Way with Words 1:30 - 2:00 PM
<b>24</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>25</b> A Day in the Life of a Pharmacist 10:00 - 10:30 AM  Bingo 2:00 - 2:45 PM	<b>26</b>   Cooking for One 1:30 - 2:30 PM	<b>27</b> Coffee Talk 10:00 - 10:30 AM  Cancer Screening 1:30 - 2:30 PM	<b>28</b> Gratitude Group 10:00 - 10:30 AM  Art Therapy 2:30 - 3:30 PM

# MARCH 2025

Mon	Tue	Wed	Thu	Fri
<b>3</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>4</b> Poetry 10:00 - 10:30 AM  Travels of the World 2:00 - 3:00 PM	<b>5</b>  Bullying 1:30 - 2:30 PM	<b>6</b> Short Stories 10:00 - 10:30 AM  Trish's Dishes 1:30 - 2:30 PM	<b>7</b> Good News 10:00 - 10:30 AM  Bankers Row 1:30 - 2:30 PM
<b>10</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>11</b> What's the Verdict? 11:00 - 11:45 AM  Bingo 2:00 - 2:45 PM	<b>12</b>  Kids Chat 1:30 - 2:00 PM	<b>13</b> Coffee Talk 10:00 - 10:30 AM  Biographies - Elvis Presley 1:30 - 2:00 PM	<b>14</b> Spelling Bee 10:00 - 10:30 AM  St. Patrick's Day 1:30 - 2:00 PM
<b>17</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>18</b> A & O Programs & Services 10:00 - 11:00 AM  Food Series: Protein 1:30 - 2:30 PM	<b>19</b>  Chat Pack 1:30 - 2:15 PM	<b>20</b> Short Stories 10:00 - 10:30 AM  Creative Writing 2:00 - 3:00 PM	<b>21</b> Idioms 10:00 - 10:30 AM  Music Therapy 1:00 - 1:30 PM
<b>24</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<b>25</b> Living Your Best Life 10:00 - 11:00 AM  Bingo 2:00 - 2:45 PM	<b>26</b>  Emergency Preparedness 1:00 - 2:00 PM	<b>27</b> Coffee Talk 10:00 - 10:30 AM  Autumn in Minnesota 1:30 - 2:30 PM	<b>28</b> Talent Show 10:00 - 11:00 AM  Radio Station 207 1:30 - 2:15 PM
<b>31</b> Brain Teasers 10:00 - 11:00 AM  Afternoon Book 1:30 - 2:30 PM	<hr/> <p>The Senior Centre Without Walls program is funded by the Winnipeg Regional Health Authority and Manitoba Health, Seniors and Long-term Care as part of the Age-Friendly Manitoba Initiative.</p>			

# APRIL 2025

Mon	Tue	Wed	Thu	Fri
	<p>1 Poetry 10:00 - 10:30 AM</p> <p>Travels of the World 2:00 - 3:00 PM</p>	<p>2  Hear the Catalogue 1:30 PM - 2:30 PM</p>	<p>3 Short Stories 10:00 - 10:30 AM</p> <p>Curiosity Club 1:30 - 2:15 PM</p>	<p>4 Culinary Corner 10:00 - 10:30 AM</p> <p>Art Therapy 2:30 - 3:30 PM</p>
<p>7 Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>8 What's the Verdict? 11:00 - 11:45 AM</p> <p>Bingo 2:00 - 2:45 PM</p>	<p>9  Way with Words 1:30 - 2:00 PM</p>	<p>10 Coffee Talk 10:00 - 10:30 AM</p> <p>Biographies Burton Cummings 1:30 - 2:00 PM</p>	<p>11 Spelling Bee 10:00 - 10:30 AM</p> <p>Canadian Connections 1:00 - 2:00 PM</p>
<p>14 Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>15 Types of Therapy 10:00 - 11:00 AM</p> <p>Sister Cities 1:30 - 2:30 PM</p>	<p>16  Gratitude Group 1:30 - 2:00 PM</p>	<p>17 Short Stories 10:00 - 10:30 AM</p> <p>Game Show Mania 1:30 - 2:15 PM</p>	<p>18 <b>GOOD FRIDAY</b>  <b>OFFICE CLOSED</b></p>
<p>21 <b>EASTER MONDAY</b>  <b>OFFICE CLOSED</b></p>	<p>22 Creative Song Writing 10:00 - 11:00 AM</p> <p>Bingo 2:00 - 2:45 PM</p>	<p>23  Richard III &amp; the Princes in the Tower 1:30 - 2:30 PM</p>	<p>24 Coffee Talk 10:00 - 10:30 AM</p> <p>Radio Station 207 1:30 - 2:15 PM</p>	<p>25 Name That Tune 10:00 - 10:30 AM</p> <p>Music Therapy 1:00 - 1:30 PM</p>
<p>28 Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>29 Evolution of Useful Things 10:00 - 11:00 AM</p> <p>Stonewall 1:30 - 2:30 PM</p>	<p>30 Preparing to Retire 10:00 - 11:00 AM</p> <p>Chat Pack 1:30 - 2:15 PM</p>		



# SENIOR CENTRE WITHOUT WALLS

## REGISTRATION WORKSHEET - JANUARY - APRIL 2025



Date: \_\_\_\_\_ How did you hear about SCWW? \_\_\_\_\_  
 Name(s): \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Address/PO Box: \_\_\_\_\_ City/Town: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_  
 Birth date: \_\_\_\_\_ Gender: \_\_\_\_\_  
 How do you want the materials sent to you? \_\_\_\_\_ Mail only \_\_\_\_\_ Email only

All participants will be called in ten minutes prior to the program start time using our audio conferencing system. Participants will also be provided with a toll-free number should they need to call themselves in. Information about this system and FAQs will be provided upon registration.

***If a participant does not regularly attend programs for which they are registered, they will be taken off the registration and must contact us if they wish to join again.***

### Presentation Series

- Welcome to SCWW
- Trish's Dishes
- Stonewall Quarry
- Residential Tenancies Branch
- The Artists Series: Leonardo Da Vinci
- Fact or Fiction?
- Hear the Catalogue
- Richard III
- History of Rock
- Friendly Calls Program
- Preparing to Retire
- Bankers Row
- Sister Cities
- Food Series: Protein
- Reminiscing with Rosie
- Kids Chat
- Creative Songwriting
- A Day in the Life of a Pharmacist

### Observances & Celebrations

- New Year's Resolutions
- Valentine's Day
- St. Patrick's Day

### Book Journeys & Short Stories

- Book Club - The Amazing Mrs. Pollifax
- Written by Marge
- Short Stories
- Creative Writing
- Poetry Corner with Madde

### Health & Wellness

- Post-Polio Syndrome
- Depression & Anxiety
- A & O Programs & Services
- Emergency Preparedness
- Plant Therapy
- Types of Therapy
- Art Therapy
- Deprescribing & Safe Use of Medications
- Frauds & Scams
- Vaccines for Older Adults
- Cooking for One
- CancerCare Screening Programs
- Meditation Series
- Music Therapy
- Bullying
- Empowering Patients

### Travelogues

- Autumn in Minnesota
- Travel with Terri-Lynn
- Across the Miles
- Canadian Connections
- Travels of the World

### Features

- Program Planning Meeting
- What's the Verdict?
- Evolution of Useful Things
- Talent Show
- Living Your Best Life
- Game Show Mania
- Way with Words
- Good News
- Curiosity Club
- Gratitude Group
- Biographies
- Coffee Talk
- Radio Station 207
- Brain Teasers
- Name That Tune
- Bingo
- Spelling Bee
- Culinary Corner
- Idiom Addicts, Plus
- Chat Pack

**NOTE: All participants must re-register for each new session.**

**You may register at any time during the session. Pick the best method for you:**

**Phone:** 204-956-6440 (Winnipeg)

**Mail:** 200-207 Donald St.

**Email:** info@aosupportservices.ca

**Toll-free:** 1-888-333-3121

Winnipeg, MB R3C 1M5



# HOW YOU CAN MAKE A DIFFERENCE

## HELP SUPPORT OLDER ADULTS IN MANITOBA

A & O relies heavily on community support to ensure these services continue to be available for older Manitobans today and in the future. Donations to this vital social service agency assist in many ways, from helping to provide innovative programs and services to making research projects and specialized initiatives possible.

### GIVE BACK TO A & O

You can support the Agency in several ways:

- **Donate \$25 or more and receive a tax receipt**
- **Make a donation in honour or memory of someone**
- **Contribute to the Endowment Fund**
- **Designate your donation towards any of our programs**

Please visit our website or call A & O for more information.

### ENDOWMENT FUND

The A & O Endowment Fund was established to provide a permanent foundation for the future. The fund is managed by The Winnipeg Foundation. The interest will be used to provide programming and services to older Manitobans today and in the future.



## SUPPORT OLDER ADULTS AND GIVE TODAY.

Make a donation by calling A & O at (204) 956-6440 or e-mailing [info@aosupportservices.ca](mailto:info@aosupportservices.ca), or donate online at [aosupportservices.ca](https://aosupportservices.ca)!