



VOLUME 26
MAY - AUG
2025

SENIOR CENTRE WITHOUT WALLS

IN THIS ISSUE

THE STORY OF NEW ICELAND

BRITISH INVASION

STROKE PREVENTION

***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

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, MAY 14, 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.

FACT OR FICTION? TUESDAY, MAY 30, 10:00 - 11:00 AM

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

Join us for a journey through Winnipeg's quirky facts and fascinating history - fun tales, hidden gems, and surprises await! Let's keep our history alive and live it through these events.

THE STORY OF NEW ICELAND THURSDAY, JUNE 5, 1:30 - 2:30 PM

Presenter: Julianna Roberts, Executive Director, New Iceland Heritage Museum

Our museum tells the story of the settlement of New Iceland, from October 21, 1875 to present day. New Iceland is the biggest population of Icelanders outside of Iceland and was a province on its own, before joining the province of Manitoba. Our story starts, talking about the conditions in Iceland and why they left. Join me as I tell you about their journey to their new home.

FOOD SERIES: VEGETABLES TUESDAY, JULY 29, 10:00 - 11:00 AM

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

From crunchy carrots to zesty zucchini, explore different types of veggies with colorful charts and a delicious recipe to try at home!

BRITISH INVASION (PART 1 & 2)

WEDNESDAY, JUNE 11 &
FRIDAY, JUNE 13, 1:30 -
2:30 PM

*Presenter: John Einerson,
Award-winning Author and
Music Historian*

Take a trip down memory lane with the British Invasion! In the 1960s, bands like The Beatles, The Rolling Stones, Herman's Hermits, and The Who took Canada by storm, filling the airwaves with unforgettable hits that still bring back cherished memories today. Join music historian and author John Einerson for this lively and nostalgic two-part presentation this Summer!

NITE CLUBS FRIDAY, AUGUST 15, 10:00 - 11:00 AM

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

Dancing, family outings for a good meal, nighttime entertainment - Nite Clubs became popular in the 1900s! Do you remember any? Let's take a look at a few.

PRESENTATION SERIES

TRISH'S DISHES

WEDNESDAY, JULY 30, 10:00 - 11:00 AM

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!

NIKOLA TESLA

THURSDAY, JULY 24, 1:30 - 2:30 PM

Presenter: Joan Curran, SCWW Participants and Volunteer

Nikola Tesla. We hear his name a lot these days, especially associated with electric cars, but what do we really know about Nikola Tesla? Let's explore the electrifying story of the brilliant inventor who changed the world, and delve into the mysteries that he left behind.

MARIE ANTOINETTE AND THE FRENCH REVOLUTION

WEDNESDAY, AUGUST 20, 1:30 - 2:30 PM

Presenters: Ann Foster, Historian and Author

Marie Antoinette was Queen of France during the French Revolution. She was arrested, tried, and executed by the Revolutionaries. Her name is still remembered, and in this talk, we will learn more about the real woman and her experiences during this chaotic time.

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.

HEALTH & WELLNESS

MEDITATION SERIES

FRIDAYS, MAY 9, 16, 23 & 30, 1:00 - 1:45 PM

*Presenter: Pamela Thrift
/ Phone: 204-898-4513 /
Email: pamela_thrift@
hotmail.com*

Learn more about meditation and sit back and relax as Pamela Thrift takes you through stress-reducing meditation exercises.

These meditations are not intended to be or replace individual therapy sessions.

HOME EXERCISES: STAYING ON YOUR FEET

TUESDAY, MAY 27, 10:00 - 11:00 AM

Presenter: Lisa Smyrichinsky, Certified Athletic Therapist, SafetyAid Coordinator at A & O

Do you know the steps you can take to prevent falls and fall related injuries? This session will include an explanation of the most common fall risk factors and what you can do about them. A handout sheet with fall prevention tips and basic balance exercises which can help prevent falls will be provided.

HEALTH & WELLNESS

ART THERAPY

TUESDAY, JUNE 10 & THURSDAY, AUGUST 14, 3:00 - 4:00 PM

Presenter: Gillian King, Art Therapist and Visual Artist

Art therapy is a mental health practice that uses creative art-making processes to facilitate personal expression, enhance communication, and promote empowerment. This therapeutic approach fosters emotional well-being and self-discovery through creativity and connection.

Art supplies will be mailed to participants, upon request. (e.g.: crayons, markers, oil pastels, paper, and so on).

STROKE PREVENTION

THURSDAY, JUNE 19, 1:30 - 2:30 PM

Presenters: Patrick McInnis, Advanced Care Paramedic, Winnipeg Fire and Paramedic Service

Stroke is the third leading cause of death in Canada, with over 62,000 strokes occurring each year. Please join us to learn the signs and symptoms of a stroke, the importance of calling 911 as soon as possible, and the treatment that can be provided.

ORGAN DONATION: HOW OLD IS TOO OLD TO BE AN ORGAN AND TISSUE DONOR?

WEDNESDAY, JUNE 25, 1:30 - 2:15 PM

Presenter: Roberta Koscielny, Transplant Manitoba – Gift of Life, and a transplant recipient

Join Roberta to learn more about organ and tissue donation, who can be a donor and how to register your intent to be a donor using Manitoba's online donor registry, www.signupforlife.ca. You will also hear from a transplant recipient who will share what it is like to wait for a life-changing organ and what it means to have a second chance.

MUSIC THERAPY

FRIDAYS, JUNE 6 & JULY 25, 1:00 - 1:30 PM

Presenter: Cindy Bass, BMT, MTA

Experience the power of music to boost mood, reduce stress, and enhance well-being in this engaging music therapy session!

WHAT IS NURSING FOOT CARE?

THURSDAY, JUNE 12, 1:30 - 2:30 PM

Presenter: Twyla Jaworski, RN, BHScN

Common questions you should ask your Foot Care Nurse, why Foot Care is important at any stage of our life and how to find a Foot Care Nurse.

HEART HEALTH

TUESDAY, JULY 22, 9:30 - 10:30 AM

Presenter: Vincent Law, Pharmacist, SCWW Volunteer

Join Vincent in his presentation to learn essential heart health tips and ways to support cardiovascular wellness as you age.

HEALTH & WELLNESS

A & O – PROGRAMS & SERVICES

THURSDAY, JULY 3, 1:30 – 2:30 PM

Presenter: Katherine Nelson-Thompson, BA, 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!

THE SEVEN SACRED TEACHINGS AND FOUR SACRED MEDICINES

WEDNESDAY, JULY 9, 1:30 - 2:30 PM

Presenter: Kelly Harris and Raine Seivewright, Metis Education and Training Coordinators, Indigenous Health, Winnipeg Regional Health Authority

Please join Kelly and Raine as they present on the Seven Sacred Teachings and provide information on the Four Sacred Medicines.

SAFE FOOD HANDLING

FRIDAY, JULY 11, 1:30 - 2:30 PM

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

Every year, more than four million Canadians become sick from eating food contaminated with bacteria or other pathogens. Older adults are especially at risk and need to take extra precautions to protect themselves. Join Lorna Shaw, registered dietitian with the Healthy Aging Resource Team and learn tips to keep your food safe in the kitchen, grocery store and on those hot summer picnics and BBQ's.

NATURE, WILDLIFE AND WELLNESS

FRIDAY, JULY 18, 10:00 - 10:45 AM

Presenter: Julia Burcar (she/her), Wildlife Education Program Coordinator & Facilitator, Prairie Wildlife Rehabilitation Centre

During this presentation, we will discuss how getting outside can help our mental and physical health, how treating nature with respect is essential, and how we can better help wildlife.

GRIEF AND BEREAVEMENT

WEDNESDAY, JULY 23, 1:30 - 2:30 PM

Presenter: Katherine Nelson-Thompson, BA, BSW, RSW, A & O: Support Services for Older Adults

Join A & O Social Worker, Katherine, for this one-hour conversation about grief, loss and bereavement; what they are and where to go for help.

LITERATURE CLUB

POETRY CORNER WITH MADDE

TUESDAYS, MAY 6, JUNE 3, AUGUST 5 & WEDNESDAY, JULY 2, 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.

SHORT STORIES

THURSDAYS, MAY 8 & 22, JUNE 5 & 19, JULY 3, 17 & 31 & AUGUST 14 & 28, 10:00 - 11:00 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

THURSDAYS, MAY 22 & JUNE 26, 2:00 - 2:45 PM

Presenter: Kathryn Harper, SCWW Participant & 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.

AFTERNOON BOOK: THE ROSIE PROJECT, BY GRAEME SIMSION

MONDAYS, MAY 26, JUNE 2, 9, 16, 23 & 30, JULY 7, 14, 21 & 28 & AUGUST 11, 18 & 25, 1:30 - 2:30 PM

Note: No sessions on May 19th and August 4th

Presenter: Madeline Kirc, SCWW Participant and Volunteer

This feel-good, hilarious novel follows Don Tillman, a socially awkward genetics professor on a quest to find true love. Having never been on a second date and struggling with social norms, Don embarks on "The Wife Project," using logic and statistics to find the perfect partner. But Rosie Jarman, who doesn't fit his criteria at all, enters his life with her own mission: finding her biological father. As Don helps her, an unexpected relationship develops, forcing him to realize that love isn't always logical or predictable.

This summer 2025, we're reading The Rosie Project - join us for pop-up discussions along the way!

TRAVELOGUES

TASTE, TALES & TRAVELS OF THE WORLD

TUESDAYS, MAY 20, JULY 15 & AUGUST 26, 2:00 - 3:00 PM

Presenter: Kathryn Harper, SCWW Participant & Volunteer

Summer travels will take us to many new places! Get yourself comfy and cozy. All restrictions are lifted for these travels.

ACROSS THE MILES

WEDNESDAY, MAY 28, 2:30 - 3:30 PM

Please note that 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 United States.

UNESCO SITES

TUESDAY, JUNE 24, 10:00 - 10:45 AM

Explore the world's most fascinating UNESCO sites and uncover the history, culture, and wonders that make them unique!

TRAVELOGUE: CHINA

THURSDAY, JULY 31, 1:30 - 2:15 PM

Presenter: Sandy, SCWW volunteer

A journey through Jiangmen, China and its culture. Exploring the variety of foods with fresh seafood seafood dishes and traditional Cantonese meals. Tour the city from the tall skyscrapers to the tranquility of natural parks.

CANADIAN CONNECTIONS

FRIDAY, AUGUST 8, 2:00 - 3:00 PM

Please note that a toll-free phone number and/or computer link will be provided.

Connect with peers from SCWW programs across Canada to share memories, experiences, and engage in lively conversations on all kinds of topics!



A&O

MISSION

A & O: Support Services for Older Adults improves the quality of life for Older Manitobans.

FEATURES

***NEW* A DAY IN THE LIFE OF: HIGH SCHOOL STUDENT**

WEDNESDAY, JULY 2, 1:30 - 2:00 PM

Presenter: Hephzibah, SCWW Volunteer

PROGRAM ASSISTANT

TUESDAY, AUGUST 26, 10:00 - 10:30 AM

Step into someone else's shoes and experience a whole new world for a day!

BIOGRAPHIES

WEDNESDAYS, 1:30 - 2:00 PM

ANNE MURRAY - MAY 14

MONTY HALL - JUNE 4

KEANU REEVES - JULY 16

RITA MACNEIL - AUGUST 6

BINGO

**TUESDAYS, MAY 13, JUNE 3 & 17, JULY 8 & 22 &
AUGUST 5 & 19, 2:00 - 2:45 PM**

Bingo Caller: Mark Olfert, SCWW participant and volunteer

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**

BRAIN TEASERS

**MONDAYS, MAY 5, 12 & 26, JUNE 2, 9, 16, 23 & 30, JULY
7, 14, 21 & 28, AUGUST 11, 18 & 25, 10:00 - 11:00 AM**

Note: No sessions on May 19th and August 4th

RECOGNIZED DAYS

VICTORIA DAY

**THURSDAY, MAY 15, 1:30 -
2:00 PM**

PRIDE MONTH

**FRIDAY, JUNE 4, 1:30 -
2:00 PM**

WORLD ELDER ABUSE DAY (WEAAD)

**WEDNESDAY, JUNE 18,
1:30 - 2:30 PM**

*Presenter: Tiffaney Pass
BA, BSW, RSW Social
work team lead at A & O*

WEAAD is marked each year on June 15. It is an official United Nations International Day acknowledging the significance of elder abuse as a public health and human rights issue. In this presentation, we will discuss what abuse is and the different forms Elder Abuse can take. We will have a chance to explore why Elder Abuse goes unreported, and how A & O can help.

ST. JEAN BAPTISTE DAY

**TUESDAY, JUNE 24, 1:30 -
2:00 PM**

CANADA DAY

**FRIDAY, JUNE 27, 1:30 -
2:00 PM**

TERRY FOX DAY

**FRIDAY, AUGUST 1, 1:30 -
2:00 PM**

FEATURES

CHAT PACK

FRIDAYS, JULY 4 & AUGUST 22, 1:30 - 2:15 PM

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

COFFEE TALK

THURSDAYS, MAY 1, 15 & 29, JUNE 12 & 26, JULY 10 & 24 & AUGUST 7 & 21, 10:00 - 10:30 AM

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

CULINARY CORNER

FRIDAY, MAY 2, 10:00 - 10:30 AM & THURSDAY, JULY 10, 1:30 - 2:00 PM

Tune in to share culinary life hacks that will make your life in the kitchen easier! We will also discuss and explore different food customs!

CURIOSITY CLUB

TUESDAY, MAY 27, 1:30 - 2:00 PM & FRIDAY, AUGUST 22, 10:00 - 10:30 AM

Spark curiosity and explore together as we search on new knowledge, uncover fascinating inventions, surprising innovations and bold solutions that challenge the way we think!

EVOLUTION OF THINGS

THURSDAY, JULY 17 & WEDNESDAY, AUGUST 27, 1:30 - 2:30 PM

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!

GAME SHOW MANIA

FRIDAYS, MAY 9 & JUNE 20, 10:00 - 10:45 AM & JULY 18, 1:30 - 2:15 PM

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

HEAR THE CATALOGUE

WEDNESDAY, AUGUST 13, 1:30 - 2:30 PM

Tune in as we read out loud the guide for Fall 2025.

GOOD NEWS

FRIDAYS, MAY 23 & JULY 4, 10:00 - 10:30 AM

Presenter: Madeline Kirc, SCWW Participant and Volunteer

Join us for heartwarming news, random acts of kindness, and uplifting stories - feel free to share your own!

GRATITUDE GROUP

FRIDAY, AUGUST 29, 10:00 - 10:30 AM

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!

FEATURES

IDIOM ADDICTS, PLUS

THURSDAYS, MAY 8 & AUGUST 28, 1:30 - 2:00 PM

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

LIVING YOUR BEST LIFE

TUESDAYS, MAY 13 & AUGUST 19 - 10:00 - 11:00 AM

Living your best life means being healthy and taking care of your mind and body. The better you treat your mind and body, the longer they will stay healthy and functioning well for you. This means you'll be able to live your best life even longer because you'll be in good health longer as you age. In the end, it's not the years in your life that count - it's the life in your years.

NAME THAT TUNE

WEDNESDAY, MAY 7 & THURSDAY, AUGUST 7, 1:30 - 2:00 PM

We give you a snippet of a song and you tell us if you know it!

***NEW* PODCAST: THE VINYL CAFE**

THURSDAYS, MAY 29 & AUGUST 21, 1:30 - 2:00 PM

Join us as we listen to the warm voice of Stuart Mclean in a podcast series. Stuart was a best selling author, award winning journalist and humorist, and host of the CBC Radio program, The Vinyl Cafe.

PROGRAM PLANNING MEETING

FRIDAY, JUNE 6, 10:00 - 11:00 AM

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!

RADIO STATION 207

WEDNESDAY, MAY 21, FRIDAY JUNE 20 & TUESDAY JULY 29, 1:30 - 2:00 PM

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

SPELLING BEE

FRIDAYS, MAY 16, JUNE 13, JULY 11 & 25 & AUGUST 8, 10:00 - 10:30 AM

A fun and interactive program reminiscent of the Spelling Bees of your school years. Have fun, improve your vocabulary and mental sharpness.

***NEW* SPORTS TALK**

TUESDAY, AUGUST 12, 1:30 - 2:15 PM

Presenter: Stacey, Program Assistant at A & O: Support Services for Older Adults

Catch up on our local sports scene in Manitoba with Stacey.

FEATURES

TALENT SHOW

FRIDAY, AUGUST 1, 10:00 - 10:30 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!

WAY WITH WORDS

FRIDAY, JUNE 27 & TUESDAY, JULY 15, 10:00 - 10:30 AM
& FRIDAY, AUGUST 15, 1:30 - 2:00 PM

Test your word skills in this fun game! Guess words with the help of clever hints - how many can you find?

WHAT'S THE VERDICT?

TUESDAYS, MAY 20, JUNE 10, JULY 8 & AUGUST 12,
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 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.



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé

VOLUNTEER SPOTLIGHT



MADELINE KIRC

Madeline (Madde) has been involved with Senior Centre Without Walls for the past four years presenting programs like Afternoon Book, Poetry Corner, Living Your Best Life, Gratitude and Good News.

"I feel genuinely privileged to be part of such a wonderful organization. Volunteering has allowed me to build meaningful friendships with the older adults, brought joy and deepened my appreciation for their kindness and wisdom. I'm truly grateful for the special connection and the heartfelt moments we experience together."

MAY 2025

Mon	Tue	Wed	Thu	Fri
			1 Coffee Talk 10:00 - 10:30 AM	2 Culinary Corner 10:00 - 10:30 AM
5 Brain Teasers 10:00 - 11:00 AM	6 Poetry 10:00 - 10:30 AM	7 Name That Tune 1:30 - 2:00 PM	8 Short Stories 10:00 - 10:30 AM Idioms 1:30 - 2:00 PM	9 Game Show Mania 10:00 - 10:45 AM Meditation 1:00 - 1:45 PM
12 Brain Teasers 10:00 - 11:00 AM	13 Living Your Best Life 10:00 - 11:00 AM Bingo 2:00 - 2:45 PM	14 Welcome to SCWW 10:00 - 10:45 AM Biography - Anne Murray 1:30 - 2:00 PM	15 Coffee Talk 10:00 - 10:30 AM Victoria Day 1:30 - 2:00 PM	16 Spelling Bee 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
19 VICTORIA DAY OFFICE CLOSED	20 What's the Verdict? 11:00 - 11:45 AM Travels of the World 2:00 - 3:00 PM	21 Radio 207 1:30 - 2:00 PM	22 Short Stories 10:00 - 10:30 AM Creative Writing 2:00 - 2:45 PM	23 Good News 10:00 - 10:30 AM Meditation 1:00 - 1:45 PM
26 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	27 Home Exercises 10:00 - 11:00 AM Curiosity Club 1:30 - 2:00 PM	28 Across the Miles 2:30 - 3:30 PM	29 Coffee Talk 10:00 - 10:30 AM Podcast: The Vinyl Cafe 1:30 - 2:00 PM	30 Fact or Fiction? 10:00 - 11:00 AM Meditation 1:00 - 1:45 PM

JUNE 2025

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>3</p> <p>Poetry 10:00 - 10:30 AM</p> <p>Bingo 2:00 - 2:45 PM</p>	<p>4</p> <p>Pride Month 10:00 - 10:30 AM</p> <p>Biography - Monty Hall 1:30 - 2:00 PM</p>	<p>5</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>New Iceland 1:30 - 2:30 PM</p>	<p>6</p> <p>Program Planning Meeting 10:00 - 11:00 AM</p> <p>Music Therapy 1:00 - 1:30 PM</p>
<p>9</p> <p>Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>10</p> <p>What's the Verdict? 11:00 - 11:45 AM</p> <p>Art Therapy 3:00 - 4:00 PM</p>	<p>11</p> <p>British Invasion (Part 1) 1:30 - 2:30 PM</p>	<p>12</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Foot Care 1:30 - 2:30 PM</p>	<p>13</p> <p>Spelling Bee 10:00 - 10:30 AM</p> <p>British Invasion (Part 2) 1:30 - 2:30 PM</p>
<p>16</p> <p>Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>17</p> <p>A & O AGM OFFICE CLOSED 8:30 AM - 1:00 PM</p> <p>Bingo 2:00 - 2:45 PM</p>	<p>18</p> <p>World Elder Abuse Awareness Day 1:30 - 2:30 PM</p>	<p>19</p> <p>Short Stories 10:00 - 10:30 AM</p> <p>Stroke Prevention 1:30 - 2:30 PM</p>	<p>20</p> <p>Game Show Mania 10:00 - 10:45 AM</p> <p>Radio 207 1:30 - 2:00 PM</p>
<p>23</p> <p>Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>24</p> <p>UNESCO Sites 10:00 - 10:45 AM</p> <p>St. Jean Baptiste Day 1:30 - 2:00 PM</p>	<p>25</p> <p>Organ Donation 1:30 - 2:15 PM</p>	<p>26</p> <p>Coffee Talk 10:00 - 10:30 AM</p> <p>Creative Writing 2:00 - 2:45 PM</p>	<p>27</p> <p>Way With Words 10:00 - 10:30 AM</p> <p>Canada Day 1:30 - 2:00 PM</p>
<p>30</p> <p>Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>				

JULY 2025

Mon	Tue	Wed	Thu	Fri
	1 CANADA DAY OFFICE CLOSED	2 Poetry 10:00 - 10:30 AM A Day in the Life: High School Student 1:30 - 2:00 PM	3 Short Stories 10:00 - 10:30 AM A & O - Programs & Services 1:30 - 2:30 PM	4 Good News 10:00 - 10:30 AM Chat Pack 1:30 - 2:15 PM
7 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	8 What's the Verdict? 11:00 - 11:45 AM Bingo 2:00 - 2:45 PM	9 Seven Sacred Teachings 1:30 - 2:30 PM	10 Coffee Talk 10:00 - 10:30 AM Culinary Corner 1:30 - 2:00 PM	11 Spelling Bee 10:00 - 10:30 AM Food Handling 1:30 - 2:30 PM
14 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	15 Way With Words 10:00 - 10:30 AM Travels of the World 2:00 - 3:00 PM	16 Biography - Keanu Reeves 1:30 - 2:00 PM	17 Short Stories 10:00 - 10:30 AM Evolution of Things 1:30 - 2:30 PM	18 Nature, Wildlife and Wellness 10:00 - 10:45 AM Game Show Mania 1:30 - 2:15 PM
21 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	22 Heart Health 9:30 - 10:30 AM Bingo 2:00 - 2:45 PM	23 Grief and Bereavement 1:30 - 2:30 PM	24 Coffee Talk 10:00 - 10:30 AM Nikola Tesla 1:30 - 2:30 PM	25 Spelling Bee 10:00 - 10:30 AM Music Therapy 1:00 - 1:30 PM
28 Brain Teasers 10:00 - 11:00 AM Afternoon Book 1:30 - 2:30 PM	29 Food Series: Vegetables 10:00 - 11:00 AM Radio 207 1:30 - 2:00 PM	30 Trish's Dishes 10:00 - 11:00 AM	31 Short Stories 10:00 - 10:30 AM Travelogue: China 1:30 - 2:15 PM	

AUGUST 2025

Mon	Tue	Wed	Thu	Fri
				<p>1 Talent Show 10:00 - 10:30 AM</p> <p>Terry Fox Day 1:30 - 2:00 PM</p>
<p>4 TERRY FOX DAY OFFICE CLOSED</p>	<p>5 Poetry 10:00 - 10:30 AM</p> <p>Bingo 2:00 - 2:45 PM</p>	<p>6 Biography - Rita MacNeil 1:30 - 2:00 PM</p>	<p>7 Coffee Talk 10:00 - 10:30 AM</p> <p>Name That Tune 1:30 - 2:00 PM</p>	<p>8 Spelling Bee 10:00 - 10:30 AM</p> <p>Canadian Connections 2:00 - 3:00 PM</p>
<p>11 Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>12 What's the Verdict? 11:00 - 11:45 AM</p> <p>Sports Talk 1:30 - 2:15 PM</p>	<p>13 Hear the Catalogue 1:30 - 2:30 PM</p>	<p>14 Short Stories 10:00 - 10:30 AM</p> <p>Art Therapy 3:00 - 4:00 PM</p>	<p>15 Nite Clubs 10:00 - 11:00 AM</p> <p>Way With Words 1:30 - 2:00 PM</p>
<p>18 Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>19 Living Your Best Life 10:00 - 11:00 AM</p> <p>Bingo 2:00 - 2:45 PM</p>	<p>20 Marie Antoinette 1:30 - 2:30 PM</p>	<p>21 Coffee Talk 10:00 - 10:30 AM</p> <p>Podcast: The Vinyl Cafe 1:30 - 2:00 PM</p>	<p>22 Curiosity Club 10:00 - 10:30 AM</p> <p>Chat Pack 1:30 - 2:15 PM</p>
<p>25 Brain Teasers 10:00 - 11:00 AM</p> <p>Afternoon Book 1:30 - 2:30 PM</p>	<p>26 A Day in the Life: Program Assistant 10:00 - 10:30 AM</p> <p>Travels of the World 2:00 - 3:00 PM</p>	<p>27 Evolution of Things 1:30 - 2:30 PM</p>	<p>28 Short Stories 10:00 - 10:30 AM</p> <p>Idioms 1:30 - 2:00 PM</p>	<p>29 Gratitude Group 10:00 - 10:30 AM</p>



SENIOR CENTRE WITHOUT WALLS

REGISTRATION WORKSHEET - MAY - AUGUST 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
- Fact of Fiction?
- The Story of New Iceland
- Food Series: Vegetables
- British Invasion
- Nite Clubs
- Trish's Dishes
- Nikola Tesla
- Marie Antoinette

Health & Wellness

- Meditation Series
- Home Exercises
- Art Therapy
- Stroke Prevention
- Organ Donation
- Music Therapy
- Foot Care
- Heart Health
- A & O Programs & Services
- Seven Sacred Teachings
- Food Handling
- Nature, Wildlife & Wellness
- Grief & Bereavement

Literature Club

- Poetry Corner with Madde
- Short Stories
- Creative Writing
- Afternoon Book - The Rosie Project

Travelogues

- Travels of the World
- Across the Miles
- UNESCO Sites
- Travelogue: China
- Canadian Connections

Recognized Days

- Victoria Day
- Pride Month
- World Elder Abuse Awareness Day
- St. Jean Baptiste Day
- Canada Day
- Terry Fox Day

Features

- A Day in the Life: High School Student
- A Day in the Life: Program Assistant
- Biographies
- Bingo
- Brain Teasers
- Chat Pack
- Coffee Talk
- Culinary Corner
- Curiosity Club
- Evolution of Things
- Game Show Mania
- Hear the Catalogue
- Good News
- Gratitude Group
- Idiom Addicts, Plus
- Living the Best Life
- Name That Tune
- Podcast: The Vinyl Cafe
- Program Planning
- Radio Station 207
- Spelling Bee
- Sports Talk
- Talent Show
- Way With Words
- What's the Verdict?

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.

Toll-free: 1-888-333-3121 Winnipeg, MB R3C 1M5

Email: info@aosupportservices.ca



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, or donate online at aosupportservices.ca!