


# Seniors' Centre Without Walls




*A seniors' centre from the comfort of home*

Free telephone group activities  
for seniors 55+, and adults 18+  
with disabilities

**For information contact:**

 613-236-0428 ext. 2323

 [scww@thegoodcompanions.ca](mailto:scww@thegoodcompanions.ca)

 [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)



**In this issue:**  
**Ottawa Art Gallery**  
**Music Chat**  
**Travel to India**  
**Craft Group**  
**Table Topics**  
**Tip Top Trivia**  
**...and much more!**

**SCWW IS FUNDED IN-PART BY THE ONTARIO  
MINISTRY FOR SENIORS AND ACCESSIBILITY,  
IN-PART BY THE UNITED WAY OF OTTAWA, AND  
WITH THE SUPPORT OF THE CITY OF OTTAWA.**

# SCWW INFORMATION

Seniors' Centre Without Walls (SCWW) is a free interactive telephone-based program that connects seniors 55+, as well as adults 18+ with disabilities.

*It is a seniors' centre from the comfort of home!*

## Seniors' Centre Without Walls Basics:

- Completely free program
- You do not need to be a member of The Good Companions
- Programs are multi-person phone conversations (or conference calls)
- No special equipment needed – just your average phone!
- Each phone session lasts between 30-60 minutes
- You are able to hear each other, talk to one another, learn and/or have fun!

### How do I participate in the calls?

On the day and time of a chosen program you can use the “Steps to Connect” (see below) to call yourself into that program. If at any time you require assistance, simply dial \*0 to speak to an operator who can get you connected.

## STEPS TO CONNECT

- 1) Dial **613-686-1547** OR **1-800-669-6180**
- 2) Enter the 6-digit **PASSCODE 8 3 4 6 3 4** then press **#**
- 3) Record your name or just stay on the line then press **#**

Note: the passcode is the same for all programs.

\*Not working? Dial **\*0** to speak to the operator and ask to be connected to Seniors' Centre Without Walls **Ottawa**.\*

## THE GOOD COMPANIONS

The Good Companions is a not-for-profit organization that offers programs and services in partnership with volunteers, to promote, enhance and support the well-being, independence and zest for living of both seniors and adults with physical disabilities living in the Ottawa area.

## SCWW CODE OF CONDUCT

To ensure a safe and welcoming space, we ask participants, facilitators and guest presenters to observe our Code of Conduct:

To respect each other, use appropriate subject matters, and try not to interrupt others.

To allow the facilitator and guest speakers to direct the group.

To allow everyone to contribute by not dominating the conversations.

To help create an inclusive environment that honours people of all cultures, traditions, faiths, genders, sexual orientation, abilities, and life experiences.

## HEALTH & WELLNESS PRESENTATIONS

PASSCODE FOR ALL HEALTH & WELLNESS: 8 3 4 6 3 4

### Ottawa Art Gallery Art Talk

Learn about: *Russell Yuristy: The Inside of Elephants and All Kinds of Things*

This exhibition celebrates the poignantly playful multimedia practice of Canadian artist Russell Yuristy, focusing mainly on the dynamic period between 1970 and 1990. Throughout this period, Yuristy crafted a whimsical portrait of the natural world, rural culture and his place in both; emerging as one of the most unique Canadian anti-establishment artists.

**Presenter:** Alexis Boyle, Curator, Community Access, Ottawa Art Gallery

**Tuesday, April 7**

12:45-1:45pm

OAG  
GAO

### CNIB-Ontario East

The CNIB Foundation offers innovative programs and powerful advocacy that empower people impacted by blindness to live their dreams and tear down barriers to inclusion.

Join Kathleen Forester to learn about CNIB Programs/Services, her personal experience with sight loss, types of vision loss, and how to support someone with sight loss.

**Presenter:** Kathleen Forester, Lead, Advocacy & Community Outreach, CNIB Ontario East

**Tuesday, April 14**

11:00 am-Noon

**CNIB**  
FOUNDATION

# HEALTH & WELLNESS PRESENTATIONS

PASSCODE FOR ALL HEALTH & WELLNESS: 8 3 4 6 3 4

## Dating as an Older Adult

Dating can be both fun and challenging at any age. Many older adults fear violence and abuse at the hands of strangers; research shows however, that seniors are more likely to be physically abused by their spouse or common-law partner than a stranger. It is important to have the tools to build safe and healthy relationships and know where to turn for support. This workshop will provide you with some tips to stay safe, have fun, and get the most from your relationships.

**Presenter:** Laura Proctor, Elder Abuse Prevention Ontario

**Wednesday, April 15**

12:45-1:45pm



## Talking about Hospice and Palliative Care

Hospice Care Ottawa is a community-based charitable organization. We offer palliative and end-of-life programs and services at no charge to clients and their families. We provide Community Hospice Care programs such as in-home visits and day hospice, Residence Hospice Care, Bereavement Care and Caregiver Support. Being with a loved one who is facing a life limiting illness can be a difficult journey for all involved. Whether you are a friend, neighbour or relative, one of our Family Support Counsellors will discuss ideas about how to talk to someone who knows that they are dying and the services that Hospice Care Ottawa can provide.

**Presenter:** Shirley Chennette, RSW

Family Support Counsellor, Family Support Team Lead  
Hospice Care Ottawa / La Maison de soins palliatifs d'Ottawa

**Thursday, April 16**

11:00am-Noon



## Let's Talk About Taxes

Don't miss this opportunity to have your questions answered. Tax credits and deductions are available for persons with disabilities, their supporting family members, and their caregivers. You can claim on your return eligible medical expenses you or your spouse or common-law partner paid in the year. Come to this very informative session and an expert from CRA will explain topics such Medical Expense Tax Credit (METC), Canada Caregiver Credit (CCC), Disability Tax Credit (DTC), non-refundable tax credits for caregivers and much more.

**Presenter:** Line Marie Goulet

**Tuesday, April 21**

12:45-1:45pm

# HEALTH & WELLNESS PRESENTATIONS

PASSCODE FOR ALL HEALTH & WELLNESS: 8 3 4 6 3 4

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## The Dementia Society: Mind Your Brain Health

The brain is complex and behaviours such as sleep, diet, physical activity, and lifestyle choices can influence how your brain functions today and possibly in the future. This presentation will provide you with a brief overview of dementia and 8 ways to be brain healthy. It is never too late or too early to incorporate health habits.

**Presenter:** Dean Henderson

**Tuesday, April 28**

2:30-3:30pm



## Speaking of Bones - Chartwell

Osteoporosis Canada educates, empowers and supports individuals and communities in the risk reduction and treatment of osteoporosis and osteoporosis fractures. In this presentation we will look at bone basics, fracture risk assessment, nutrition, exercise and movement, medication options and falls and broken bones.

**Presenter:** Ashley Wilson, Chartwell

**Wednesday, April 29**

12:45-1:45pm



## 1918 Spanish Flu Pandemic

The COVID-19 Pandemic has many similarities with 1918 Spanish Flu Pandemic. In this presentation, I will talk about the 1918 Spanish Flu and its impact across Canada and the world. It touched many families and communities, and had a lasting impact on medicine in Canada.

**Presenter:** David Pantalony, PhD

Curator, Physical Sciences and Medicine | Conservateur, Sciences physiques et médecine

Ingenium - Canada's Museums of Science and Innovation / Musées des sciences et de l'innovation du Canada

**Monday, May 4**

2:45-3:45pm



# April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Fun Facts</b> 11:00-11:30am  <b>Finish the Line</b> 2:30-3:00pm	<b>2</b> <b>Win-Win Homesharing</b> 11:00am-Noon	<b>3</b> <b>Good News</b> 11:00-11:30am  <b>Name That Tune</b> 2:30-3:00pm
<b>6</b> <b>Mindfulness</b> 11:00-11:30am  <b>Coffee with Nikkie</b> 12:45-1:15pm  <b>Just Joking</b> 2:30-3:00pm	<b>7</b> <b>Way with Words</b> 11:00-11:30am  <b>Art Talk</b> 12:45-1:45pm  <b>Trivia</b> 2:30-3:00pm	<b>8</b> <b>Fun Facts</b> 11:00-11:30am  <b>Gratitude Jar</b> 12:45-1:15pm  <b>Creative Writing Workshop</b> 2:30-3:00pm	<b>9</b> <b>Table Topics</b> 11:00-11:45am  <b>Music Chat</b> 12:45-1:45pm  <b>Fact or Fiction</b> 2:30-3:00pm	<b>10</b>  <b>Good Friday</b>  <b>No programs today</b>
<b>13</b>  <b>Easter Monday</b>  <b>No programs today</b>	<b>14</b> <b>CNIB</b> 11:00am-Noon  <b>20 Questions</b> 12:45-1:15pm  <b>Discussion Group</b> 2:30-3:00pm	<b>15</b> <b>Fun Facts</b> 11:00-11:30am  <b>Dating as an Older Adult</b> 12:45-1:45pm  <b>Categories</b> 2:30-3:00pm	<b>16</b> <b>Hospice Care</b> 11:00am-Noon  <b>Would You Rather</b> 12:45-1:15pm  <b>Short Stories</b> 2:30-3:30pm	<b>17</b> <b>Chat with Rachel</b> 11:00-11:30am  <b>Coffee with Nikkie</b> 12:45-1:15pm  <b>Name That Tune</b> 2:30-3:00pm
<b>20</b> <b>Mindfulness</b> 11:00-11:30am  <b>Coffee with Nikkie</b> 12:45-1:15pm  <b>Craft Group</b> 2:30-3:00pm	<b>21</b> <b>Way with Words</b> 11:00-11:30am  <b>Let's Talk Taxes</b> 12:45-1:45pm  <b>Trivia</b> 2:30-3:00pm	<b>22</b> <b>Fun Facts</b> 11:00-11:30am  <b>Just Joking</b> 12:45-1:15pm  <b>Across the Miles</b> 3:30-4:30pm	<b>23</b> <b>Table Topics</b> 11:00-11:45am  <b>Music Chat</b> 12:45-1:45pm  <b>Sports Chat</b> 2:30-3:30pm	<b>24</b> <b>Birthday Party</b> 11:00-11:30am  <b>Coffee with Nikkie</b> 12:45-1:15pm  <b>Music Request Line</b> 2:30-3:15pm
<b>27</b> <b>Mindfulness</b> 11:00-11:30am  <b>Coffee with Nikkie</b> 12:45-1:15pm  <b>You Be the Judge</b> 2:30-3:00pm	<b>28</b> <b>Biographies</b> 11:00-11:30am  <b>Finish the Line</b> 12:45-1:15pm  <b>Mind Your Brain Health</b> 2:30-3:30pm	<b>29</b> <b>Fun Facts</b> 11:00-11:30am  <b>Speaking of Bones</b> 12:45-1:45pm  <b>Categories</b> 2:30-3:00pm	<b>30</b> <b>Welcome Back Rachel!</b> 11:00-11:30am  <b>Travelogue: India</b> 2:30-3:30pm	

## STEPS TO CONNECT

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3. Record your name or just stay on the line then #

# May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>*Please make note of the new program start times*</b></p>				<p><b>1</b></p> <p><b>Good News</b> 10:15-10:45am</p> <p><b>Coffee with Nikkie</b> 12:30-1:00pm</p> <p><b>Name That Tune</b> 2:45-3:15pm</p>
<p><b>4</b></p> <p><b>Mindfulness</b> 10:15-10:45am</p> <p><b>Coffee with Nikkie</b> 12:30-1:00pm</p> <p><b>1918 Spanish Flu</b> 2:45-3:45pm</p>	<p><b>5</b></p> <p><b>Way with Words</b> 10:15-10:45am</p> <p><b>Art Talk</b> 12:30-1:30pm</p> <p><b>Trivia</b> 2:45-3:15pm</p>	<p><b>6</b></p> <p><b>Fun Facts</b> 10:15-10:45am</p> <p><b>Good News</b> 12:30-1:00pm</p> <p><b>Finish the Line</b> 2:45-3:15pm</p>	<p><b>7</b></p> <p><b>Table Topics</b> 10:15-10:45am</p> <p><b>Just Joking</b> 12:30-1:00pm</p> <p><b>Fact or Fiction</b> 2:45-3:15pm</p>	<p><b>8</b></p> <p><b>Mother's Day Celebration</b> 10:15-10:45am</p> <p><b>Coffee with Nikkie</b> 12:30-1:00pm</p> <p><b>Music Request Line</b> 2:45-3:30pm</p>
<p><b>11</b></p> <p><b>Mindfulness</b> 10:15-10:45am</p> <p><b>Coffee with Nikkie</b> 12:30-1:00pm</p> <p><b>You Be the Judge</b> 2:45-3:15pm</p>	<p><b>12</b></p> <p><b>Music Chat</b> 10:15-11:15am</p> <p><b>20 Questions</b> 12:30-1:00pm</p> <p><b>Discussion Group</b> 2:45-3:15pm</p>	<p><b>13</b></p> <p><b>Fun Facts</b> 10:15-10:45am</p> <p><b>Biographies</b> 12:30-1:00pm</p> <p><b>Categories</b> 2:45-3:15pm</p>	<p><b>14</b></p> <p><b>Travelogue: Silly Name Places</b> 10:15-11:00am</p> <p><b>Would You Rather</b> 12:30-1:00pm</p> <p><b>Short Stories</b> 2:45-3:15pm</p>	<p><b>15</b></p> <p><b>Good News</b> 10:15-10:45am</p> <p><b>Coffee with Nikkie</b> 12:30-1:00pm</p> <p><b>Name That Tune</b> 2:45-3:15pm</p>
<p><b>18</b></p> <p><b>Victoria Day</b></p> <p><b>No programs today</b></p>	<p><b>19</b></p> <p><b>Way with Words</b> 10:15-10:45am</p> <p><b>Off the Rails</b> 12:30-1:30pm</p> <p><b>Trivia</b> 2:45-3:15pm</p>	<p><b>20</b></p> <p><b>Fun Facts</b> 10:15-10:45am</p> <p><b>Coffee with Nikkie</b> 12:30-1:00pm</p> <p><b>Old Time Radio Plays</b> 2:45-3:15pm</p>	<p><b>21</b></p> <p><b>Table Topics</b> 10:15-10:45am</p> <p><b>Just Joking</b> 12:30-1:00pm</p> <p><b>Dying with Dignity</b> 2:30-3:30pm</p>	<p><b>22</b></p> <p><b>Birthday Party</b> 10:15-10:45am</p> <p><b>Coffee with Nikkie</b> 12:30-1:00pm</p> <p><b>Music Request Line</b> 2:45-3:30pm</p>
<p><b>25</b></p> <p><b>Mindfulness</b> 10:15-10:45am</p> <p><b>Coffee with Nikkie</b> 12:30-1:00pm</p> <p><b>Craft Group</b> 2:45-3:15pm</p>	<p><b>26</b></p> <p><b>Elder Abuse</b> 11:00am-Noon</p>	<p><b>27</b></p> <p><b>Fun Facts</b> 10:15-10:45am</p> <p><b>Biographies</b> 12:30-1:00pm</p> <p><b>Categories</b> 2:45-3:15pm</p>	<p><b>28</b></p> <p><b>Gratitude Jar</b> 10:15-10:45am</p> <p><b>Fact or Fiction</b> 12:30-1:00pm</p> <p><b>Sports Chat</b> 2:45-3:15pm</p>	<p><b>29</b></p> <p><b>Good News</b> 10:15-10:45am</p> <p><b>Coffee with Nikkie</b> 12:30-1:00pm</p> <p><b>Name That Tune</b> 2:45-3:15pm</p>

## STEPS TO CONNECT

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3. Record your name or just stay on the line then **#**

# HEALTH & WELLNESS PRESENTATIONS

PASSCODE FOR ALL HEALTH & WELLNESS: 8 3 4 6 3 4

## Ottawa Art Gallery Art Talk

Learn about: *(Re)collecting the Group of Seven: Celebrating 100 Years*

On May 7, 1920, the Group of Seven held their first art exhibition at the Art Gallery of Toronto (now the Art Gallery of Ontario). Although they disbanded by the end of the decade, they have had a lasting impact on the development of Canadian Art for a century, and continue to attract collectors on an international scale.

**Presenter:** Alexis Boyle, Curator, Community Access, Ottawa Art Gallery

**Tuesday, May 5**

12:30-1:30pm



## Off the Rails: The history of the Steam Locomotive CP1201

This presentation will be about the legendary locomotive CP1201, its role in the history of Canadian transportation, and the end of steam on Canada's railways.

**Presenter:** Sharon Babaian, Curator of Transportation  
Ingenium - Canada's Museums of Science and Innovation

**Tuesday, May 19**

12:30-1:30pm



## Medical Aid in Dying: An Update

The presentation will introduce you to Dying with Dignity Canada, explain the current legislation and processes relating to medical assistance in dying, and outline the proposed amendments put forward by the federal government in Bill C-7. A brief question period will follow the presentation.

**Presenter:** Susan Desjardins, Dying with Dignity

**Thursday, May 21**

2:30-3:30pm



Dying With Dignity Canada  
It's your life. It's your choice.

## Elder Abuse: Empowerment through knowledge and good self-care

This session aims to improve the quality of life of seniors by raising awareness about a growing public health and human rights issue: the mistreatment and neglect of older adults. It's important to learn about abuse so that we can not only take precautionary measures to protect ourselves, but also learn how to help others. Maintaining good self-esteem and social connections are two key factors in abuse prevention; join us for a group discussion to learn more!

**Presenter:** Stéphanie Cadieux, Elder Abuse Prevention Consultant - East—Elder Abuse Prevention Ontario / Prévention de la maltraitance envers les aînés Ontario

**Tuesday, May 26**

11:00 am - Noon





# TRAVELOGUES, MUSIC & SPECIAL PROGRAMS

PASSCODE FOR ALL MUSIC & SPECIAL PROGRAMS: 8 3 4 6 3 4

## Write On

WRITE ON is a creative writing workshop promoting the production of original works of literature. Through figures of speech, opening gambits, and the deconstruction and reconstruction of sentences, imagination is fired enabling authentic and spontaneous writing. This workshop promotes the joys of literature in general and, in particular, leads to the discovery of short story writing, its scope and limits and its narrative outline. It encourages colourful and fluid work. Based on a series of writing exercises and personal exploration without competition, this workshop is enjoyable and empowering for all participants. Join the members of The Good Companions for a Writing Fest coming in May!

**Led by:** Michèle Vinet, Trillium author

**Wednesday, April 8**

2:30 - 3:30pm



## Chatting About Music Series: Easter Music: Secular and Sacred

A whirlwind one-hour repast of Easter traditions expressed in the songs of Irving Berlin, Paul Simon, J. S. Bach, Georg Frederic Handel and many more, all the way from the *Hippity-hoppin' Peter Cottontail* and Louisiana's Mardi Gras, to Pergolesi's sublime *Stabat Mater*, a representation of the grieving Mary at the foot of the cross.

**Presenter:** Brian McGurrin, Retired Librarian and Music Enthusiast

**Thursday, April 9**

12:45-1:45pm

## Across the Miles

Across the Miles joins together participants from Seniors' Centre Without Walls programs across North America. It is a wonderful opportunity to connect with one another, and listen to voices and experiences from our different countries, provinces/states, and cities.

**Wednesday, April 22**

3:30 - 4:30 pm

## Classical Favourites: From The Merry Widower to Der Rosenkavalier

Perhaps we'll begin a bit softly with Samuel Barber's *Adagio for Strings and Organ*, a work full of pathos and cathartic passion. Then, after lifting our spirits with Jeremiah Clarke's brilliant *Trumpet Voluntary*, we could thrill to the soprano aria from Handel's *Messiah* - *I Know that My Redeemer Liveth*, followed by an absolutely convincing musical expression of love at first sight in the *Presentation of the Rose* from *Der Rosenkavalier*. And that's just the beginning...

**Presenter:** Brian McGurrin, Retired Librarian and Music Enthusiast

**Thursday, April 23**

12:45-1:45pm

# TRAVELOGUES, MUSIC & SPECIAL PROGRAMS

PASSCODE FOR ALL MUSIC & SPECIAL PROGRAMS: 8 3 4 6 3 4

## Travelogue: India

SCWW Volunteer Monty Mukerji takes us to his native country of India! India, the second most populous country in the world, is also one of the most diverse and fascinating. It has one of the world's oldest continuous civilizations, contains all the major religions and several distinct languages and ethnic groups. It is a country where the ancient coexists with the modern, where you can find snow-covered mountains and tropical forests, deserts and lush green palm-fringed fields. Despite the challenges of poverty and unequal wealth, it is a country with a thriving middle class and a vibrant culture.

**Presenter:** Monty Mukerji

**Thursday, April 30**

2:30-3:30pm

## Mother's Day Celebration

Join us as we learn about the history of Mother's Day, read about famous mothers around the world, and share our own stories about mothers and motherhood!

**Friday, May 8**

10:15-10:45am

## Hello Ma Baby!: Ragtime Invades Tin Pan Alley

Do you remember the wonderful songs that were popular in the 1890s? You may be surprised to find that many of these old songs are still familiar to you. How about Daisy Bell, who looked *so sweet upon the seat of a bicycle built for two*? Or Casey, who waltzed *with a strawberry blonde while the band played on*, and whose *brain was so loaded it nearly exploded*? I'd especially like to chat with you about *Hello Ma Ragtime Gal*, a song about a young woman who was hotly pursued through the newfangled medium of the telephone. Even my granddaughter remembers that song... but how is that possible? It was composed in 1899, the year that her great grandfather was born!

**Presenter:** Brian McGurrin, Retired Librarian and Music Enthusiast

**Tuesday, May 12**

10:15-11:15am

## Travelogue: Silly Name Places

The Front Porch Travelers are having some fun this month visiting places with silly names. They wonder what it would be like if someone asked you where you lived and to be able to answer, "I live in Chicken—Chicken, Alaska, that is." Or, "I live in Nothing, Arizona." Nell is convinced Truman wasn't really born and raised in Independence, Missouri, as he claims, but rather the Missouri town of Tightwad, which would help explain his frugal ways.

**Thursday, May 14**

12:30-1:30pm

# FUN, GAMES & REGULAR PROGRAMS

PASSCODE FOR ALL FUN, GAMES & REGULAR PROGRAMS: 8 3 4 6 3 4

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## Music Request Line

Do you have a favourite song you would like to share? Or maybe one you have not heard in a while? Request it and we will play it for you!

## Open “Mike” Sports Chat

Each month join a SCWW facilitator and SCWW Volunteer Mike, for a lively chat about the world of sports. Whether it is fun sports trivia, or catching up on the games of the week, we have it all!

## Way with Words

Test your vocabulary and stretch your mind with 30 minutes of word games! These games will include rhyming words, or finding answers that begin, end or contain particular sets of letters.

## Just Joking

They say that laughter is the best medicine, so join us on the last day of each month for your dose of funny jokes!

## Categories

Name a type of flower, a hockey team, a brand of cereal! Work together as a group to see how many items in a category you can name!

## Table Topics

Join in on the conversation! We have a box full of fun, unique, and offbeat questions to start interesting and memorable conversations!

## Name that Tune

Test your musical knowledge as we guess the song title and artist of these mysterious melodies!

## Birthday Party

Join us in serenading our birthday celebrants, listen to some jokes, and find out what the cake of the month will be!

## Tip Top Trivia

Researchers have found that memory loss can be improved simply by doing mental exercise every day. Give your brain a workout with our tip-top trivia questions.

## Discussion Group

Join this monthly group where we will have a theme for discussion each session chosen from participant suggestions. Share ideas and learn new perspectives from each other.

## Fact or Fiction

Think you can tell the difference between fact and fiction? What you think you know and the truth may surprise you!

## Finish the Line

Help fill in the blanks of famous quotes, expressions, song lyrics, movie titles and many more categories!

# FUN, GAMES & REGULAR PROGRAMS

PASSCODE FOR ALL FUN, GAMES & REGULAR PROGRAMS: 8 3 4 6 3 4

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## Short Stories

Enjoy a relaxing afternoon as we immerse ourselves into the wonderful world of short stories from a variety of different genres or even delve into some beautiful poetry and prose.

## Good News

Join us for a bit of sunshine as we share positive and inspiring stories from home and from around the world.

## Biographies

Each month, take a peak into the life and legacy of some very interesting people.

## Fun Facts

Explore and discover new and unusual facts from geography, to history, to interesting people and much more. Listen, learn and share!

## You be the Judge

You are the judge in these real life crime stories. First, you will hear all the facts. Next, with your peers, you will evaluate and discuss the ins and outs of the case, and deliver a verdict! Find out if your outcome matches the real one!

## Would You Rather

Would you rather be hot all the time or cold all the time? Would you rather wear clown shoes every day or a clown wig every day? Join us for even more ridiculous questions!

## 20 Questions

Try to guess what object I am thinking of— but you can only ask 20 yes or no questions to figure it out!

## Gratitude Jar

Let's all share what we're grateful for this month!

## Coffee with Nikkie

Grab a coffee (or tea or hot chocolate!) and hangout with The Good Companions' own Nikkie Snagg, Membership and Volunteer Coordinator.

## Craft Group

Are you a knitter? A painter? A candle stick maker? Do you love to create? Join this new group to talk about past/current projects and learn from other crafty people. Better yet—put your phone on speaker/plug in a headset if you have one and work on your craft while we chat!

## Old Time Radio Plays

Exercise your imagination and enjoy listening to mystery, suspense, drama and comedy radio plays from the past.

**Thank you to all of our community partners, supporters, and volunteers!**

**Stay tuned for our Summer calendar, available mid-May.**