

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



www.goodcompanions.ca

In this issue:

OC/ Para Transpo Information

Mental Health Series

Laughter Yoga

Live Musical Performances

Travel to Panama

Craft Group

Tip Top Trivia

...and much more!



SCWW INFORMATION

Who is eligible to join?

- Individuals 55 +
- Adults 18 + with disabilities
- Living in the Ottawa and greater Ottawa area

How can I register as a SCWW program participant?

- Register by phone: **613-236-0428 ext. 2323**
in person at The Good Companions (670 Albert St.)
by email: **scww@thegoodcompanions.ca**
- Choose any of the phone programs offered in this program guide.
- You may register for programs at any time.

How do I participate in the calls?

On the day and time of a chosen program you can use the “Steps to Connect” (**see p. 4**) to call yourself into that program.

What if I cannot call myself into the program?

Accessible options available.

We can call you directly into the phone call!

All you need to do is answer your phone when we call.

Is there any cost?

No – all programming is free of charge, all you need is a phone.

Accessibility

This program is available in accessible formats. Please inquire!

Do you, or someone you know live in Renfrew County and would like to participate in a SCWW program? Get in touch with Barry's Bay & Area Senior Citizens Home Support for more information!

Contact:

Noemie Gatien
1-613-756-2772 ext. 3



SCWW Volunteer Opportunities!

- ◇ Share a talent, hobby or an area of interest.
- ◇ Share stories of your travels.
- ◇ Help with research of programs.
- ◇ Facilitate a program.

Opportunities are flexible!

For more information contact:
Nikkie Snagg

Volunteer Coordinator

613-236-0428 ext. 2230

info@thegoodcompanions.ca

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.

SENIORS' CENTRE WITHOUT WALLS

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

Through the use of group telephone calls, SCWW provides a rich line-up of health-related information from professionals in the community, later-life learning opportunities, participation in brain-stimulating activities, and most of all, the space to create meaningful friendships and community for those who may feel isolated.

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

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 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.



COORDINATOR'S CORNER

Hello everyone!

Welcome to the Seniors' Centre Without Walls January–April 2020 program guide!

I'm looking forward to the many interesting programs and presentations that we have planned. Marrie will be with us until April, and I am excited to welcome Allison, another SCWW placement student to our team! We also have an exciting event to look forward to on March 31st!

Please take a look at the calendar and feel free to contact me at anytime to register or if you have any questions.

Merci! Thanks!

Laura Ward
Seniors' Centre Without Walls Coordinator
613-236-0428 ext. 2323
lward@thegoodcompanions.ca



STEPS TO CONNECT

- 1) Dial **613-686-1547** OR **1-800-669-6180**
- 2) Enter the 6-digit **PASSCODE** _ _ _ _ _ then press **#**

Health & Wellness and Presentations	9 8 4 8 0 3
Travelogues, Music and Special Programs	1 5 5 1 1 3
Fun & Games and Regular Programs	7 2 9 8 9 9

- 3) Enter your four digit **PIN** _ _ _ _ then press **#**
(Your PIN is assigned to you when you register)
- 4) Record your name or just stay on the line then press **#**

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

SCWW STUDENTS

Hello,
My name is Marrie Rappos. I am originally from Peterborough, Ontario, now living in Ottawa. I attend Carleton University and am in the Bachelor of Social Work program, also minoring in sociology and psychology. I like keeping active and meeting new people. I am enjoying my time working with SCWW, and I look forward to meeting with more of you!

Marrie

September-April
Mondays and Tuesdays
8:30 am - 4:00 pm
613-236-0428 ext. 2390

Hello,
My name is Allison Garber and I am originally from Montreal. I recently moved to Ottawa to complete Carleton's Bachelor of Social Work program. I enjoy playing the flute, baking and travelling. I am very friendly and love meeting new people. I'm looking forward to completing my student placement at The Good Companions!

January-April
Monday-Thursday
8:30 am - 4:00 pm
613-236-0428 ext. 4260

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Calendar (January-April 2020)	20-23
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HEALTH & WELLNESS

PASSCODE FOR ALL HEALTH & WELLNESS: 9 8 4 8 0 3

Weekly Mindfulness Practice

Join us to focus on the present moment **every** Monday morning.

Starting January 13 from 11:00-11:30 am

Please note there will be no group on February 17, or April 13.

Mental Health

Let's have THAT talk about Mental Health!

Carole Legault, from Ottawa Public Health, will be joining us to discuss mental health. Just like physical health challenges, we need to treat our mental health in the same way. Join the conversation this winter.

Part I

Winter getting you down? Many experience changes in their mood during the colder, darker days of winter. This can include feeling tired and down. Let's have that talk and stay well throughout the winter.

Monday, January 13

2:30-3:30 pm

Part II

Did you know that 55% of caregivers feel worried or anxious because of their responsibilities? Caring for someone with a mental illness can be rewarding and challenging. It's important to care of yourself so you can care for your loved one. Let's have that talk.

Monday, February 10

2:30-3:30 pm

Part III

We all cope with stress at one point or another in our life. Sometimes it goes well, sometimes not so much. What works? What helps? Let's have that talk and be better prepared for next time.

Monday, March 2

2:30-3:30 pm

HEALTH & WELLNESS

PASSCODE FOR ALL HEALTH & WELLNESS: 9 8 4 8 0 3

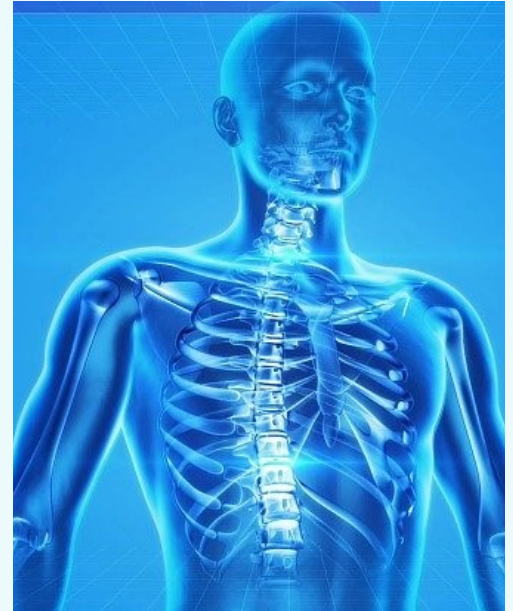
Speaking of Bones - Osteoporosis Canada

How to keep your bones healthy at all ages.

Join Cathy Percy - Community Engagement Coordinator to learn about the nature of bones and osteoporosis, diagnoses and risk factors. What food should we eat for our bones? What kind of physical activity is needed to keep our bones healthy?

Presenter: Cathy Percy
Community Engagement Coordinator, Osteoporosis Canada
Thursday, January 23
11:00 am - Noon

 **OSTEOPOROSIS**



Laughter Yoga

Kathryn Kimmins brings her cheerful attitude and zest for life to this event with Laughter Yoga. If you're new to Laughter Yoga, get ready -you're in for a treat. All that is needed is a willingness to laugh, clap and have fun to connect with your child-like playfulness. Laughter Yoga combines laughter exercises with a deep yoga breathing exercise. It increases oxygen to the body and brain, enhances health, promotes joy and peace and provides a complete sense of well being.

Laughter Yoga is the only technique that allows adults to achieve sustained hearty laughter without involving cognitive thought. Kathryn will have you laughing for the pure joy of it.

Presenter: Kathryn Kimmins
Holistic Professional
LAUGHTER AMBASSADOR, CANADA
Certified Laughter Yoga Teacher

Thursday, February 20
11:00 am - Noon



HEALTH & WELLNESS

PASSCODE FOR ALL HEALTH & WELLNESS: 9 8 4 8 0 3

The Dementia Society:

Grief and Loss

The role of loss and grief in dementia can be complex and ongoing for caregivers and individuals diagnosed with dementia. Grief and loss can be felt at the end stages of life, at the time of diagnosis, and throughout the journey. This presentation is led by a certified grief counsellor specializing in dementia care and will explore and help participants understand:

- The role of ongoing loss and grief
- Ambiguous Loss and anticipatory grief
- Signs and Symptoms of grief
- Grief at death
- Services and resources in your community for support

Tuesday, February 4

2:30 - 3:30 pm

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.

Tuesday, April 28

2:30 - 3:30 pm



Pills! Pills! Pills!

Understanding Medications and Prescriptions

Medications and prescriptions can be confusing, especially if they are new. Join Angel, a Pharmacist at Bruyère, to learn about how to manage them. You'll learn about some common medication types, how to understand your prescriptions and labels, and where to go for reliable information.

Presenter: Angel Deng, Pharmacist
Saint-Vincent Hospital
Bruyère Continuing Care

Tuesday, March 3

2:30 pm-3:30 pm



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Bruyère
CONTINUING CARE

HEALTH & WELLNESS

PASSCODE FOR ALL HEALTH & WELLNESS: 9 8 4 8 0 3

Healthy Eating and Anti-Inflammatory Foods



Did you know that chronic inflammation can be a risk factor for cardiovascular disease, cancer and diabetes? Join Emily Fitzgerald, your Registered Dietitian, to learn about which foods have anti-inflammatory properties to help reduce inflammation in the body.

Emily will also share tips for creating nutritionally balanced meals and snacks while following Canada's new Food Guide!

Presenter: Emily Fitzgerald
Registered Dietician, Massine's Your Independent Grocer

Thursday, March 5
2:30 - 3:30 pm

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
11:00-Noon



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



PRESENTATION SERIES

PASSCODE FOR ALL PRESENTATION SERIES: 9 8 4 8 0 3

Protecting Your Privacy



The Internet can help you connect with friends and family, share your interests with others, or get the latest news. But it can also put your safety at risk because you are sharing personal information.

Join Anne-Marie Cenaiko from the Office of the Privacy Commissioner of Canada as she gives you tips and advice on navigating the online world safely. You'll learn how to take steps to protect yourself against identity theft, how to recognize spam, and how to protect your personal information on your connected devices.

Presenter: Anne-Marie Cenaiko
Manager, Public Education and Outreach
Communications Directorate, Policy and
Promotion Sector
Office of the Privacy Commissioner of
Canada

Tuesday, January 21
11:00 - Noon



Office of the
Privacy Commissioner
of Canada

Arctic Sky: Museum Research in the Northwest Territories

As part of the development for an exhibition and project on Indigenous Astronomy, we recently visited the Northwest Territories. We met with Indigenous educators and Elders in Yellowknife, Inuvik and some other smaller communities.

In this presentation, I will describe the places we visited, and the exciting work we have planned for further work in this area.

Presenter: David Pantalony, PhD
Curator, Physical Sciences and Medicine
Ingenium—Canada's Museums of Science
and Innovation

IngeniumCanada.org

Tuesday, January 28
11:00-Noon



PRESENTATION SERIES

PASSCODE FOR ALL PRESENTATION SERIES: 9 8 4 8 0 3

Black History Ottawa

Black History Ottawa (BHO) is a registered Canadian charity with a mandate to advance education by increasing the public's knowledge and appreciation of, and carrying out research in the history, culture, traditions and achievements of Canadians of African descent. Through our initiatives, we serve the community by developing and offering programs, open to the public, which focus on areas such as mentorship, youth leadership and health.

Join Sarah during Black History Month to learn more about this important local organization.

Presenter: Sarah Onyango
PR/Community Outreach
Black History Ottawa

Thursday, February 6
2:30 - 3:30 pm



BLACK HISTORY OTTAWA

Hygge Home Sharing

At Hygge* Homesharing, we believe your glass and your home are half full.

Hygge is a Danish word meaning the sense of calm and comfort found in your surroundings. To help you feel the same way, we are a local volunteer-led non-profit dedicated to reducing loneliness and housing insecurity by facilitating homesharing/roommate matches.

*Hygge can be pronounced hue-gah or hoo-gah.

Presenter: CJ Blake
Executive Director,
Hygge Homesharing

Tuesday, February 11
11:00-Noon



Win-Win Homesharing

Thinking about downsizing your home? Don't! Share it, instead. Win-Win Homesharing matches empty-nesters with helpful housemates, who will do chores like taking out the trash, cleaning the bathroom, shovelling the driveway, etc., in exchange for a student-friendly price. We interview, background check, and provide lawyer-made contracts for homesharing and don't charge anything out-of-pocket for our services.

Call us today at 819.266.2185, or email us at team@winwinhomesharing.ca Our website is winwinhomesharing.com

Presenter: Cat Kelly
Co-Founder and Chief Executive
Officer, Win-Win Homesharing

Thursday, April 2
11:00-Noon



PRESENTATION SERIES

PASSCODE FOR ALL PRESENTATION SERIES: 9 8 4 8 0 3

Transportation Series:

Rural Transportation

Call in and learn about low-cost transportation options for rural residents.

Transportation is available for adults 55+, adults with physical disabilities and adults recovering from illness or injury.

Presenters: Amanda Labbé, Rural Outreach Worker
Western Ottawa Community Resource Centre
and

Jeanne Martel, Manager of Operations
Rural Ottawa South Support Services

Tuesday, February 4

11:00 - Noon



OC/Para Transpo Information and Discussion

Kathy Riley, Accessibility Specialist with OC/Para Transpo will be able to talk about the system and discuss current issues while asking for customer input for solutions.

Presenter: Kathy Riley
Accessibility Specialist, Transit
City of Ottawa | Ville d'Ottawa
Customer Services | Services à la clientèle

Thursday, March 19

11:00 - Noon



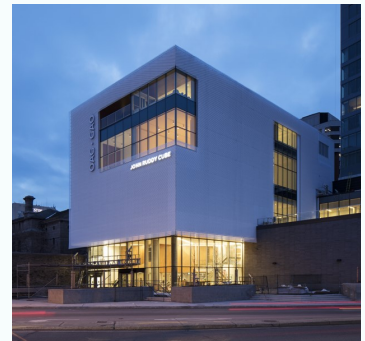
Ottawa Art Gallery

Art Talk

Learn about: *The Credo Project – a show by Jennifer Dickson*

Her photographic works capture layers of sacred architectural spaces and the passage of time. Socio-political tensions and changes throughout history are revealed on the facades and within the man-made architectures. Languages, religion, and ownership of buildings change and shift.

All are welcome to join the discussion.



Presenter: Alexis Boyle
Curator, Community Access
Ottawa Art Gallery

Tuesday, February 25

11:00 - Noon

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TRAVELOGUES, MUSIC & SPECIAL PROGRAMS

PASSCODE FOR ALL MUSIC & SPECIAL PROGRAMS: 1 5 5 1 1 3

Chatting About Music Series:

Let's Go to the Movies: the 1950s

Every year since 1934, the Academy of Motion Picture Arts and Sciences has presented an Academy Award (an "Oscar") to the songwriters who have composed the best original song written specifically for a feature film.

Strange to say, hardly anyone remembers the songwriters who win these awards.

In the year 1950 for example, five songs were nominated: Bibbidi Bobbidi Boo, Mule Train, Be My Love, Wilhelmina, and the eventual winner, Mona Lisa.

You may remember some or all of these songs. You may also remember some of the movies where these songs were first performed, and some of the singers who performed them, like - Nat King Cole, Frankie Laine, Mario Lanza...

Please join with Brian McGurrin to listen to some of the best songs from the movies of the 1950s, interlaced with anecdotes and maybe even some gossip about the composers who wrote them.

Tuesday, January 14
11:00 am - Noon



Revisiting some Classical Favourites

We'd love to have you join with us to revisit some familiar classics and chat about some of the more interesting features of the music and the lives of the composers.

Perhaps we'll begin a bit softly with a Chopin nocturne and the Andante from Mozart's "Elvira Madigan" piano concerto. And then lift our spirits with a wonderful piece from a Bach chorale - Jesu, Joy of Man's Desiring.

Then we could work our way back into the 19th century with a moody aria from Wagner's Lohengrin sung for us by Placido Domingo, followed by a legendary and passionate performance by Maria Callas from Puccini's Tosca, and then, Morgen, a sweet song by Richard Strauss, sung by Kiri Te Kanawa. Finally, we might wrap up with the moving Adagietto from Mahler's 5th Symphony.

Can you think of a better way to spend the morning?

Tuesday, March 10
11:00 am - Noon



Presenter: Brian McGurrin,
Retired Librarian and Music Enthusiast

TRAVELOGUES, MUSIC & SPECIAL PROGRAMS

PASSCODE FOR ALL MUSIC & SPECIAL PROGRAMS: 1 5 5 1 1 3

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, January 22

3:30 - 4:30 pm

and

Wednesday, April 22

3:30 - 4:30 pm



Arlene Quinn

I will be singing and playing guitar. I will take the listener on a journey through music from war time music to present music including country, rock, pop, singalongs etc. Join the call for live music, memories and lots of laughter!

Friday, February 14

11:00 am - Noon

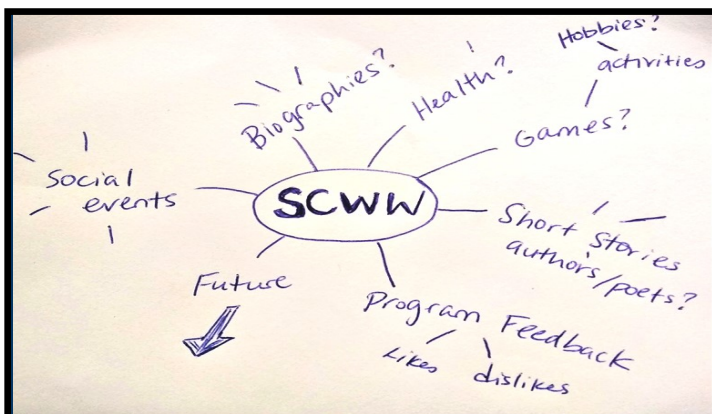


Canadian Connections Valentine's Day

Join other SCWW participants from Ottawa, other communities in Ontario, Winnipeg and Edmonton to celebrate Valentine's Day!

Friday, February 14

2:30 - 3:30 pm



SCWW Planning Committee

Let's brainstorm together how we can continue to build and improve our program.

Bring your ideas and opinions and help plan future calendars!

Tuesday, February 18th

11:00 - 11:45 am

TRAVELOGUES, MUSIC & SPECIAL PROGRAMS

PASSCODE FOR ALL MUSIC & SPECIAL PROGRAMS: 1 5 5 1 1 3

Craft Group

New Program!

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!

Monday, January 20

Monday, March 16

Monday, April 20

2:30 - 3:00pm



Travelogue: Panama



SCWW Volunteer Monty Mukerji is travelling the world again! Join the call and learn about his adventures in Panama, a country on the isthmus linking Central and South America. Known for the Panama Canal, a famous feat of human engineering, and Panama City, where modern skyscrapers, casinos and nightclubs contrast with colonial buildings in the Casco Viejo district and the rainforest of Natural Metropolitan Park.

Friday, March 20

11:00 am - Noon

Our Annual Dooley Family St. Patrick's Day Kitchen Party

Join Kevin Dooley and Doug McKenna to celebrate St. Patrick's Day! Tap your toes along, and listen to some beautiful music and stories.

Tuesday, March 17

11:00 - Noon



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



FUN, GAMES & REGULAR PROGRAMS

PASSCODE FOR ALL FUN, GAMES & REGULAR PROGRAMS: 7 2 9 8 9 9

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!

Friday, January 17 and 31
Friday, February 28
Friday, March 13 and 27
Friday, April 24

2:30-3:15 pm



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!

Thursday, January 30
Thursday, February 27
Thursday, March 26
Thursday, April 23

2:30-3:30 pm

Games Room

Join us for a little bit of friendly competition, as we play a variety of different games. Who knew you could play board games over the phone?



Friday, January 24—Buzzword
Friday, February 21—Family Feud
Friday, March 20—Buzzword

2:30-3:30 pm

Name that Tune

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

Friday, January 17
11:00-11:30 am
Friday, February 7
Friday, March 6
Friday, April 3
2:30-3:00pm



Birthday Party

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

Friday, January 31
Friday, February 28
Friday, March 27
Friday, April 24

11:00-11:30 am



FUN, GAMES & REGULAR PROGRAMS

PASSCODE FOR ALL FUN, GAMES & REGULAR PROGRAMS: 7 2 9 8 9 9

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.

Tuesday, April 7 & 21
11:00 am-Noon



Just Joking

They say that laughter is the best medicine, so join us on the last day of each month for your dose of some nice, clean, and (sometimes) funny jokes!

Monday, February 3

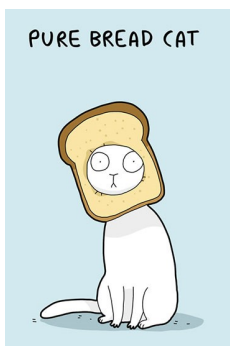
2:30-3:00 pm

Monday, March 9

2:30-3:00 pm

Monday, April 6

2:30-3:00 pm



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.

Bi-Weekly

Tuesday, January 14 & 28

Tuesday, February 11 & 25

Tuesday, March 10

Tuesday, April 7 & 21

2:30-3:00 pm

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.

Monthly

Tuesday, January 21

Tuesday, February 18

Tuesday, March 17

Tuesday, April 14

2:30-3:15 pm



Fun Facts

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

Every Wednesday Morning

January 15—April 29

11:00 -11:30 am

FUN, GAMES & REGULAR PROGRAMS

PASSCODE FOR ALL FUN, GAMES & REGULAR PROGRAMS: 7 2 9 8 9 9

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!

Bi-Weekly

Wednesday, January 15 & 29

Wednesday, February 12 & 26

Wednesday, March 11 & 25

Wednesday, April 15 & 29

2:30 - 3:00 pm



Table Topics

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

Bi-Weekly

Thursday, January 16 & 30

Thursday, February 13 & 27

Thursday, March 12 & 26

Thursday, April 9 & 23

11:00 - 11:45 am

Fact or Fiction

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

Thursday, January 16

Thursday, February 13

Thursday, March 12

Thursday, April 9

2:30-3:00 pm

Finish the Line

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

Monthly

Wednesday, February 5

Wednesday, March 4

Wednesday, April 1

2:30-3:00 pm

Just Jeopardy!

Jeopardy is back, by popular demand! Join us as we test our knowledge with some challenging trivia.

Thursday, February 6

Thursday, March 5

11:00 am - Noon



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!

Monday, January 27

Monday, February 24

Monday, March 23

Monday, April 27

2:30-3:15 pm

FUN, GAMES & REGULAR PROGRAMS

PASSCODE FOR ALL FUN, GAMES & REGULAR PROGRAMS: 7 2 9 8 9 9

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.

Monthly

Thursday, January 23

Thursday, February 20

Thursday, March 19

Thursday, April 16

2:30 - 3:30 pm



Good News from Home and Around the World

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

Monthly

Friday, January 10

Friday, February 7

Friday, March 6

Friday, April 3

11:00 - 11:30 am

Biographies

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

Friday, January 24

Sir Elton John

Sir Elton Hercules John CBE is an English singer, songwriter, pianist, and composer. John has sold more than 300 million records, making him one of the world's best-selling music artists.



Friday, February 21

Paul Robeson

Paul Leroy Robeson was an American bass baritone concert artist and stage and film actor who became famous both for his cultural accomplishments and for his political activism.



Friday, March 13

Pauline Johnson

Emily Pauline Johnson (also known as Tekahionwake, "double wampum"), poet, writer, artist and performer and was one of North America's most notable entertainers of the late 19th century.



11:00-11:30 am

**The Summer 2020 Program
Guide will be available
mid-April. Be sure to register
for the next session!**

January 2020

STEPS TO CONNECT

1. Dial 1-800-669-6180
2. Enter **Category Passcode**
3. Enter your **Pin Code**
4. Record your **name**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day	2 Program Registration (by phone message or by email)	3
6 Program Registration	7	8	9 Welcome Back Chat and Steps to Connect Practice 11:00-11:30 am	10 Good News 11:00-11:30 am
13 Mindfulness 11:00-11:30 am Mental Health Series I 2:30-3:30 pm	14 Music Chat 11:00 am-Noon Trivia 2:30-3:00 pm	15 Fun Facts 11:00-11:30 am Categories 2:30-3:00 pm	16 Table Topics 11:00-11:45 am Fact or Fiction 2:30-3:00 pm	17 Name that Tune 11:00-11:30 am Music Request Line 2:30-3:15 pm
20 Mindfulness 11:00-11:30 am Craft Group 2:30-3:00 pm	21 Protecting Your Privacy 11:00 am—Noon Discussion Group 2:30-3:15 pm	22 Fun Facts 11:00-11:30 am Across the Miles 3:30-4:30 pm	23 Osteoporosis 11:00-Noon Short Stories 2:30-3:30 pm	24 Biographies 11:00-11:30 am Games Room 2:30-3:30 pm
27 Mindfulness 11:00-11:30 am You be the Judge 2:30 -3:15 pm	28 Arctic Sky 11:00-noon Trivia 2:30-3:00 pm	29 Fun Facts 11:00-11:30 am Categories 2:30 - 3:00 pm	30 Table Topics 11:00-11:45 am Sports Chat 2:30-3:30 pm	31 Birthday Party 11:00-11:30 am Music Request Line 2:30-3:15 pm

Category Passcodes	Health & Wellness and Presentations (p. 6-12)	9 8 4 8 0 3
	Travelogues, Music and Special Programs (p.13-15)	1 5 5 1 1 3
	Fun & Games and Regular Programs (p. 16-19)	7 2 9 8 9 9

February 2020

STEPS TO CONNECT

1. Dial **1-800-669-6180**
2. Enter **Category Passcode**
3. Enter your **Pin Code**
4. Record your **name**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mindfulness 11:00-11:30 am Just Joking 2:30-3:00 pm	4 Rural Transportation 11:00-Noon Grief and Loss 2:30-3:30 pm	5 Fun Facts 11:00-11:30 am Finish the Line 2:30-3:00 pm	6 Jeopardy 11:00 am-Noon Black History 2:30-3:30 pm	7 Good News 11:00-11:30 am Name that Tune 2:30-3:00 pm
10 Mindfulness 11:00-11:30 am Mental Health Series II 2:30-3:30 pm	11 Hygge Home Sharing 11:00-Noon Trivia 2:30-3:00 pm	12 Fun Facts 11:00-11:30 am Categories 2:30-3:00 pm	13 Table Topics 11:00-11:45 am Fact or Fiction 2:30-3:00 pm	14 Arlene Quinn 11:00-Noon Canadian Connections 2:30-3:30 pm
17 Family Day	18 SCWW Planning Committee 11:00-11:45 am Discussion Group 2:30-3:15 pm	19 Fun Facts 11:00-11:30 am	20 Laughter Yoga 11:00 am-Noon Short Stories 2:30-3:30 pm	21 Biographies 11:00-11:30 am Games Room 2:30-3:30 pm
24 Mindfulness 11:00-11:30 am You be the Judge 2:30-3:15 pm	25 Art Talk 11:00 am-Noon Trivia 2:30-3:00 pm	26 Fun Facts 11:00-11:30 am Categories 2:30 - 3:00 pm	27 Table Topics 11:00-11:45 am Sports Chat 2:30-3:30 pm	28 Birthday Party 11:00-11:30 am Music Request Line 2:30-3:15 pm

Category Passcodes	Health & Wellness and Presentations (p. 6-12)	9 8 4 8 0 3
	Travelogues, Music and Special Programs (p. 13-15)	1 5 5 1 1 3
	Fun & Games and Regular Programs (p. 16-19)	7 2 9 8 9 9

March 2020

STEPS TO CONNECT

1. Dial 1-800-669-6180
2. Enter **Category Passcode**
3. Enter your **Pin Code**
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Monday	Tuesday	Wednesday	Thursday	Friday
2 Mindfulness 11:00-11:30 am Mental Health Series III 2:30-3:30 pm	3 Medication Management 2:30-3:30 pm	4 Fun Facts 11:00-11:30 am Finish the Line 2:30-3:00 pm	5 Jeopardy 11:00 am-Noon Healthy Food 2:20-3:30 pm	6 Good News 11:00-11:30 am Name That Tune 2:30-3:00 pm
9 Mindfulness 11:00-11:30 am Just Joking 2:30-3:30 pm	10 Music Chat 11:00 am-Noon Trivia 2:30-3:00 pm	11 Fun Facts 11:00-11:30 am Categories 2:30-3:00 pm	12 Table Topics 11:00-11:30 am Fact or Fiction 2:30-3:00 pm	13 Biographies 11:00-11:30 am Music Request Line 2:20-3:15 pm
16 Mindfulness 11:00-11:30 am Craft Group 2:30-3:00 pm	17 The Dooley's 11:00 am- Noon Discussion Group 2:30-3:15 pm	18 Fun Facts 11:00- 11:30 am	19 OC Transpo 11:00-Noon Short Stories 2:30-3:30 pm	20 Travelogue - Panama 11:00-Noon Games Room 2:30- 3:30 pm
23 Mindfulness 11:00-11:30 am You be the Judge 2:30 –3:15 pm	24 Closed for Vintage & Vibrant	25 Fun Facts 11:00-11:30 am Categories 2:30-3:30 pm	26 Table Topics 11:00-11:45 am Sports Chat 2:30-3:30 pm	27 Birthday Party 11:00-11:30 am Music Request Line 2:30– 3:15 pm
30 Mindfulness 11:00-11:30 am Set-up for Voice To Face Party	31 Voice-to-Face Party!			

Category Passcodes	Health & Wellness and Presentations (p. 6-12)	9 8 4 8 0 3
	Travelogues, Music and Special Programs (p.13-15)	1 5 5 1 1 3
	Fun & Games and Regular Programs (p. 16-19)	7 2 9 8 9 9

April 2020

STEPS TO CONNECT

1. Dial **1-800-669-6180**
2. Enter **Category Passcode**
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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fun Facts 11:00-11:30 am Finish the Line 2:30-3:00 pm	2 Win-Win Home Sharing 11:00 am-Noon	3 Good News 11:00-11:30 am Name that Tune 2:30-3:00 pm
6 Mindfulness 11:00-11:30 am Just Joking 2:30-3:00 pm	7 Way with Words 11:00-11:30 am Trivia 2:30-3:00 pm	8 Fun Facts 11:00-11:30 am Creative Writing Workshop 2:30 - 3:00 pm	9 Table Topics 11:00-11:45 am Fact or Fiction 2:30-3:00 pm	10 Good Friday
13 Easter Monday	14 CNIB 11:00 am-Noon Discussion Group 2:30-3:00 pm	15 Fun Facts 11:00-11:30 am Categories 2:30 –3:00 pm	16 Hospice Care 11:00-Noon Short Stories 2:30-3:30pm	17 Closed for Volunteer Rec
20 Mindfulness 11:00-11:30 am Craft Group 2:30-3:00 pm	21 Way with Words 11:00-11:30 am Trivia 2:30-3:00 pm	22 Fun Facts 11:00-11:30 am Across the Miles 3:30-4:30 pm	23 Table Topics 11:00-11:45 am Sports Chat 2:30-3:30 pm	24 Birthday Party 11:00-11:30 am Music Request Line 2:30-3:15 pm
27 Mindfulness 11:00-11:30 You be the Judge 2:30-3:15 pm	28 Mind Your Brain Health 2:30-3:30 pm	29 Fun Facts 11:00-11:30 am Categories 2:30-3:00 pm	30	

Category
Passcodes

Health & Wellness and Presentations (p. 6-12)

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Travelogues, Music and Special Programs (p.13-15)

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7 2 9 8 9 9

Elvismas Carol

(Moe Atallah, the founder of the charity, The Elvis Sighting Society, and proprietor or the Newport Restaurant, cooks turkey dinners at his restaurant on December 25 for seniors across the city, charged to the Elvis Sighting Society charity. Volunteers deliver these free dinners to Meals-on Wheels clients, and also I'm told to some long-term care homes. This inspired the following Elvismas Carol.)



**Good King Presley last looked out
On the feast of Elvis,
As the world turned round about,
Gyrating on its pelvis.
Loudly sang our star that night,
Though the Press was crueller,
When an imposter came in sight.
Was it Ferris Bueller?**

**Bring us pizza, bring us beer,
In the Newport Café.
It's Elvis we impers'nate here
And not Colonel Gaddafi.
This is where we feast and dine,
Where we have our luncheon.
Elvis sightings here are fine;
Who needs Graceland Mansion?**

By: SCWW Participant Thomas

Want to share a piece of artwork, a poem, a photo of a craft project or something else that you are proud of with the SCWW community?

Please send submissions to:

**Laura Ward, SCWW Coordinator
The Good Companions Seniors' Centre
670 Albert St.
Ottawa, ON
K1R6L2**

Email: scww@thegoodcompanions.ca

Thank you to all our community partners and supporters:



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