

# Seniors' Centre Without Walls



*A seniors' centre from the comfort of home.*

**FREE TELEPHONE GROUP ACTIVITIES  
SENIORS 55+, AS WELL AS ADULTS  
WITH DISABILITIES LIVING IN OTTAWA  
& SURROUNDING RURAL AREAS.**

**FOR MORE INFORMATION OR  
TO REGISTER:**

**613-236-0428 ext. 2323**

**scww@thegoodcompanions.ca**

**thegoodcompanions.ca**

## **IN THIS ISSUE**

**Understanding  
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**The Story of  
Viola Desmond**

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Almonte**

**BINGO**

**TRIVIA**





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### **The Seniors' Centre Without Walls program is available in other languages:**

#### **Mon Centre à distance (SCWW en Français)**

Eastern Ottawa Resource Centre  
Nadine White 613-741-6025 ext. 325

#### **Cantonese or Mandarin**

Jessie Jin, The Good Companions  
613-236-0428 ext. 2777

*\*In Partnership with Yet Keen Seniors' Day  
Centre from Somerset West CHC*

## **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 (SCWW)**

SCWW offers free telephone group activities for seniors 55+, as well as adults with disabilities living in Ottawa and surrounding rural areas.

Through the use of group telephone calls, SCWW provides a rich line-up of health-related information from professionals in the community, late-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.

*This program is funded in part by the Ontario Ministry for Seniors and Accessibility, the United Way East Ontario, the Government of Canada—Employment and Social Development Canada, and with support from the City of Ottawa.*

# FAQ

## Seniors' Centre Without Walls

### Who is eligible to join?

- Individuals 55+
- And/or adults with physical disabilities
- Living in the Ottawa and greater Ottawa area (including Renfrew County)

### How does it work?

1. Once you have registered as a participant\* you can register for any of the SCWW programs offered and be added to the attendance lists for your chosen programs.
2. You can register for programs anytime during the Program Guide term. Our main program registration occurs at the beginning of every program guide term.
3. We **can call you** just before your registered program is set to start, or you can choose to use the **Steps to Calling In** (see below) to call yourself into program.

### Is there any cost?

No – all programming is free of charge. All programs are run through a toll-free number. And no special equipment is needed.

### Accessibility

This program can be available in an accessible format.

### How do I register?

Please contact The Good Companions

**613-236-0428 ext. 2323**

**scww@thegoodcompanions.ca**

### Do I Need a Computer?

No. All you need is a telephone!

### SCWW Daily Schedule Telephone Number

You can call The Good Companions Monday-Friday to find out what SCWW programs are running each day.

**613-236-0428 ext. 4260**

*\*The calls are open and welcome to anyone who would like to join, whether you have registered as a full participant or not. We do encourage you to register with us fully to be able to receive upcoming program guides and information.*

## Steps to Calling into Scheduled Program

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

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

## Meet the SCWW Team



**Rachel Sutcliffe**  
SCWW Coordinator  
613-236-0428  
ext. 2323



**Allison Garber**  
SCWW Assistant  
to the Program  
Coordinator  
613-236-0428  
Ext. 2390



**Margaret Armitage**  
SCWW Program  
Assistant  
613-236-0428  
Ext. 2390



**Sarah Mar-Kaminsky**  
SCWW Placement  
Student  
613-236-0428  
Ext. 2390

## RESPECTFUL CONDUCT POLICY

To ensure a safe and welcoming space, we ask all participants, facilitators and guest presenters to observe our Conduct Policy and Group Etiquette:

- To be respectful towards all staff, volunteers, participants and telephone operators (including our conference call provider).
- To create an inclusive environment that honours people of all cultures, traditions, faiths, genders, sexual orientation, abilities, and life experiences.
- To engage in appropriate subject matters and language.
- To allow everyone to contribute by not dominating the conversations.
- To respect all group members and their opinions, even if they differ from your own.
- To allow program facilitators to lead the conversation or activity, and manage the other participants.

If you have any questions or concerns regarding this policy, or have an issue with another participant or facilitator, please contact SCWW:

613-236-0428 ext. 2323  
[scww@thegoodcompanions.ca](mailto:scww@thegoodcompanions.ca)



## HEALTH & WELLNESS SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

### MINDFULNESS & MEDITATION

Monday Mornings — 10:15-10:45 AM \*\*

Mindfulness is the intention of being present, of quieting the mind, and connecting with one's feelings, thoughts, and bodily sensations. It is a practice that has proven to be effective at reducing stress and anxiety. Take 20 minutes out of your day every Monday, to focus on you and your self-care.

**Presenter:** *Jessica Lemieux, MSW, Owner of Cultivation Therapy Services*

*\*\*Please note that this program starts at 10:15 am not 10:45 am*

### FALLS PREVENTION

Thursday, January 14 — 2:45-3:45 PM

Each year, 1 in 3 Canadians over the age of 65 will fall. A fall can take away your independence and end with injury. Join Dr. Bekhit to learn strategies to reduce your risk of falling. These strategies include changes for your health, your home, and your daily activities. This workshop was designed by the Canadian Chiropractic Association to increase awareness and prevent slips and falls among older Canadians.

**Presenter:** *Dr. Bekhit, Chiropractor, Curvita*

### IMMUNIZATIONS: HOW TO PROTECT YOURSELF AND OTHERS

Tuesday, January 19 — 2:45-3:45 PM

The topic of immunizations often stirs up many questions. Ever wondered when to get certain vaccines or if they are appropriate for you? Why they are important and if there are any side effects? This winter join Pharmacist Angel to review some vaccinations for seniors. You'll learn about a few vaccinations that are important for protecting yourselves and/or others.

**Presenter:** *Angel Deng, Pharmacist, Élisabeth Bruyère Hospital, Bruyère Continuing Care*

## ALZHEIMER SOCIETY— MUSIC PROJECT

Mon. Jan. 18  
2:45-3:45 PM

Listening to personalized music can be a powerful activity for those with dementia. Music has the potential to increase physical and social activity; reignite older memories; and improve sleep, mood, communication, cognition, and overall quality of life.

The Alzheimer Society will be on the phone to talk about the importance of music and memory. They will talk about how they are using this information for their Music Project—reconnecting people with the soundtrack of their lives by providing music players loaded with personalized music to people living with dementia.

**Presenter:**  
*Nadia Aftab, Music Project Coordinator, Alzheimer Society of Toronto*

# HEALTH & WELLNESS SERIES

## MENTAL HEALTH DURING COVID-19: A TWO PART SERIES

This is a difficult and anxiety provoking time for many of us. Struggling with your mental health or feeling alone is completely normal considering our current pandemic status and the focus on isolation and distancing to keep us physically healthy.

Over the course of 2 sessions, we will look at normalizing the experience of living in isolation, apart from friends and family and our 'normal' routines. In addition, we will explore the power of resiliency and some practical tips on how to promote mental wellness as we F.A.C.E. COVID-19.

### NORMALIZING ANXIETY & LONELINESS

**Wednesday, February 3 — 2:45-3:45 PM**

You are not alone. This is a scary and anxiety provoking time for many, struggling with feelings of isolation, loneliness and anxiety is normal.

### BUILDING RESILIENCY DURING DIFFICULT TIMES

**Wednesday, March 3 — 12:45-1:45 PM**

While we are living through difficult times, it does not have to define the outcome of your mental health & wellness. Resiliency helps you look at the areas of your life where you have some control and focus on what you can modify and adapt for improved well-being.

**Presenter:** *Shauna Thaler Adeland, RSW, MSW & Psychogeriatric Resource Consultant with Geriatric Psychiatry Community Services of Ottawa*



## THE CNIB FOUNDATION

**Mon. Feb. 8**

**2:45-3:45 PM**

The CNIB Foundation delivers 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 and Services, her lived experience with sight loss and her experience as a guide dog handler.

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

## BREAST CANCER AWARENESS

**Mon. March 1**

**2:45-3:45 PM**

Breast Cancer Action Ottawa wants to help you be proactive about your health. They will discuss: signs and symptoms, next steps if suspected, and community supports.

**Presenter:** *Representative from Breast Cancer Action Ottawa*

# HEALTH & WELLNESS SERIES

## EXPLORING BEREAVEMENT

Thursday, March 4 — 10:45-11:45 AM

Bereavement and grieving is felt by everyone in different ways. We often struggle with our own feelings, or knowing how to help others who are grieving in a meaningful way.

Margaret Lorrie Beaton, Program Director from Bereaved Families of Ottawa will explore the natural grieving process and how to cope with feelings of loneliness and isolation.

**Presenter:** *Margaret Lorrie Beaton, MA, C.Hyp. R(Q)  
Bereaved Families of Ottawa Program Director*

## OVERVIEW OF OSTEOARTHRITIS

Wednesday, March 10 — 12:45-1:45 PM

Arthritis is a general term that describes inflammation in joints. Osteoarthritis, also called degenerative joint disease, is the most common type of arthritis. When this happens, it may make daily living very difficult, and even affect our mental health.

Physiotherapist, Mary Aisen, will be on the phone with us to discuss what you need to know about Osteoarthritis and why exercise and or physical activity is as good or better than medication for pain relief.

**Presenter:** *Mary Aisen, Physiotherapist, Arthritis Society*

## ANXIETY & MENTAL HEALTH IN THE MIDST OF A GLOBAL CRISIS

Thursday, March 11 — 2:45-3:45 PM

Worries and anxiety about COVID-19 and its impact can be overwhelming. Social distancing makes it even more challenging. Learn ways to cope during this pandemic.

**Presenter:** *Dr. Paola Lavin, M.D., MSc in Psychiatry, Douglas Mental Health University Institute| McGill University*

## YOGA & THE BRAIN

Mon. March 15  
2:45-3:45 PM

Let's learn about the relationship between Yoga & your brain! In recent years there has been a lot of research on the amazing benefits of yoga for both brain health and mental health. In this talk we will explore the science of yoga and chat about the ways that it can help us improve memory, emotional regulation, our ability to make decisions, and reduce stress. We will even try out a few simple mindfulness exercises and low-key movements that you can do at home.

**Presenter:**  
*Meghan Johnston,  
Wellness Educator &  
Yoga Teacher*

# HEALTH & WELLNESS SERIES

## EMERGENCY PREPAREDNESS

**Wednesday, March 17 — 2:45-3:45**

Emergency Preparedness requires individuals and families to follow 3 simple steps – Knowing what Risks you could encounter, Having a Plan to mitigate those risks and finally Organizing materials to support you and family for at least the first 72 hours in an Emergency. The Canadian Red Cross facilitators with first hand experience will review the Risks that exist in your area, assist in developing your personal plan and demonstrate how to assemble a Emergency Kits. In the end you will be better prepared to manage during an Emergency event.

**Presenter:** *The Canadian Red Cross*

## PHYSICAL ACTIVITY, THE BRAIN & DEMENTIA

**Monday, March 22 — 2:45-3:45 PM**

There is growing evidence supporting that people can reduce their risk of cognitive decline by adopting key lifestyle habits. This talk focuses on the healthy lifestyle habit of physical activity and touches on additional ways to be brain healthy. It is never too early or too late to take steps to keep our brains healthy.

**Presenter:** *German Chique-Alfonzo, The Dementia Society of Ottawa and Renfrew County*

## HOME SPA DAY & SELF-CARE

**Tuesday, April 6 — 10:45-11:45 AM**

This talk will touch on how to create your own spa day at home. It will include easy do-it-yourself projects using items you would find around your home. We will also discuss about how to create a calm and relaxing atmosphere.

**Presenter:** *Reaghan Atkins, Esthetician*

## EATING FOR A HEALTHY GUT

**Thurs. April 1  
10:45-11:45 AM**

Don't let issues with your gut get in the way of living your life, learn how to manage it! Join this nutrition session to discover the benefits of foods high in fibre, pre- and probiotics and how they can benefit your digestive health. You'll learn tips and tricks on what foods to include in your diet and how to use them to improve your digestion.

**Presenter:** *Emily Fitzgerald, In-store Dietician, Massine's Your Independent Grocer*

## ELDER ABUSE PREVENTION

**Wed. April 7  
2:45-3:45 PM**

Learn the warning signs and types of elder abuse, as well as the prevalence within Canada and what you can do to protect yourself. Everyone plays a role in preventing elder abuse.

**Presenter:** *Elder Abuse Prevention Ontario*



## HEALTH & WELLNESS SERIES

### CANCER 101 AND HEALTH LITERACY: TAKING CHARGE OF YOUR HEALTH & WELLBEING

Thursday, April 15 — 10:45-11:45 AM

Just about everyone in Canada has been or will be touched by cancer in some way. An estimated 220,400 new cases of cancer occurred in 2019. 1 in 2 Canadians will develop cancer in their lifetime. 60% of Canadians diagnosed with cancer will survive at least 5 years after their diagnosis.

Patricia, a Cancer Coach, will provide general information about cancer including strategies to help prevent it. We will also discuss health literacy and how to become your own best health advocate.

**Presenter:** Patricia Barrett-Robillard RN, BScN, MNRS-  
Cancer Coach at the Ottawa Regional Cancer Foundation

### HEARING LOSS & AGING DURING COVID-19

Tuesday, April 20 — 10:45-11:45 AM

Canadian Hearing Services Counsellor, Doris Brownlee, will talk about understanding hearing loss and aging.

Join Doris to learn about communication strategies over the process of getting and paying for hearing aids and basic troubleshooting of hearing aids. She will also cover how counsellors can help, along with programs and supports provided during the pandemic.

**Presenter:** *Doris Brownlee, Canadian Hearing Services,  
Hearing Care Counsellor*

All of our  
Health &  
Wellness,  
Educational,  
Music and  
Travelogue  
Presentations  
are recorded.

If you are  
unable to  
join us on  
the day of  
the call, let us  
know and  
we can give  
you the  
information  
on how you  
can listen to  
the recording  
at your own  
convenience.

# EDUCATIONAL SERIES

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## SERVICE CANADA PRESENTS: THE CANADA PENSION PLAN (CPP) Thursday, January 21 — 10:45-11:45 AM

This presentation will be an introduction to CPP, the eligibility criteria, and the statement of contribution to determine the amount of the pension. We also provide information on the different types of pension plans such as disability, requirement and survivor, and finally, we provide general information on the different provisions of the Canada Pension plan and how they can affect your pension amount at retirement time.

**Presenter:** *Stephane Carignan, Citizen Services Specialist, Citizen Service Branch Service Canada / Government of Canada*

## PREPARING FOR TAX SEASON AND FINANCIAL WELLNESS PLANNING FOR SENIORS Tuesday, January 26th — 12:45-1:45 PM

This presentation will cover some interesting, applicable topics that include Government programs and preparing for your 2020 Income Tax Preparation. We will also be dedicating half of the session to answering your questions. So if you are looking to find out if you can claim that stability handle you had installed in your shower, that therapy, medication or mobility device, well, this is a great opportunity to speak with an expert for free.

### ***We will be covering topics including:***

- Eligibility for programs ranging from The Guaranteed Income Supplement to The Home Accessibility Expenses and everything in between;
- What changes to expect in your 2020 Income Tax return,
- How to handle medical or disability expenses.

**Presenters:** Shawn Anthony and Chris McLean from TaxWise, TaxWise Financial Literacy Program

## BANK OF CANADA MUSEUM PRESENTS: LUCK & LORE Thurs. Feb. 1 2:45-3:45 PM

When you toss a quarter in a fountain, lift a penny off the sidewalk or bake a nickel into a cake, you are taking part in rituals dating back hundreds or even thousands of years.

Explore the spiritual, ceremonial, and the seemingly impractical uses we have for money. Learn the surprising stories behind some of the transformed money, the replica money and the real money we've used for millennia to bring good fortune to ourselves and others.

**Presenter:**  
*David Bergeron,  
Curator, Bank of  
Canada Museum*



Bank of  
Canada  
Museum

## EDUCATIONAL SERIES

### HOW DID HUMANS BEGIN TO TRAVEL?

Thursday, February 4 — 10:45-11:45 AM

The small Fairbairn House Heritage Centre in Wakefield, Quebec tells the stories of the Gatineau River valley. Their newest exhibit features local examples of human initiative, from earliest times through to 1939. From a birch-bark canoe to a CPR booking office, we move first by arms and legs, then with animals, to finally arriving at engines doing the work.

Join Michael Cooper, Fairbairn Museum's past president, on this travel excursion, and find out why our early car drivers learned to go up hills in reverse!

**Presenter:** *Michael Cooper, Fairbairn House Heritage Centre, Wakefield, Quebec.*

### CELEBRATING BLACK HISTORY MONTH: THE HISTORY OF THE CHATHAM-KENT BLACK COMMUNITY

Wednesday, February 17— 2:45-3:45 PM

The Chatham-Kent Black Historical Society shares the story of Chatham's Black community beginning at the end of the 18th century until present day. Once here, escaped slaves who came on the Underground Railroad and free Black folks still faced the struggles of racism and segregation in their new home. Overcoming these obstacles, many of Chatham's best and brightest were from the Black community. Learn about the stories of some of these men and women who helped shape the city of Chatham to what it is today. At its height in the 1850's, a third of Chatham's population were Black citizens. Hear stories about people like Dr. Martin Delany, The Chatham Coloured All-Stars baseball team and James Monroe "Gunsmith" Jones and his daughter Sophia.

**Presenter:** *Samantha Meredith, Executive Director Chatham-Kent Black Historical Society and Black Mecca Museum*

## SERVICE CANADA OLD AGE SECURITY & GUARANTEED INCOME SUPPLEMENT

Thurs. Feb. 18  
10:45-11:45 AM

Tues. March 9  
12:45–1:45 PM

This presentation will cover information such as eligibility criteria, application procedures, how the amount is calculated as well as information on the different programs affiliated with old age security, such as the allowance, allowance for survivor and the guaranteed income supplement.

We will be holding two sessions of this important topic (the same information will be given at both).

**Presenter:**  
*Stephane Carignan,  
Citizen Services  
Specialist, Citizen  
Service Branch  
Service Canada /  
Government of  
Canada*

## EDUCATIONAL SERIES

### THE OTTAWA ART GALLERY PRESENTS: ART TALK

#### JENNIFER DICKSON: THE CREDO PROJECT Tuesday, March 18 — 10:45-11:45 AM

The Credo Project is a series of photographs by Jennifer Dickson that illustrate architectural spaces of the three Abrahamic religions: Judaism, Christianity and Islam. Dickson captured the images during travels to the U.K., Cyprus, Portugal, Spain, Turkey and Morocco between 1979 and 2008, and has been editing them for over a decade. By grouping the works in triptychs, Dickson encourages comparison between sacred spaces that span diverse geographies and histories. We see how these buildings, marked by interwoven periods of political and religious peace and turmoil, bear the passage of time. From an intimate detail of decorative tilework to the beholding of a massive dome, Dickson's record of these remarkable architectural elements, imbued with layers of transformation and cultural hybridity, reveals the triumph of beauty over desecration.

#### (RE)COLLECTING THE GROUP OF SEVEN: CELEBRATING 100 YEARS

Thursday, April 22 — 2:45 - 3:45 PM

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. This exhibition will display key works by the Group of Seven from the Firestone Collection of Canadian Art (FCCA) and provide a unique look at the mid to late twentieth-century collecting activities of the Firestone family in Ottawa. With a particular focus on A.Y. Jackson, A.J. Casson, and Arthur Lismer, work by the Group of Seven forms the largest representation in the FCCA, which now holds over 600 examples of their work.

**Presenter:** *Rebecca Basciano, Ottawa Art Gallery Curator*

**BANK OF  
CANADA  
MUSEUM  
PRESENTS:**

### THE STORY OF VIOLA DESMOND

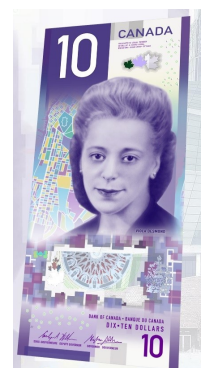
Mon. March 8  
2:45-3:45 PM

Celebrate International Women's Day by discovering the story of the Viola Desmond.

In 2018, the Bank of Canada unveiled a new bank note featuring Viola Desmond—the first woman, other than royalty, to be featured on a Canadian bank note in regular circulation.

Learn about the public consultations and selection process for this note, and the history of this remarkable woman.

**Presenter:** *Visitor Service team, Bank of Canada Museum*





# JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Dec 31</b> <b>NYE Countdown</b> 11:30 AM - 12:15 PM	<b>1</b> <b>New Year's Day</b>  <b>No programs today</b>
<b>4</b> <b>Mindfulness</b> 10:15-10:45 am	<b>5</b> <b>Way with Words</b> 10:45-11:15 am	<b>6</b> <b>Fun Facts</b> 10:45-11:15 am	<b>7</b> <b>Short Stories</b> 10:45-11:15 am	<b>8</b> <b>Good News</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm
<b>PROGRAM REGISTRATION WEEK</b>				
<b>11</b> <b>Mindfulness</b> 10:15-10:45 am  <b>Language Club</b> 12:45-1:15 pm	<b>12</b> <b>Finish the Line</b> 10:45-11:15 am  <b>Trivia</b> 2:45-3:15 pm	<b>13</b> <b>Fun Facts</b> 10:45-11:15 am  <b>International Braille Month</b> 2:45-3:30 pm	<b>14</b> <b>Table Topics</b> 10:45-11:15 am  <b>Who, What, Where</b> 12:45-1:15 pm  <b>Falls Prevention</b> 2:45-3:45 pm	<b>15</b> <b>Biographies</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Name That Tune</b> 2:45-3:15 pm
<b>18</b> <b>Mindfulness</b> 10:15-10:45 am  <b>Just Joking</b> 12:45-1:15 pm  <b>Music Project</b> 2:45-3:45 pm	<b>19</b> <b>Way with Words</b> 10:45-11:15 am  <b>Recipe Exchange</b> 12:45-1:15 pm  <b>Immunizations</b> 2:45-3:45 pm	<b>20</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Music/Movie Trivia</b> 12:45-1:15 pm  <b>Rabbie Burns</b> 2:45-3:30 pm	<b>21</b> <b>CPP Info</b> 10:45-11:45 am  <b>Fact or Fiction</b> 12:45-1:15 pm  <b>Sports Chat</b> 2:45-3:30 pm	<b>22</b> <b>Spiritual Space</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Music Request</b> 2:45-3:30 pm
<b>25</b> <b>Mindfulness</b> 10:15-10:45 am  <b>Language Club</b> 12:45-1:15 pm  <b>BINGO</b> 2:45-3:45 pm	<b>26</b> <b>Finish the Line</b> 10:45-11:15 am  <b>Senior Tax Tips</b> 12:45-1:45 pm  <b>Trivia</b> 2:45-3:15 pm	<b>27</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Categories</b> 12:45-1:15 pm  <b>Across the Miles</b> 3:30-4:30 pm	<b>28</b> <b>Table Topics</b> 10:45-11:15 am  <b>Canadian Trivia</b> 12:45-1:15 pm  <b>Shawn Storytelling</b> 2:45-3:15 pm	<b>29</b> <b>Birthday Party</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Gratitude Jar</b> 2:45-3:15 pm

## STEPS TO CONNECT

1. Dial **613-686-1547** or **1-800-669-6180**
2. Enter Passcode: **8 3 4 6 3 4** then press the # key

# FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Mindfulness</b> 10:15-10:45 am  <b>Just Joking</b> 12:45-1:15pm  <b>Luck &amp; Lore</b> 2:45-3:45 pm	<b>2</b> <b>Way with Words</b> 10:45-11:15 am  <b>Groundhog Day</b> 12:45-1:15 pm  <b>Discussion Group</b> 2:45-3:15 pm	<b>3</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Ancient Wonders</b> 12:45-1:15 pm  <b>Anxiety &amp; Loneliness</b> 2:45-3:45 PM	<b>4</b> <b>Human Travel</b> 10:45-11:45 am  <b>You Be the Judge</b> 12:45-1:15 pm  <b>Short Stories</b> 2:45-3:15 pm	<b>5</b> <b>Good News</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Radio Plays</b> 2:45-3:15 pm
<b>8</b> <b>Mindfulness</b> 10:15-10:45 am  <b>Language Club</b> 12:45-1:15 pm  <b>CNIB</b> 2:45-3:45 pm	<b>9</b> <b>Music Chat</b> 10:45-11:30 am  <b>Finish the Line</b> 12:45-1:15 pm  <b>Trivia</b> 2:45-3:15 pm	<b>10</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Chinese New Year</b> 12:45-1:15 pm  <b>Categories</b> 2:45-3:15 pm	<b>11</b> <b>Table Topics</b> 10:45-11:15 am  <b>Who, What, Where</b> 12:45-1:15 pm  <b>Valentine's Day</b> 2:45-3:15 pm	<b>12</b> <b>Biographies</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>CDN Connections</b> 2:30-3:30 pm
<b>15</b>  <b>Family Day Weekend</b>  <b>No Programs Today</b>	<b>16</b> <b>Way with Words</b> 10:45-11:15 am  <b>Current Affairs</b> 12:45-1:15pm  <b>Travel: Kingston</b> 2:45-3:45 pm	<b>17</b> <b>Fun Facts</b> 10:45-11:15 am  <b>Music/Movie Trivia</b> 12:45-1:15 pm  <b>Chatham-Kent Black History</b> 2:45-3:45 pm	<b>18</b> <b>OAS &amp; GIS Info</b> 10:45-11:45 am  <b>Fact or Fiction</b> 12:45-1:15 pm  <b>Sports Chat</b> 2:45-3:30 pm	<b>19</b> <b>Spiritual Space</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Name That Tune</b> 2:45-3:15 pm
<b>22</b> <b>Mindfulness</b> 10:15-10:45 am  <b>Language Club</b> 12:45-1:15 pm  <b>BINGO</b> 2:45-3:45 pm	<b>23</b> <b>Nature Stories</b> 10:45-11:45 am  <b>Finish the Line</b> 12:45-1:15 pm  <b>Trivia</b> 2:45-3:15 pm	<b>24</b> <b>Fun Facts</b> 10:45-11:15 am  <b>SCWW Planning Committee</b> 12:45-1:15 pm  <b>Categories</b> 2:45-3:15 pm	<b>25</b> <b>Table Topics</b> 10:45-11:15 am  <b>Canadian Trivia</b> 12:45-1:15 pm  <b>Book Chat</b> 2:45-3:15 pm	<b>26</b> <b>Birthday Party</b> 10:45-11:15 am  <b>Coffee with Nikkie</b> 12:45-1:15 pm  <b>Gratitude Jar</b> 2:45- 3:15 pm

## STEPS TO CONNECT

1. Dial **613-686-1547** or **1-800-669-6180**
2. Enter Passcode: **8 3 4 6 3 4** then press the # key

# MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Mindfulness</b> 10:15-10:45 am <b>Ancient Wonders</b> 12:45-1:15 pm <b>Breast Cancer</b> 2:45-3:45 pm	<b>2</b> <b>Way with Words</b> 10:45-11:15 am <b>Travel: Almonte</b> 12:45-1:45 pm <b>Discussion Group</b> 2:45-3:15 pm	<b>3</b> <b>Fun Facts</b> 10:45-11:15 am <b>Building Mental Resiliency</b> 12:45-1:45 pm <b>Recipe Exchange</b> 2:45-3:15 pm	<b>4</b> <b>Exploring Bereavement</b> 10:45-11:45 pm <b>You Be the Judge</b> 12:45-1:15 pm <b>Short Stories</b> 2:45-3:15 pm	<b>5</b> <b>Good News</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm <b>Radio Plays</b> 2:45-3:15 pm
<b>8</b> <b>Mindfulness</b> 10:15-10:45 am <b>Language Club</b> 12:45-1:15 pm <b>Viola Desmond</b> 2:45-3:45 pm	<b>9</b> <b>Finish the Line</b> 10:45-11:15 am <b>OAS &amp; GIS Info</b> 12:45-1:45 pm <b>Trivia</b> 2:45-3:15 pm	<b>10</b> <b>Fun Facts</b> 10:45-11:15 am <b>Osteoarthritis</b> 12:45-1:45 pm <b>Categories</b> 2:45-3:15 pm	<b>11</b> <b>Table Topics</b> 10:45-11:15 am <b>Who, What, Where</b> 12:45-1:15 pm <b>Mental Health &amp; Global Crisis</b> 2:45-3:45 pm	<b>12</b> <b>Biographies</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm <b>Name That Tune</b> 2:45-3:15 pm
<b>15</b> <b>Mindfulness</b> 10:15-10:45 am <b>Just Joking</b> 12:45-1:15pm <b>Yoga &amp; the Brain</b> 2:45-3:45 pm	<b>16</b> <b>Way with Words</b> 10:45-11:15 am <b>Home Safety</b> 12:45-1:45 pm <b>Current Affairs</b> 2:45-3:30 pm	<b>17</b> <b>Fun Facts</b> 10:45-11:15 am <b>St. Patrick's Day</b> 12:45-1:30 pm <b>Emergency Preparedness</b> 2:45-3:45 pm	<b>18</b> <b>OAG Art Talk</b> 10:45-11:45 am <b>Fact or Fiction</b> 12:45-1:15 pm <b>Sports Chat</b> 2:45-3:30 pm	<b>19</b> <b>Spiritual Space</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm <b>Music Requests</b> 2:45-3:15 pm
<b>22</b> <b>Mindfulness</b> 10:15-10:45 am <b>Language Club</b> 12:45-1:15 pm <b>Brain Health &amp; Exercise</b> 2:45-3:45 pm	<b>23</b> <b>Holi Festival</b> 10:45-11:15 am <b>Finish the Line</b> 12:45-1:15 pm <b>Trivia</b> 2:45-3:15 pm	<b>24</b> <b>Fun Facts</b> 10:45-11:15 am <b>Travel: Asia</b> 12:45-1:45 pm <b>Categories</b> 2:45-3:15 pm	<b>25</b> <b>Table Topics</b> 10:45-11:15 am <b>Canadian Trivia</b> 12:45-1:15 pm <b>Shawn Storytelling</b> 2:45-3:15 pm	<b>26</b> <b>Birthday Party</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm <b>Gratitude Jar</b> 2:45-3:15 pm
<b>29</b> <b>Mindfulness</b> 10:15-10:45 am <b>Tenants' Rights</b> 12:45-1:45 pm <b>BINGO</b> 2:45-3:45 pm	<b>30</b> <b>Way with Words</b> 10:45-11:15 am <b>Book Chat</b> 12:45-1:15 pm <b>Travel: Renfrew County</b> 2:45-3:45 pm	<b>31</b> <b>Fun Facts</b> 10:45-11:15 am <b>Music/Movie Trivia</b> 12:45-1:15pm <b>King of Klondike</b> 2:45-3:45 pm		

**STEPS TO CONNECT**

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2. Enter Passcode: **8 3 4 6 3 4** then press the # key

# APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <b>Eating for a Healthy Gut</b> 10:45-11:45 am <b>You Be the Judge</b> 12:45-1:15 pm <b>Short Stories</b> 2:45-3:15 pm	<b>2</b> <b>Good Friday</b>  <b>No Programs Today</b>
<b>5</b> <b>Easter Monday</b>  <b>No Programs Today</b>	<b>6</b> <b>At Home Spa Day</b> 10:45-11:45 am <b>Finish the Line</b> 12:45-1:15 pm <b>Trivia</b> 2:45-3:15 pm	<b>7</b> <b>Fun Facts</b> 10:45-11:15 am <b>Recipe Exchange</b> 12:45-1:15 pm <b>Elder Abuse Info</b> 2:45-3:45 pm	<b>8</b> <b>Table Topics</b> 10:45-11:15 am <b>Who, What, Where</b> 12:45-1:15 pm <b>Nahma: A Skiff with a Story</b> 2:45-3:45 pm	<b>9</b> <b>Good News</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm <b>Radio Plays</b> 2:45-3:15 pm
<b>12</b> <b>Mindfulness</b> 10:15-10:45 am <b>Language Club</b> 12:45-1:15 pm <b>Into to Jewish Holidays</b> 2:45-3:45 pm	<b>13</b> <b>Way with Words</b> 10:45-11:15 am <b>Music Chat</b> 12:45-1:30 pm <b>Discussion Group</b> 2:45-3:30 pm	<b>14</b> <b>Fun Facts</b> 10:45-11:15 am <b>Music by Decades</b> 12:45-1:30 pm <b>Categories</b> 2:45-3:15 pm	<b>15</b> <b>Cancer 101</b> 10:45-11:45 am <b>Fact or Fiction</b> 12:45-1:15 pm <b>Sports Chat</b> 2:45-3:30 pm	<b>16</b> <b>Biographies</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm <b>Name That Tune</b> 2:45-3:15 pm
<b>19</b> <b>Mindfulness</b> 10:15-10:45 am <b>Just Joking</b> 12:45-1:15 pm <b>Weather—History!</b> 2:45-3:45 pm	<b>20</b> <b>Hearing Loss</b> 10:45-11:45 am <b>Finish the Line</b> 12:45-1:15 pm <b>Trivia</b> 2:45-3:15 pm	<b>21</b> <b>Fun Facts</b> 10:45-11:15 am <b>Music/Movie Trivia</b> 12:45-1:15pm <b>Pet Chat</b> 2:45-3:30 pm	<b>22</b> <b>Table Topics</b> 10:45-11:15 am <b>Canadian Trivia</b> 12:45-1:15 pm <b>OAG Art Talk</b> 2:45-3:45 pm	<b>23</b> <b>Spiritual Space</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm <b>Music Request</b> 2:45-3:15 pm
<b>26</b> <b>Mindfulness</b> 10:15-10:45 am <b>Language Club</b> 12:45-1:15 pm <b>BINGO</b> 2:45-3:45 pm	<b>27</b> <b>Way with Words</b> 10:45-11:15 am <b>Here Comes the Sun—Music</b> 12:45-1:30 pm <b>Current Affairs</b> 2:45-3:30 pm	<b>28</b> <b>Fun Facts</b> 10:45-11:15 am <b>Book Chat</b> 12:45-1:15pm <b>Across the Miles</b> 3:30-4:30 pm	<b>29</b> <b>Travel: Ottawa's Surrounding Areas</b> 10:45-11:30 am  <b>Shawn Storytelling</b> 2:45-3:15 pm	<b>30</b> <b>Birthday Party</b> 10:45-11:15 am <b>Coffee with Nikkie</b> 12:45-1:15 pm <b>Gratitude Jar</b> 2:45- 3:15 pm

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# EDUCATIONAL SERIES

## PERSONAL & HOME SAFETY

Tuesday, March 16 — 12:45-1:45 PM

Join OPS Constable Lemieux to talk about:

- Making the right call (how to call police and for what);
- Personal safety when you are at home;
- Personal safety when you are away from home;
- And personal safety with your vehicle.

**Presenter:** *Constable Stephanie Lemieux, Ottawa Police Services*

## THE KING OF THE KLONDIKE:

*Spies, Romanian Royals & The Stanley Cup*

Wednesday, March 31 — 2:45-3:45 PM



Colonel Joe Boyle is an unsung Canadian hero. At the beginning of the 1900s, he was known as the “King of the Klondike.” In 1905, he brought the Dawson City Nuggets over four thousand miles to Ottawa to challenge the Ottawa Senators

for the Stanley Cup. Too old to enlist when war broke out in 1914, he formed his own Yukon machine gun unit. He subsequently re-organized the chaotic Russian railway system, negotiated a peace treaty between Romania and Bolshevik Russia, rescued the Romanian Treasury from Moscow, and saved 70 Romanian hostages from execution in the Ukraine. In the process, he became close to the Romanian royal family and was reputedly the lover of Queen Marie. On March 31st, come listen to James Powell from the Historical Society of Ottawa talk about this incredible man who makes James Bond look like a minor leaguer!

**Presenter:** *James Powell, The Historical Society of Ottawa*

## A LOOK AT TENANT RIGHTS

Mon. March 29  
12:45-1:45 PM

Join University of Ottawa Law students in a legal information session on “Tenant Rights”. This session will provide an overview of some of the rights and responsibilities tenants and landlords have under the Residential Tenancies Act, including some information about privacy, maintenance and repairs.

*Please note that this presentation will be hosted by a law student, who will not be able to provide legal advice to you. If you have further questions on a specific matter, please contact the clinic.*

**Presenter:** *Julia Hockin, Law Student University of Ottawa’s Community Legal Clinic*

# EDUCATIONAL SERIES

## **NAHMA: A SKIFF WITH A STORY TO TELL** **Thursday, April 8 — 2:45 - 3:45 PM**

The Collingwood skiff Nahma is the last surviving example of a type of wooden, sail-powered fishing boat that once dominated the fisheries of Lake Huron and Georgian Bay. Built almost 100 years ago by William Watts & Sons, the boat is a rare and precious piece of Canadian history. Its many lives tells us a lot about the craft of boat-building and the work of fishing the Great Lakes.

**Presenter:** *Sharon A. Babaian, Curator, Transportation (Land and Marine), Canada's Museums of Science and Innovation*

## **INTRODUCTION TO JEWISH HOLIDAYS** **Monday, April 12 — 2:45-3:45 PM**

Chanukah, Passover, Rosh Hashana... each of these Jewish festivals holds rich meaning both in ancient times and today. Rabbi Daniel Mikelberg of Temple Israel will give an overview of the Jewish calendar speaking to central Jewish focal points in the year. Biblical stories, rituals, and modern innovations will be showcased.

**Presenter:** *Rabbi Daniel Mikelberg, Temple Israel Ottawa*

## **LET'S TALK ABOUT THE WEATHER... AND HISTORY!** **Monday, April 19 — 2:45-3:45 PM**

Ingenium: Canada's Museums of Science and Innovation has the largest collection of historic instruments related to meteorology in Canada. Join curator David Pantalony for a tour of the treasures of this collection, and the history of Canada's most extreme science.

**Presenter:** *David Pantalony, Ph. D, Curator of Physical Science and Medicine, Canada's Museums of Science & Innovation*

**SCWW is designed for you and your interests.**

**Have a topic that you would like to learn more about?**

**Let us know, and we can try to find a presenter for that topic and add it into our next program guide.**

# MUSIC & SPECIAL EVENTS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## INTERNATIONAL BRAILLE MONTH

Wednesday, January 13 — 2:45-3:30 PM



January is International Braille Month. To celebrate we will be chatting about the life of Louis Braille - educator and inventor of the system of reading and writing for use by the blind or visually impaired. His system remains virtually unchanged to this day, and is known worldwide simply as braille. Almost two centuries after its invention, braille remains a system of powerful and enduring utility. We will also explore some of the new variations in braille technology that continue to grow.

**Presenter:** A SCWW Team Member

## MUSICAL JOURNEYS WITH GEORGE

We are excited to have George McNaule join us this winter for two special, musical presentations. From specific holiday music to general tunes, George McNaule plays it all!

### A MUSICAL RABBIE BURNS DAY

Wednesday, January 20 — 2:45-3:30 PM

Join us in January as we celebrate Scotland's "National" Poet—Rabbie Burns—with some lively Scottish Music.

### MUSICAL JOURNEY THROUGH THE DECADES

Wednesday, April 14 — 2:45-3:30 PM

George will take us on a musical journey through some of music's best decades. Get your requests ready!

## GROUNDHOG DAY:

### A SEASONED RODENT TALE

Tues. Feb. 2

12:45-1:15 PM

Have you ever asked yourself: How, why and when did we decide to start letting a groundhog tell us when winter will end? Join us as we look at the history and facts of this unpredictable, seasonal event.

**Presenter:** A SCWW Team Member

## CELEBRATING CHINESE NEW YEAR

Wed. Feb 10

12:45-1:15 PM

Chinese New Year, also known as Lunar New Year or Spring Festival, is China's most important festival. Join us as we learn about the history and traditions of this exciting 15-day festival.

**Presenter:** Alvis Choi, Program Coordinator, Yet Keen Seniors' Day Centre Ottawa

# MUSIC & SPECIAL EVENTS

## BRIAN'S MUSIC CHAT: LOVE, MARRIAGE & MAKING WHOOPIE

Tuesday, February 9 — 10:45-11:30 AM



John Lennon assured us that *All You Need Is Love*, but “*What Is This Thing Called Love?*” demanded Cole Porter. Paul Simon warned us about *Love and Hard Times*, but the honey-mooning Bing Crosby and Grace Kelly were still basking in their *True Love*. Stevie Wonder *Just Called to Say “I Love You,”*, but *The Girl from Ipanema* was driving the boys crazy, Etta James was pleading for *A Sunday Kind of Love*, and Frank Sinatra was busily *Makin' Whoopee*. Do love and marriage really “go together like a horse and carriage?” Do the songwriters have the answers? Tune in and find out.

**Presenter:** *Brian McGurrin, retired librarian and music enthusiast.*

## BE MY VALENTINE

Thursday, February 11 — 2:45-1:15 PM

*Roses are red, Violets are blue, come celebrate Valentine's Day with your favourite phone crew! We will be celebrating Valentine's Day with some jokes, poems, and a little trivia.*

**Presenter:** *A SCWW Team Member*

## SCWW PLANNING COMMITTEE MEETING

Wednesday, February 24 — 12:45-1:30 PM

SCWW is all about our participants; your opinions and your interests matter. Join our SCWW Planning Committee Meeting to provide your feedback and make suggestions of topics, presentations and activities for our next program guide.

**Host:** *Rachel Sutcliffe, SCWW Coordinator*

## ST. PATRICK'S DAY KITCHEN PARTY

Wed. March 17  
12:45-1:30 PM

It is our annual Dooley Family St. Patrick's Day Kitchen Party! Join us for a fun hour full of songs, stories, laughter and much more.

**Presenters:** *Kevin Dooley and Doug McKenna*

## HOLI: THE FESTIVAL OF COLOUR

Tues. March 23  
10:45-11:15 AM

Bright neon powder covers revelers in Northern India during the annual Hindu celebration called Holi. This ancient tradition marks the end of winter and honors the triumph of good over evil. Learn more about this colourful festival.

**Presenter:** *Monty Mukerji, SCWW Volunteer*



# MUSIC & SPECIAL EVENTS

## BRIAN'S MUSIC CHAT: ELVIS PRESLEY: THE SUN RECORDINGS, 1953-55

Tuesday, April 13 - 12:45-1:30 PM

On July 18, 1953, 18 year-old Elvis Presley went into the Memphis Recording Service at the Sun Record Company and recorded a double-sided demo disc of *My Happiness* and *That's When Your Heartaches Begin*. That one-off acetate has since been valued at \$500,000 by *Record Collector* magazine.

Between 1953 and 1955, Sun Studio went on to record at least 22 more Elvis performances, many of which were issued in 78 or 45 rpm formats, and which now sell for impossible sums. These historically significant recordings reflect the wide variety of music that Elvis heard and absorbed during his adolescence in Tupelo, Mississippi and Memphis, Tennessee: blues, rhythm & blues, gospel, country & western, hillbilly, rockabilly and bluegrass.

This program will demonstrate many of Elvis' Sun recordings as well as many of the original recordings that were formative to Elvis' mature performance style.

**Presenter:** *Brian McGurrin, retired librarian and music enthusiast*

## PET CHAT WITH TIMONE AND MIKE

Wednesday, April 21 — 2:45-3:30 PM



Animals can bring so much comfort and companionship to our lives. Nobody knows this more than Timone, the therapy cat, and his owner, Mike. Join Mike as he chats about Timone's important work in the community, and how they are keeping busy during COVID-19. They would love to hear your own pet stories too.

**Presenter:** *Mike and Timone Gardner*

## HERE COMES THE SUN: MUSIC BY GERTRUDE LÉTOURNEAU

Tue. April 27  
12:45-1:30 PM

**Gertrude Létourneau** "Trudy" is returning to Good Companions to present "**Here Comes the Sun**". She'll invite you to sing along to familiar sunny songs and to tap your toes to energizing folk tunes played on her flutes.

Trudy has been working as a musician at The Perley and Rideau Veterans' Health Centre for 20 years. She has been engaging our veterans in the music of WWII era. Gertrude is also a professional flutist and singer, who performs in a variety of venues in the Ottawa area.



# TRAVELOGUES & STORYTELLING

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## STORYTELLING WITH SHAWN ANTHONY

Thursdays: January 28 & March 25 & April 29  
2:45-3:15 PM



Shawn Anthony is a dedicated committee member of The Good Companions. He is also a son, brother and essayist originally from Fogo Island, Newfoundland. Part of the first generation of East Coast transplants into the suburban holes of Toronto, Shawn will share stories about his experiences of culture shift and shock as his family makes moves throughout his childhood.

**Presenter:** Shawn Anthony, writer of *Apse the Gate*

## NATURE STORIES WITH SÉBASTIEN LEMAY

Tuesday, February 23 — 10:45-11:45 AM



Sébastien Lemay is a storyteller, outdoor enthusiast, musician and friend of SCWW. This winter Sébastien will take us on a journey talking about all the animals that he has met in his life on different outdoor trips, and experiences: turtles, a baby deer, carcajou, bears, jellyfish, beluga, wolf, pink flamingos, eagle, and many more.

Having a special connection with nature and animals, he may also touch on some of the special dreams he has had with these animals.

**Presenter:** *Sébastien Lemay, Storyteller, musician and Director of Nature Outaouais.*

## ACROSS THE MILES

WED. Jan 27 &  
WED. April 28  
3:30-4:30 PM

Connect with and listen to SCWW participants from all across North America.

## ANCIENT WONDERS

WED. FEB. 3 &  
MON MARCH 1  
12:45-1:15 PM

Continuing our journey to the ancient world, we will take a look at the mystery, history and facts of some of the worlds most fascinating ancient wonders.

## CANADIAN CONNECTIONS

FRI. FEB 12  
2:30-3:30 PM

This is a time to connect with your fellow Canadians from across the country.

# TRAVELOGUES & STORYTELLING

## UNCOVERING KINGSTON: ARCHEOLOGICAL DIG OF SPRINGER MARKET SQUARE

Tuesday, February 16 — 2:45-3:45 PM

If you were to travel to Kingston, Ontario on a Saturday morning you may wander across the Farmer's Market located behind City Hall. What you might not know, is that this is the oldest public market in the province, and you are taking part in over a 200 year old experience. In 2002-03, as part of a revitalization project of this Square, an archeological dig was conducted which uncovered many artifacts and information on the early settlement days of Kingston.

Bruce Downey was the architect of record designing and coordinating efforts of his consultants, contractors and equipment suppliers who helped realize the redevelopment from building wall to building wall. A significant part of his work was an archeological dig that formed a template for such digs in Ontario. Join Bruce as he describes some of the history of Kingston, and the discoveries buried below Kingston's Springer Market Square.

**Presenter:** *Bruce Downey, Retired Architect*

## BIG STORIES IN A SMALL TOWN: SNAPSHOTS OF THE HISTORY OF ALMONTE

Tuesday, March 2 — 12:45-1:45 PM

How is it that a small village in rural Ontario came to be named after a Mexican general? Did people really consider Almonte to be 'North America's Manchester'? How did one of the worst railway accidents in Canadian history impact this town? These are just some of the many questions that may have surprising answers to those who have wondered about the history of a rural town west of Ottawa.

Almonte, Ontario is one of the towns in the Municipality of Mississippi Mills, named so for the impressive industrial legacy that swept along the Mississippi River from its founding until the end of the Second World War. With a population of just 5,000 people, this presentation will bring the large history of this small town to life by telling stories of significant people, places, and events, that have shaped it into the community that residents and visitors alike know and love.

**Presenter:** *Amy Gerus- Museum Coordinator from the North Lanark Regional Museum*

## JAPAN, INDONESIA, HONG KONG, & THAILAND

Wed. March 24  
12:45-1:45 PM

Sharah, has travelled extensively - all over Asia, Europe and North America. She is excited to chat with you about some of her amazing experiences in Japan, Indonesia, Hong Kong and Thailand. Sharah will talk about her experience travelling - immersing herself in the cultures, food and sights.

**Presenter:** *Sharah Mar-Kiminsky, SCWW Placement Student*

# TRAVELOGUES & STORYTELLING

## SCWW ARNPRIOR & RENFREW COUNTY

TUESDAY, MARCH 30 — 2:45-3:45 PM

Nikki Rumbelow from Arnprior-Braeside-McNab Seniors at Home and Renfrew and Area Seniors Home Support will be presenting on her roles at both Arnprior and Renfrew agencies as the Volunteer Coordinator for both agencies and Social Program Coordinator for Arnprior.

This presentation will provide an in-depth look at both Arnprior and Renfrew, including some history, as well as some benefits and challenges to living rurally. She will be discussing more about the agencies she works at in in this area west of Ottawa, the SCWW programming she provides due to COVID-19, and programs and services they offer from both agencies.

**Presenter:** *Nikki Rumbelow- Volunteer Coordinator and Social Program Coordinator for Arnprior-Braeside-McNab Seniors at Home and Volunteer Coordinator for Renfrew and Area Seniors Home Support*

## FUN FACTS OF OTTAWA'S SURROUNDING AREA

Thursday, April 29 — 10:45-11:30 AM

The small towns around Ottawa are rich in history, and interesting "claim-to-fames". Join us as we explore some of these areas together, find out why they are unique, their history, and what they are like today.

**Presenter:** *SCWW Team Member*



*“Still around the corner, there may wait, a new road or open gate.”*

*J. R.R. Tolkien*

# REGULAR PROGRAMS

PASSCODE FOR PROGRAMS: 8 3 4 6 3 4

## TRIVIA-STYLE PROGRAMS

### WAY WITH WORDS

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

### FINISH THE LINE

“There is no time like the \_\_\_\_\_”! Help fill in the blanks of famous quotes, expressions, song lyrics, movie titles and many more categories.

### 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.

### 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.

### WHO, WHAT, WHERE

We have a list of clues pertaining to a person, place or thing—work as a group to figure out the answer.

### FACT OR FICTION

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

### CANADIAN TRIVIA

Love trivia? Love Canada? Put them both together for a half hour of fun!

### MUSIC & MOVIE TRIVIA

A whole program dedicated to just music and movie trivia for the pop-culture buffs!

## FUN & MUSIC

### JUST JOKING

They say that laughter is the best medicine, so join us once a month for your dose of funny, wholesome jokes.

### BINGO! (NEW!)

Brand new to SCWW is our monthly BINGO. **You must register in advance** to receive your playing card. If you are unable to use a playing card, we will play for you and you will still be eligible for a prize!

### BIRTHDAY PARTY

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

### NAME THAT TUNE

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

### MUSIC REQUEST

Do you have a favourite song or one that you have not heard in a while? Request it and we will play it for you!



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## CONVERSATIONAL PROGRAMS

### LANGUAGE CLUB

Are you interested in languages? Each month we will learn how to say simple words and phrases in a variety of different languages.

**January** - Russian with Mark Sokolsky

**February** - IsiZulu from South Africa with Jay Olaniyan

**March** - Portuguese with Ana Valenca

**April** - Your time to share a language

### 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.

### CURRENT AFFAIRS

This is an opportunity to chat about things that are happening in the world in a respectful and open way.

### FUN FACTS

Explore and discover new and unusual facts from history, to geography, 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!

### TABLE TOPICS

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

### OPEN MIC WITH MIKE: SPORTS CHAT

Each month join Rachel and her co-host Mike from Carleton Place for a lively discussion on the world of sports.

### 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, Volunteer & Membership Coordinator.

### RECIPE EXCHANGE

Do you have a new or special recipe? Share with the group and learn new ones at the same time!

### BOOK CHAT

Let's have a chat about books! Maybe it is a book you are reading, or share a great book that you've read in the past.

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## SIT BACK AND RELAX PROGRAMS

### SHORT STORIES

Enjoy as we immerse ourselves into the wonderful world of short stories from a variety of different genres.

### GOOD NEWS

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

### OLD TIME RADIO PLAYS

Sit back and listen to some comedy, drama or mystery radio plays from the past! Suggest your favourites!

### SPIRITUAL SPACE

Offering a place for all faiths and religions to come together for reflection and prayer. We are pleased to partner with The Aging and Spirituality Committee of the Council on Aging to host our Spiritual Space program. This committee explores the existential questions of human spirituality as a significant aspect of aging.

### BIOGRAPHIES



#### January

Joe Biden & Kamala Harris, United States President and Vice President.—Elect



#### February

Bayard Rustin, leader in Civil Rights & Gay Rights Movements



#### March

Indira Gandhi - Politician, and only female Prime Minister of India



#### April

Catherine O'Hara - Canadian Actress

## USEFUL RESOURCES

If you feel at any point that you need some extra assistance there are lots of resources out there. We are happy to help you connect with them, or tell you a little bit more about what they have to offer.

Here are just a few:

**OTTAWA PUBLIC HEALTH — (613) 580-6744**

**OTTAWA 3-1-1** — Ottawa information and client services (24/7). Just dial **3-1-1** on your phone.

**TELE-HEALTH ONTARIO: 1-866-797-0000**

Free, confidential service you can call to get health advice or information. A registered nurse will take your call 24 hours a day, seven days a week:

**ONTARIO 2-1-1** is a free helpline that connects you to community and social services in your area, 24 hours a day, 365 days a year, in 150 different languages. Dial **2-1-1** on your phone to connect.

**A FRIENDLY VOICE — (613) 692-9992**

A telephone friendly visiting line for seniors. Have one-on-one conversations (*open through the holidays!*)

**COUNSELLING CONNECT — 613-416-9944**

Provides free access to a same-day or next-day phone or video counselling session.

**DISTRESS CENTRE — (613) 238-3311**

If you are feeling upset, distraught or distressed, please call this number (open 24 hours, 7 days a week)

**CRISIS LINE— 613-722-6914**

If you are experiencing a mental health crisis, please call this number (open 24 hours, 7 days a week)

**SENIOR SAFETY PHONE LINE**

(Elder Abuse Ontario) **1-866-299-1011**

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

Canada

Ontario



OACAO

The Voice of Older Adult Centres  
La voix des centres pour aînés



OAG  
GAO



Bank of  
Canada  
Museum



SOMERSET WEST  
COMMUNITY  
HEALTH  
CENTRE



CENTRE DE  
SANTÉ  
COMMUNAUTAIRE  
SOMERSET OUEST



Service  
Canada

cnibt



TaxWise



OTTAWA POLICE SERVICE  
SERVICE DE POLICE D'OTTAWA  
A Proud Partner in Community Safety  
Un partenaire fier de la sécurité communautaire

Age  
Friendly  
Ottawa



Ottawa  
ville - amie  
des aînés



HOME & COMMUNITY  
SUPPORT  
United in our commitment to care



NORTH LANARK  
REGIONAL MUSEUM



Elder Abuse Ontario  
Stop Abuse - Restore Respect  
Maltraitance des personnes âgées Ontario  
Stop à la négligence - Rétablir le respect