

THE  
ADVENTURES OF  
**Tom Sawyer**  
BY MARK TWAIN



SENIORS' CENTRE  
WITHOUT WALLS

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# PROGRAM GUIDE

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July to September 2025





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## What is the Seniors' Centre Without Walls?

The Seniors' Centre Without Walls (SCWW) is a free, phone-based program that offers recreational activities, skill-building lessons, health and well-being topics, and friendly conversations for older adults (55+) who find it difficult to leave their home to participate in community activities.

## How do I register?

Call **780-395-2626** and **press 1**

## How do I join a program?

You can join by phone or by computer:



### Join by phone:

1. Call toll-free: **1-855-703-8985**
2. When prompted, enter Meeting ID: **225-573-6467#**
3. Press # if you are asked for any more numbers

If you have difficulty connecting with the toll-free number, try:

- **1-833-955-1088** (toll free) OR
- **587-328-1099** (charges may apply, contact your phone carrier for more information)



### Join by computer:

Go to:

**[zoom.us/j/2255736467](https://zoom.us/j/2255736467)**

Video will not be used for any SCWW programs.

## Hello From Us!

Hello summer!

As Nat King Cole says,

*“Roll out those lazy, hazy, crazy days of summer*

*Those days of soda and pretzels and beer*

*Roll out those lazy, hazy, crazy days of summer*

*Dust off the sun and moon and sing a song of cheer”*

We're so happy to have our next calendar out to you. Please take a look through and join us for a summer of fun, games and learning!

An important note-- our daily schedule on Mondays and Tuesdays has changed. Please check it out and let us know if you have any concerns or questions!

Talk to you all soon!

### Meet the Team!



**Alyssa**  
Program Assistant  
780-239-8427



**Elizabeth**  
Program Assistant  
780-238-9612



**Janine**  
Program Assistant  
780-231-4393



**Karoline**  
Community Liaison  
780-395-2624

### Join us for the Program Preview!

Wednesday, July 2<sup>nd</sup> @ 11:00am

### Please Note...

Exercise is important, but your well being is even a greater priority!

On days when there are air quality alerts and/or extreme heat warnings in Edmonton, exercise programs will not be offered.

Instead in those time slots, join us for music, coffee chats, and other engaging topics!

(Also, if you live in an area outside Edmonton and your area is having an extreme air quality and/or heat warning we recommend you consider not exercising.)

### **Community Etiquette**

- Be aware of background noises.
- Allow every participant to contribute.
- Treat each other with dignity and respect.
- Do not interrupt when others are speaking.
- Let the facilitator guide and direct the group.
- Use \*6 to mute and unmute yourself during a call.



### **SCWW Community Code of Conduct**

We value and support diversity and the human rights of others regardless of their race, religion, gender identity, and sexual orientation. We strive for an inclusive environment, mutual respect, fairness, and equality. Please respect all group members and their opinions, even if you do not agree with them. No disrespectful comments will be tolerated.

### **Land Acknowledgement**

We acknowledge that what we call Alberta is the traditional and ancestral territory of many peoples, presently subject to Treaties 6, 7, and 8. We acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We make this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.

### **Privacy Disclaimer**

This program uses audio technologies for sessions rather than asking for participants to come into a building. We do our best to make sure that any information you give us during programs is private and secure, but no audio tools are ever completely secure. Some sessions may be recorded - we will request permission at the beginning of sessions. Recordings may be re-played throughout our series.



# Special Events

To join, call: 1-855-703-8985  
Meeting ID: 225-573-6467#

**August 8**



## Canadian Connections

Senior groups from across Canada share a little about their lives and experiences and you can do the same.

Pre-registration required! Registration opens July 2<sup>nd</sup>. Call 780-395-2626 (press 1) to register.

**September 8**

## Caregivers Alberta

Come and join a presenter from Caregivers Alberta! 1 in 4 Albertans is a caregiver at any given time! Learn how Caregivers Alberta aids in the caregiving journey by empowering family and friends with the support and resources needed in their vital work.

**September 17**

## EPL Presents!

Presented by our friends from the Edmonton Public Library. Come listen to interesting stories or 'did you know' topics.

**August 5, 12**



## Mental Health Allyship

This workshop by the Canadian Mental Health Association looks at stigma from different perspectives, and how we can support the de-stigmatization of mental illness.

Pre-registration required! Registration opens July 2<sup>nd</sup>. Call 780-395-2626 (press 1) to register.

**August 6**

### **Muttart Conservatory**

Edmonton's Muttart Conservatory is one of Canada's largest indoor plant collections. Join Megan, and her colleague from the Muttart to learn about the Conservatory's history, current events and more.

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**July 3**

### **Meteorology with Myles**

Blizzards, tornadoes, hailstorms, drought, heat, cold, floods, and rapidly changing weather! Join Myles, a retired meteorologist and learn about the history of meteorology in Canada! Share your thoughts, observations on weather and discuss factors that make Canadian weather so fascinating!

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**July 23**

### **Seniors Housing**

Join Brendan, social worker with ESPCN, for a conversation about seniors housing, including options, challenges, and ways to support safe and comfortable living as we age.

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# Conversations

To join, call: 1-855-703-8985  
Meeting ID: 225-573-6467#

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**July 4, 9, 17, 22, 30**

## Coffee Chat

**August 8, 13, 21, 26**

Share this opportunity for informal conversation with other participants, with no set topic.

**September 3, 12, 18, 24**

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**July 29**

## Crafting Circle

Work on your favourite craft or hobby while enjoying relaxed conversation with others. Share ideas, get inspired, and connect creatively from wherever you are!

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**August 27**

## Death Café

Join us for an open, heartfelt conversation about life, death, and everything in between at a Death Café. It's a welcoming, non-judgmental space for real discussions on mortality.

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**August 28**

## Dig It! Gardening Club

Join our group to discuss gardening, ask questions, connect with fellow members about plants, and share both your successes and challenges along your gardening journey.

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**July 28**

## Every Voice Matters

An opportunity to come together, chat about current political issues, share your thoughts, and hear different viewpoints in a friendly and open environment.

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**July 3, 16**

## In the Headlines

**August 5, 22**

An opportunity to explore and discuss relevant international news stories.

**September 4, 22**

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**July 11, 23**

**August 7, 20**

**September 4, 17**

### **Let's Talk About**

An in-depth, guided discussion that dives into significant social and political issues shaping our world today.

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**July 15**

**August 19**

**September 16**

### **Nostalgia Moments**

Take a walk down memory lane with a heartfelt discussion centered on nostalgic moments from the past. Share stories, cherished memories, and favorite experiences that shaped your life and connect us across generations.

- Summer Foods and Picnics
  - Summer Vacations
  - Summer Jobs
- 

**July 8**

**August 12**

**September 9**

### **Ponder This**

Join in the conversation to talk, reminisce, and share your experiences around enjoyable and easygoing topics picked out by our program assistants.

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**July 2**

### **Program Preview**

Join a SCWW Program Assistant as they share with you all the exciting programs happening over the next three months.

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**July 8**

**August 12**

**September 9**

### **Readers' Corner**

A fun time for book fans to chat about their latest reads or audiobooks and discover new favourites through friends' recommendations.

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**July 31**

### **SCWW Advisory Group**

We'd love to hear your thoughts and opinions about our program, as well as any suggestions you have for topics you'd like to see in the future. Your feedback is incredibly valuable to us and helps make the program better for everyone.

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**July 24**

### **Some Good News**

**August 18**

A focused news program to highlight all the good things happening around the world.

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**July 21**

### **The Big Picture**

**August 25**

**September 15**

Presented by SCWW Program Assistants. Join in on open discussions about the big things in life, like the meaning of it all.

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**July 29**

### **What If?**

Join us for fun, imaginative discussions based on "what if" questions—like *What if history had taken a different turn?* Each session sparks creative thinking and open conversation. No prep needed—just curiosity!

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**July 10**

### **Worldviews**

**August 6**

**September 10**

A worldview is a collection of attitudes, values, stories, and expectations about the world around us, which inform our every thought and action. Join to discuss differing world views and their impacts.

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**July 7**

### **Would You Rather?**

**August 7**

A conversation that poses a dilemma in the form of a question beginning with "would you rather". The dilemma can be between two supposedly good or bad options.

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# Health & Wellness

To join, call: **1-855-703-8985**  
Meeting ID: **225-573-6467#**

**July 11**

## **Exercise Chair Yoga**

**August 8**

**September 12**

Chair yoga is low impact and helps to increase stability, flexibility, and strength, and includes relaxation and meditation. Join Janine, a SCWW Program Assistant, as she walks you through poses and techniques.

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**Mondays,  
Wednesdays & Fridays**

## **Exercise**

Shared presentation with Exercise Specialists from Edmonton Southside PCN. Get moving and grooving as we guide you through the Home Support Exercise Program from the Centre for Active Living.

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**July 30**

## **Exercise Q&A**

Join an Edmonton Southside PCN Exercise Specialist who will answer your exercise questions and take you through a short exercise program.

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**July 17**

## **For Your Body**

**August 21**

**September 18**

Presented by Puneet, a Registered Nurse from Edmonton Southside PCN. Up-to-date information about health topics and good practices for your well-being. In this series we will focus on:

- Summer Health Safety
- Eye Health
- Foot Health

## Thursdays

### Gratitude

Join us as we share personal stories and reflections on the things we're thankful for—big and small. Together, we'll explore how gratitude can bring more joy, peace, and connection into our daily lives.

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July 15

### Imagination Circle

August 5, 19

September 2, 16

Presented by Luc, a Behavioural Health Consultant from Edmonton Southside PCN. "Dreams are the royal road to the unconscious." We travel and unravel meanings that we hold in our imaginative mind that assist in our well-being.

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July 22

### Mindfulness

September 23

Join in on a guided meditation and discussion about differing ideas surrounding mindfulness and self-compassion.

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July 8

### Mindfulness with Carol

August 12

September 9

Join Carol, for a guided meditation and discussion about differing ideas surrounding mindfulness and self-compassion.

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July 31

### Music Meditation

August 26

Music is healing! Take some time for yourself to listen to some soft music, soothing sounds, and guided meditation.

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July 15

### Nutrition For Health

August 19

September 16

Presented by Joanne and Annika, Registered Dietitians from St. Albert and Sturgeon PCN. Current information about healthy eating; the tips, the practices, and possible recipes. Topics for this series are:

- Protein and Fiber
  - Eating for Energy
  - Appetite and Suppressants
-



# Learn & Discover

To join, call: **1-855-703-8985**  
Meeting ID: **225-573-6467#**

**July 14**

**August 1, 28**

**September 25**

## **Animal Spotlight**

Join us for fun and fascinating talks about some of the incredible animals that share our planet.

**July 24**

**August 27**

## **Canadian Resources**

Our country's natural resources are vital to the economy. Explore their key role in creating jobs, growth, and prosperity for Canadians. This series we will focus on Alberta and Ontario's resources.

**July 8**

**August 21**

**September 18**

## **Global Events**

With so much happening in the world, it can be hard to keep up. Join us as we take a step back and explore one important issue at a time.

**July 10**

**August 14**

**September 3**

## **History Of...**

Join to learn the complex history of the following:

- Napoleon Bonaparte
- Catherine the Great
- Genghis Khan

**July 17**

**August 8**

**September 2**

## **How It's Made**

Inspired by the TV show, we will dive into the processes and materials that go into the creation of everyday items.

**July 22**

**August 15**

**September 9**

### **Mysteries and Folklore**

Explore the strange and the legendary—uncovering mysterious events, ancient myths, and timeless folklores from around the world.

- Bermuda Triangle
  - The End of the World
  - The Loch Ness Monster
- 

**July 18**

### **Midnight Sun**

Explore the regions near the Arctic Circle where the sun does not set in summer. Learn why this natural phenomenon happens and what life is like under the midnight sun.

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**July 3, 25**

**August 11**

**September 4**

### **Next Stop**

Come along with us as we travel to vibrant festivals across Canada. We'll celebrate the rich cultures, colorful traditions, and unique customs that make each event special. In this series, we'll explore:

- Renaissance Faires
  - Just for Laughs Festival
  - Cariwest & Carifest
  - Hot Air Balloon Festivals
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**July 16**

**August 13**

**September 12**

### **Science Savvy**

This program is for all the curious, science-loving minds out there—whether you're fascinated by the mysteries of the universe, the marvels of nature, or the everyday science behind how things work. If you've ever found yourself wondering why the sky is blue, how black holes form, or what makes plants grow, you're in the right place.

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**July 29**

### **Speaking Out**

Throughout history, protests have been the driving force behind some of the most powerful social movements, exposing injustice and abuse, demanding accountability, and inspiring people to keep hoping for a better future. Share and discuss your experiences and thoughts on these movements of speaking truth to power!

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**July 30**

### **Speaking Out: The Music**

Protest music is a form of social, political or environmental activism that expresses dissatisfaction and strives to encourage change by uniting groups of people through song. Listen to some of the great music that spoke out for causes and people and review its impact on society!

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**July 9, 24**

### **Such Fascinating People**

**August 7, 20**

**September 5, 16**

People of all ages—young and old—have done some truly incredible things. While some have made headlines and become household names, others have quietly made a big impact without much recognition. Get ready to meet people who've chased dreams, overcome challenges, and made a difference in ways both big and small.

- The Green Party
  - Arlene Dickinson
  - David Attenborough
  - Michael Jackson
  - Gene Hackman
  - Murray Sinclair
- 

**August 26**

### **Tall Ships**

Join us to explore the history, design, and adventures of tall ships. Learn how these majestic sailing vessels influenced global trade, naval warfare, and maritime culture from the Age of Sail to the present day.

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**September 29**

### **Truth and Reconciliation**

Join us for a discussion on Truth and Reconciliation to learn about the history and impact of residential schools on Indigenous communities. Together, we'll talk about how we can support healing, understanding, and positive change. Everyone is welcome to listen, share, and learn.

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**July 15**

### **Whistleblowers**

**August 22**

**September 10**

Explore gripping true stories of whistleblowers from every angle—the risks they take, the challenges they face in the courtroom, and the impact on their lives and the people around them.

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**July 2, 31**

### **Who Why When**

**August 28**

A fun mix of weird, wild, and fascinating stories about things you wouldn't believe actually happened.

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# Just for Fun!

To join, call: 1-855-703-8985  
Meeting ID: 225-573-6467#

## **Mondays**

### **The Adventures of Tom Sawyer**

Written by Mark Twain, follow the mischievous and imaginative Tom as he navigates childhood along the Mississippi River in 19<sup>th</sup> century America. From tricking friends into whitewashing a fence to witnessing a murder and searching for treasure, Tom's adventures reveal his growth and moral development.

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**July 21**

### **Broadway Musicals**

**August 18**

Spend a musically inspired hour with us listening to Broadway's favourite songs.

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**September 3**

### **Chicken Soup for the Soul**

Chicken Soup for the Soul has gathered some great stories of mishaps and misadventures of everyday life and celebrates humanity's ability to laugh at itself. So, prepare for lots of good, clean (and not so clean) fun.

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**July 7**

### **Dinner Theatre**

You bring the dinner; we bring the show.

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## Throughout Series

### Games

- BINGO
- Brain Games
- Finish the Phrase
- Jeopardy
- Name that Theme Song
- Name that Tune
- Person, Place or Thing
- Wheel of Fortune
- Word Games

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**August 19**

### Hello From Alberta

Join us to respond as a group to letters from Saskatchewan SCWW participants as we both learn more about each other and the provinces where we live.

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**August 27**

### Kids Say It Best

Come hear the honest, funny, and often surprisingly wise things children say, showcasing kids' unfiltered perspectives on life.

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**August 29**

### Literary Reflections

Join to explore and discuss short selections of classic literature and poetry. Together, we will unpack themes, language, and deeper meanings through thoughtful conversation and literary analysis.

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## Throughout Series

### Music

- All Request Music
  - Canadian Artists
  - Country Classics
  - Classical Music Hour
  - Folk Music
  - Jazz Music
  - Singing the Blues
  - Songs of Faith
  - Songs from Movies
  - Summer Love Songs
- 

July 9

### Mystery Chronicles

August 13

Listen in and follow the twists and turns in these short mysteries.

September 17

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August 6

### NPR Tiny Desk Concerts

Hosted by NPR Music, the Tiny Desk Concert series was created to combat noisy crowds overpowering live music. Enjoy a variety of performances recorded live at the cozy desk once used by All Songs Considered host Bob Boilen.

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July 30

### Short Stories

This program offers short stories, read or listened to, along with discussion.

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July 16

### Story Lines (Group Writing)

August 14

Do you love stories? Ever wanted to create one with others? Join us for a collaborative story-writing experience where creativity, fun, and imagination take center stage!

September 2

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**July 23**

**September 10**

### **Vinyl Café**

Enjoy a delightful selection of stories from Canada's favourite funny man, Stuart McLean.

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**July 4, 18**

**August 1, 15**

**September 5, 19**

### **Writing For Fun**

All are welcome regardless of your writing style, experience, or skill. Prompts provided, or you can choose your topic.

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