







SENIORS' CENTRE
WITHOUT WALLS

PROGRAM GUIDE

April to June 2026



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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

Most programs don't use video. Sometimes video may be an option, and those times will be clearly marked.

Hello From Us!

As winter gives way to the fresh start of spring, it is a natural time to look ahead. The colder months may have called for extra patience and resilience, but they also reminded us how important it is to stay engaged and keep moving forward.

With the brighter days of spring here, we're pleased to introduce a new series of programs for the months ahead. Alongside returning favourites, this series features our new **Skill Building** category — a blend of well-loved programs and a few new additions we are excited to offer. These sessions are designed to help you practice useful skills, try out new interests, and keep learning at your own pace.

Be sure to browse the guide for full program details — it's the best place to learn what each program includes and decide which ones are right for you. We look forward to starting this new series with you.

Meet the Team!



Alyssa
Program Assistant
780-239-8427



Elizabeth
Program Assistant
780-238-9612



Janine
Program Assistant
780-231-4393



Karoline
Community Liaison
780-499-7618

Join us for the Program Preview!

April 1st at 11:00am

Programs Requiring Pre-registration:

Finding Your Joy, facilitated by Cornerstone Counselling.

Wednesdays at 1:00pm, starting on April 15th.

Spots are limited! Pre-registration opens on April 1st until full. Call

780-395-2626 (press 1) to register.

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#

April 22

Anti-Bullying

Join Dr. Kirsten Madsen of Sheridan College to learn about her and her teams research on bullying in the senior population, what they found and the toolkit they developed.

May 8

Author Spotlight

Janice MacDonald is an Edmonton author of the Randy Craig and Imogene Durant mysteries and other award-winning works. Tune in to hear about her life and writing!

June 2

Becoming Conscious Allies

Learn how to support 2SLGBTQ+ people in your community. This session covers pronouns, gender identity, and creating inclusive spaces, led by Star (they/them) from the Fyrefly Institute at the University of Alberta.

April 9, 16

China

SCWW participant, Andrew, recently spent time in China. Join in to hear his experiences while there and more fascinating history.

- China Past
- China Present and Future

May 26

SPCA Presents

Justine from the SPCA will discuss their work rescuing and caring for animals, preventing cruelty, supporting adoptions, and educating the community about animal welfare.



Conversations

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

June 2

Celebrating Seniors

Happy Seniors Week! Join us in celebrating seniors by sharing praise for yourself or others, and help highlight the achievements and spirit of the senior community.

April 1, 10, 15, 24, 29

Coffee Chat

May 14, 19

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

June 10, 16, 24, 30

April 30

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!

May 26

Crystal Ball

June 17

Step into a space for intentional, thought-provoking conversations about the future. Together, we'll explore what the world could look like, imagine possibilities, and reflect on how life might evolve in the years ahead.

May 13

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.

May 20

Healthy Aging Conversations

Explore the journey of aging with Karoline. Bring your stories, reflections, and curiosity to a space where changes—big or small—are met with understanding and care.

April 8, 23

In the Headlines

May 7, 21

An opportunity to explore and discuss relevant international news stories.

June 3, 23

April 14, 27

Let's Talk About

May 15, 28

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

June 22

April 13

Life Perspectives

May 11

Dive into ever-changing conversations about life's biggest questions. With stories, scenarios, and prompts, each discussion sparks curiosity, challenges assumptions, and opens fresh ways of seeing the world.

June 8

May 28

Musical Memories

Pick a song and share the memory it brings back. After we play it, tell us the story or feeling it reminds you of.

April 2

Nice to Meet You

Join us for a relaxed gathering to get familiar with others before our new series begins. You'll have the option to introduce yourself and share a bit about who you are if you choose.

April 28

Open Mic

This program offers a welcoming space where individuals have dedicated time to speak openly, share their stories and ideas, connect with others, and celebrate diverse perspectives.

April 7

Ponder This

May 5

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

June 2

April 1

Program Preview

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

April 14

Readers' Corner

May 12

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

June 9

April 20

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.

May 4

Small Talk

June 4

A different kind of coffee chat, join us to learn more!

April 15

Some Good News

May 27

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

June 25

May 25

Would You Rather?

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.

May 26

Video Coffee Chat

This SCWW coffee chat will include video and is meant to be a friendly, informal discussion. If you'd like to share your image, please feel free to do so. If you prefer not to, that's perfectly fine as well.



Health & Wellness

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

April 10

Exercise- Chair Yoga

May 8

June 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.

**Mondays,
Wednesdays &
Fridays**

Exercise

Get moving and grooving as we guide you through the Home Support Exercise Program from the Centre for Active Living.

April 15

Exercise Q&A

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

April 15, 22, 29

Finding Your Joy

May 6, 13, 20, 27

June 3, 10

Facilitated by Erica, from Cornerstone Counselling. This is a support group for those looking to find joy and meaning in their lives. The program will support and provide practices that you can use to foster joy and meaning in relationships with others and yourself.

Pre-registration required! Registration opens April 1st.
Call 780-395-2626 (press 1) to register.



April 16

May 21

June 18

For Your Body

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

- Our Brains as we Age
- Heart and Stroke
- Arthritis

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.

April 7, 21

May 5, 19

June 2, 16

Imagination Circle

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.

April 28

June 23

Laughter Yoga

Join Janine, SCWW Program Assistant, for a relaxed, engaging session blending deep breathing with laughter exercises—no jokes needed. With an open mind, you'll move from fake laughs to real ones, easing tension and leaving refreshed and recharged.

April 21

May 19

June 23

Nutrition For Health

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

- Heart Healthy Eating
 - Micronutrients
 - Dietary Fats 101
-

April 13

May 4

Relaxation

A gentle relaxation program focused on calming the mind, releasing physical tension, and supporting overall balance through guided breathing.

April 16

May 21

June 18

Working Through Grief

Presented by Karen, a Social Worker from Lakeland PCN. Understanding the emotions involved in grief may help us see the light at the end of the tunnel.



Learn & Discover

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

June 30

A Place to Belong

This program invites people to come together and reflect on the richness of Canadian society.

June 26

Accidental Inventions

Uncover the surprises of history! This program highlights accidental inventions—ideas and discoveries that weren't planned but had a big impact.

April 30

Alberta Road Trip

May 20

Hit the road and discover Alberta! Explore its unique destinations, history, and landmarks, and share your own memorable Alberta road trip stories.

April 10

Animal Spotlight

May 14

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

June 9

April 8

Cost of Living

May 1

June 19

Tune in and join the conversation as we explore episodes of CBC's *Cost of Living* podcast and the stories they raise. From everyday finances to economic trends, share your thoughts and dig into topics that affect us all.

April 14

Crime & Justice

May 13

June 12

Experience some mind-bending true crime cases from all sides—the crime, the courtroom, the professionals, and people involved.

June 17

EPL Presents!

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

April 7

Global Events

May 7

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.

June 10

May 27

Health Social Determinants

An introduction to the social determinants of health, exploring how factors like income, environment, and education shape well-being for individuals and communities.

April 21

History Of

May 28

History isn't just dates and battles—it's the stories that make us laugh, think, and sometimes shake our heads in disbelief. From the remarkable to the ridiculous, these tales from near and far show the past in a whole new light. places.

June 16

- Famous Pranks
 - The Great Deportation
 - Ice Delivery
-

April 28

International Space Station

Stay up to date with the latest developments from the International Space Station, as we bring you news on groundbreaking research, astronaut missions, and discoveries orbiting high above Earth.

April 29

Name That Bird

Test your ears and your knowledge as you listen to bird calls, guess the species, and uncover fascinating facts about North American birds—their migration, habits, and stories from the wild.

April 6, 23

May 5

June 3, 17

Next Stop

Join us to explore five smaller countries with rich histories—from sun-drenched highlands and European landscapes to South American plains and African kingdoms. Discover their unique traditions, landscapes, and cultures, and gain a deeper understanding of life in these fascinating places.

- Armenia
- Slovenia
- Uruguay
- Eswatini
- Bhutan

April 22

Our Power, Our Planet

Happy Earth Day! This year's theme, "*Our Power, Our Planet*", invites you to explore global environmental initiatives and join the conversation on how communities worldwide are shaping a healthier Earth.

June 15

Save the Seeds

Explore the world of plant conservation and meet the people who dedicate their lives to protecting biodiversity, planting rare species, and saving endangered plants.

June 24

Scandals of Royal Families

Uncover the intriguing histories, scandals, and strange tales of royal families from around the world.

April 1

Science Savvy

May 12

June 4

This program is for curious, science-loving minds—whether you're fascinated by the universe, nature, or the everyday science behind how things work. If you've ever wondered why the sky is blue, how black holes form, or what makes plants grow, this is for you.

April 2, 15

May 8, 26

June 5, 23

Such Fascinating People

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.

- Ginger Rogers
- Taylor Swift
- Stan Rogers
- Malcolm X
- Superman
- David Thompson

May 22

Tulipmania

Step into 17th-century Holland and uncover the story of Tulipmania, one of history's first financial bubbles. Explore how rare tulips sparked a frenzy, drove fortunes, and left a lasting mark on economics and culture.

April 17

Who Why When

May 6

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

June 1



Just for Fun!

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

April 20

Broadway Musicals

June 1

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

April 6

Dinner Date

May 25

You bring the dinner; we bring the show.

June 15

Throughout Series

Games

- BINGO
- Brain Games
- Don't Quote Me
- Jeopardy
- Name That Sound
- Name That Tune
- Person Place or Thing
- Trivia
- Wheel of Fortune
- Word Games

May 20

Group Crossword

Enjoy doing crossword puzzles? Ever tried doing them with others? Here is your opportunity to experience working together to complete a crossword puzzle. The puzzle we will be working on was included in your mail-out.

June 16

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.

Throughout Series

Music

- All Request Music
 - Canadian Folk Music
 - Classical Music Hour
 - Jazz Music
 - Nature's Anthems
 - Pop Divas' Music
 - Queer Anthems
 - Songs of Faith
 - Women of Rock Music
 - Who Sang it First
 - 50's Music
-

April 8

Mystery Chronicles

May 13

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

June 10

April 30

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.

April 23

May 19

June 9

Story Lines

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!

April 6, 13, 20, 27

May 4, 11, 25

June 1, 8, 15, 22, 29

The Borrowed Life of Frederick Fife

Written by Anna Johnston, this heartwarming novel follows an older man mistaken for someone else in a nursing home who chooses to embrace it. As he forms unexpected friendships and renewed purpose, the story explores identity, belonging, and second chances.

The final session will be dedicated to an in-depth discussion of the book.

June 22

Vinyl Café

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

April 17

May 1, 15, 29

June 12

Writing For Fun

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



Skill Building

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

May 6

Artful Minds

A welcoming space to explore creativity and mindfulness. Using everyday items, we guide you to express yourself, unwind, and find joy in the creative process.

May 5

Journalling

A friendly space for anyone curious about journaling! Whether new or experienced, we share simple prompts, easy themes, and tips to inspire your writing and connect with others.

April 14

Mindfulness

Through gentle exercises and conversation, find ways to bring calm and balance into your day.

May 12

Music Meditation

June 9

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

April 7

Recipe Club

Call in and share your love of food! Connect with fellow home cooks and baking enthusiasts to swap recipes, tips, and kitchen tricks. From weeknight dinners to decadent desserts, it's all about sharing great food and great ideas.

April 9

Speakers' Corner

June 5

Come as you are and try public speaking! Each session blends quick exercises, practical tips, and friendly conversation to help you explore your voice.
