








SENIORS' CENTRE
WITHOUT WALLS

PROGRAM GUIDE

January to March 2026



Table of Contents

General Information	1
Meet The Team!	2
Annoucements	2
Community Etiquette	3
 Special Events	4-5
 Conversations	6-9
 Health & Wellness	10-12
 Learn & Discover	13-16
 Just for Fun!	17-19



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.

Meet the Team!



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Janine
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Karoline
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Hello From Us!

As winter rolls in, we're excited to share a new season of programs to brighten the months ahead and bring people together.

Everything we offer is designed with inclusivity in mind, welcoming people of all backgrounds, abilities, and experiences. Whether you want to learn something new, meet others, or just enjoy a comfortable, friendly space, there's something here for you.

We hope this guide helps you find programs that spark your interest, start good conversations, and make you feel at home. Thanks for being part of our diverse and welcoming community. Stay warm, stay connected, and we look forward to spending this season with you.

Just for fun: each picture on the cover represents a program that we are offering this season. Let us know as you figure them out!

Join us for the Program Preview!

January 5th at 1pm

SCWW Advisory Group

In each series, we've got a feedback program run by Karoline. It's all about getting your thoughts on what we offer. We love hearing from you, and your feedback helps shape our future plans. Here are some questions we'll be asking:

- What do you like about our program?
- What could we do better?
- Any ideas for new programs?

Can't wait to see you on **January 28th at 1 PM!**

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#

January 12

All About Astrology

Astrology is so much more than you think it is. Join Lasha and Kyra, from the Edmonton Astrology Society, as they share how much more it really is.

January 23

Cyber Safety

Join Anne, with the Edmonton Police Service, to talk about online safety. Learn how to protect your personal information online, avoid scams, and navigate challenging interactions with others in digital spaces. Through real-life examples and easy-to-follow tips, she will help you feel more confident, stay safe, and make smart choices while using the internet.

March 18

EPL Presents!

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

February 25

Equity and Diversity

Join us to talk about the principles of Equity, Diversity, and Inclusion and why they matter in creating welcoming spaces for everyone. We'll explore how our identities and experiences shape the way we interact with others, and discuss practical ways to foster respect, belonging, and fairness in our communities.

February 3

It's Not Right!

Presented by Rachel, from Sage Seniors Safe House, learn how to recognize, respond to, and prevent abuse in your community. *It's Not Right!* explores the hidden signs of elder abuse and shows how neighbours, friends, and families can make a real difference.

March 4

Living Documents

Learn how Personal Directives and Enduring Powers of Attorney let you plan for health, personal, and financial decisions. Brendan, from Edmonton Southside PCN, will help you understand how to express your wishes, choose trusted representatives, and ensure your decisions are respected if you can't speak for yourself.

January 28

Living in the Tropics

Join our SCWW community member, Esther, as she shares her experiences of growing up and working in the tropics.

March 12

Who Got the Credit?

Join one of our former SCWW facilitators, Gayle, for stories of people who accomplished great things, yet received no credit.

February 18

Wildfire Regeneration

Join Kevin, from Parks Canada, as he shares Jasper's inspiring story of recovery — how the town is rebuilding its infrastructure and how the natural landscape is coming back to life after the wildfire.

March 11

Video Coffee Chat

This is a first-time offering of a SCWW program that includes video. If you wish to share your image, please do so! If you prefer not to, that is fine also.



Conversations

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

January 2, 8, 14, 27

Coffee Chat

February 5, 10, 19

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

**March 5, 11 (Video),
16, 23**

February 4

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!

February 24

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.

February 18

Healthy Aging Conversations

Join Karoline for a presentation recap from the Fall 2025 Healthy Aging Alberta Summit, to be followed by group discussion! Learn about the Canadian National Survey on Aging, Alberta's social prescribing movement, research into the intersection of health, social and community care, and much more.

January 7, 22

In The Headlines

February 2, 20

An opportunity to explore and discuss relevant international news stories.

March 4, 19

January 6, 21,
February 11, 27
March 10, 30

Let's Talk About

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

January 20
February 17
March 17

Nostalgia Moments

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

- Cherished Items
 - Proudest Achievements
 - Favourite Places
-

February 26

Open Mic

Open Mic gives individuals a platform to share their voices, stories, and ideas in a supportive and inclusive environment. Participants are encouraged to express themselves freely, connect with others, and celebrate diverse perspectives.

January 6
February 3
March 3

Ponder This

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

January 5

Program Preview

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

January 13
February 10
March 10

Readers' Corner

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

January 28

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.

February 13

Self Love – Discover your Gifts and the Power of Belonging

Join for a session on the power of belonging and self-love and how these impact your wellbeing. Explore the gifts and talents you each have, and how these can empower yourself and others.

January 26

Small Talk

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

January 16

Some Good News

February 25

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

March 25

February 5

Telling Your Story

A series of conversations where people share the ways they pass down their family stories, traditions, and life lessons from one generation to the next — paired with music from artists who carry those same storytelling traditions through their songs.

January 12

The Big Picture

February 9

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

March 9

March 13

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!

January 19

Worldviews

February 12

March 18

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.

January 29

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.



Health & Wellness

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

January 16

Exercise: Chair Yoga

February 13

March 13

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.

March 18

Exercise Q&A

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

January 15

For Your Body

February 19

March 19

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:

- Sleep Hygiene
- Dental Health
- Heart Health and Blood Pressure

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.

January 6, 20	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.
February 3, 17	
March 3, 17	
February 12	Laughter Yoga Join Janine, SCWW Program Assistant, for a relaxed and engaging session that blends deep breathing with easy laughter exercises—no jokes or comedy involved. With an open mind, you'll shift from fake laughs to real ones. It's a simple way to lift your mood, ease tension, and leave feeling refreshed and recharged.
March 27	
February 24	Mindfulness Take a moment to pause and reconnect with yourself. In this program, we'll explore easy, everyday mindfulness practices that help build awareness, ease tension, and support emotional well-being. Through simple exercises and discussion, you'll practice gentle ways to bring calm and balance to your life.
January 13	Mindfulness with Carol Join Carol for a guided meditation and discussion about differing ideas surrounding mindfulness and self-compassion.
February 10	
March 10	
January 27	Music Meditation Music is healing! Take some time for yourself to listen to some soft music, soothing sounds, and guided meditation.
March 12	

January 20

February 17

March 17

Nutrition For Health

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:

- Eating on a Budget
- Lowering Inflammation
- Balanced Meals

March 3

Taxes and Benefits

Join Elizabeth, SCWW Program Assistant, for an information session on the seniors' financial benefits that could be available for you.

January 15

February 19

March 19

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#**

January 20

February 17

March 11

A Place to Belong

In 1971, Canada became the first country in the world to adopt an official multiculturalism policy. It was meant to preserve cultural freedoms and recognize the contributions of diverse groups to Canadian society. Today it's a defining feature of the Canadian identity, but that wasn't always the case. Join us to explore:

- What is Multiculturalism in Canada?
- Hogan's Alley
- Battle of the Hatpins

January 6

February 3

March 13

Animal Spotlight

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

January 16

February 13

March 3

Crime & Justice

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

- Reproductive Rights
 - Free Speech
 - Sentencing
-

January 13

February 10

March 6

Famous Firsts

Explore the groundbreaking moments and trailblazing individuals who achieved remarkable “firsts” in history. From scientific breakthroughs and cultural milestones to political achievements and world records, let’s highlight the people and events that opened new doors and changed the world.

- Atlantic Telegraph Cable
- Moon Landing
- Mount Everest Summit

January 14

February 4

March 5

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.

January 8

February 6

March 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.

March 17

Irish Folklore

Discover the magic of Ireland through its myths and legends! From mischievous leprechauns and heroic warriors to haunting banshees and fairy forts, this program explores the stories that have shaped Irish culture for centuries.

January 30

February 25

March 26

Life At Sea

Set sail on a fascinating look at what everyday life is like on the open ocean. This program explores the challenges and adventures of sailors throughout history and today—from navigating storms and caring for ships to the traditions, teamwork, and unique culture found onboard. Join us to discover what it really takes to live, work, and thrive at sea.

- Shipwrecks
- Lighthouses
- Pirates

January 7, 27

February 26

March 16

Next Stop

Join us for a world-tour program that highlights four remarkable places. Each destination offers its own mix of geography, traditions, and stories, giving us a rich window into life around the globe.

- Belize
- Cuba
- Sudan
- Bali

January 22

February 11

March 10

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.

January 9, 21

February 5, 23

March 4, 24

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.

- Richard Burton and Elizabeth Taylor
- Irene Uchida
- Jackie Robinson
- Leonardo da Vinci
- Louis Riel
- Malala Yousafzai

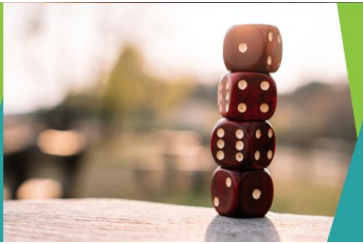
January 29

February 24

March 9

Who Why When

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



Just for Fun!

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

January 5

Broadway Musicals

February 2

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

March 9

January 19

Dinner Theatre

February 23

You bring the dinner; we bring the show.

Throughout Series

Games

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

January 21

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.

January 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.

Throughout Series

Music

- All Request Music
 - Classical Music Hour
 - Disco Music
 - Music Parodies
 - Music From the 2000's
 - Songs of Faith
 - Songs That Tell Stories
 - Sounds of Nature
 - Valentines Songs
 - Who Sang it Best
-

January 14

Mystery Chronicles

February 11

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

March 11

January 13

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.

January 22

Story Lines

February 24

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!

March 31

Mondays

The Art of Racing in the Rain

If you've ever wondered what your dog is thinking, Enzo is ready to tell you — in his own unforgettable voice. Listen to *The Art of Racing in the Rain* by Garth Stein, a touching, inspiring story that takes you on a journey through life's challenges from the passenger seat of a race car and the heart of man's best friend.

January 28

Vinyl Café

March 18

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

January 9, 23

Writing For Fun

February 6, 20

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

March 6, 20
