

Seniors' Centre Without Walls

Are you someone who...

- Is experiencing difficulties getting out of your home for activities?
- Would like to stay socially connected and enjoys talking with other people?
- Would like to participate in fun activities and/or educational health and wellness programs?

Then the SCWW is for you!

What is the Seniors' Centre Without Walls (SCWW)?

SCWW is a **free** interactive **telephone-based** program that connects **seniors 55+** in all sorts of:

- Recreational Activities
- Health and Wellness Talks
- Friendly conversations

The program is available for any senior 55+ living in Surrey or White Rock.

How does SCWW work?

1. You can call or email the SCWW coordinator to register for programs anytime during the term
2. You will receive a reminder call 30-40 minutes before any program you are signed up for to confirm your attendance
3. A few minutes before the program starts, you will receive a phone call from the SCWW program
4. Press "1" to join the call and enjoy!

How do I register? (or if I have a question?)

Please contact Edwin, SCWW Coordinator, at:

Phone: 604.531.9400 ext. 205

Email: scww@comeshare.ca

Website: www.comeshare.ca

Frequently Asked Questions

- **Does it cost anything to participate in the SCWW?**
 - ⇒ No! Its completely free!
- **Do I have to talk?**
 - ⇒ You don't have to talk/participate. But all participants are introduced by name at the beginning of a session so that people know who is in the call
- **Will the other participants know who I am?**
 - ⇒ You'll just be a voice and a name on the phone! Nobody will know what you look like, where you live, or even your phone number!
- **What if I want to chat more with another participant?**
 - ⇒ Great! We're glad that you are making friends through the program. To protect people's privacy, please contact the SCWW Coordinator, who will help mediate participant(s)
- **I want to join but I don't see any programs that interest me.**
 - ⇒ The SCWW greatly values your feedback. Please call the SCWW Coordinator!

Group Conduct and Etiquette

- Please allow the facilitator(s) to guide the group
- Please respect all group members and their opinions, even if you may disagree with them
- Allow everybody to contribute and do not dominate the conversation
- No disrespectful comments allowed
- Promote a positive and inclusive environment
- If you are unable to abide by these guidelines, you may be removed from the session by the moderator
- If you have an issue with a group member, please contact the SCWW Coordinator

- * All necessary program materials will be mailed out or emailed to you after you register
- * Sign up for programs either by name or by their 'Category Codes'!
(ie. Coffee Club = A2)

Brought to by the Surrey Intercultural Seniors Social Inclusion Partnership Network



Presentations

- * Sessions typically run between 30-40 minutes
- * Sessions are limited to 15 maximum participants unless otherwise specified

Just for Fun (Category A)

(A1) You be the Judge of That Order in the court! Listen to accounts of real court cases with wacky twists. Lets put our heads together to settle all sorts of bizarre stories and implausible scenarios. Guilty or not? You be the judge of that!

[Every Thursday at 1:30pm]
**except the last Thursday of each month*

(A2) Coffee Club

Sometimes we just need to shoot the breeze. There's no particular rhyme or reason to these talks. Come together for an opportunity to have open, unstructured conversations with each other.

Disclaimer: Coffee not provided!

[Every other Wednesday at 1:30pm]

(A3) Brain Teasers

The brain teasers are back! Join us for a variety of word games, improv, fun facts, random trivia, and more! A guaranteed head scratcher!

[Every other Monday at 1:30pm]

Health & Wellness (Category B)

(B1) Exercise Club

Join us every week for some guided seated exercises! Practice keeping good posture and maintaining your range of motion with some simple movements and stretches. Let's grease those elbows! A kitchen table style chair is recommended. This program is presented in partnership

with
**Recreation
Surrey.**



[Every Tuesday & Thursday at 10:30am]

(B2) Learning Mindfulness

Have you ever wondered how you could take your everyday life and learn to see it in a new light? Mindfulness is an age old skill that teaches people to be more aware in the moment, appreciate the present, and refresh their perspectives. Join us as we read through ***Be Present in this Moment*** by Tessa Watt, and learn practical steps to becoming more mindful.

[Every Friday at 10:30am]

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Arts & Culture (Category C)

(C1) We're All Artists— Creative Practices at Home:

Join a creative community - learn and practice art with local artist-educators Alanna Edwards and Claire Moore. Share your voice, curiosity, and skills in a supportive group setting. This program is presented in partnership with the *Surrey Art Gallery*.

surrey
art gallery

[Every Monday at 10:30am]

(C2) Literature Club:

Do you like listening to short stories, poems, and other literary work? Would you also like to be able to engage in discussions with others about literature? Then the SCWW Literature Club is for you! Every week features a different literary piece and poem. This program is presented in partnership with the *Surrey Libraries*.

[Every Tuesday at 2:30pm]



(C3) Stories from the Past:

Travel back in time and relive what life in Surrey was like in decades' past. Join Heritage staff in listening to reminiscences of the past from those who lived them, with plenty of opportunity to share your experiences. This program is presented in partnership with the *City of Surrey's Heritage Services Section*.



[Every Friday at 1:30pm]

Monthly Features (Category D)

The following programs run on a monthly basis

* *Look for the **blue boxes** in the calendar!*

(D1) Birthdays and Music Trivia:

Celebrating all birthdays in August and September! All people are invited, whether it's your birthday or not! Stick around afterwards for some fun Music Trivia!

[Monday, August 24 at 1:30pm]

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(D2) Reminiscence Kit:

Take a trip down memory lane as we look through different artifacts of the past. Trigger memories, fond and bittersweet, and take part in conversations sparked by the themes.

- August's Theme: *Back to School*
- September's Theme: *Celebrations*

This program is presented in partnership with the *Museum of Surrey*.

[Monday, August 10 at 1:30pm]

[Tuesday, September 22 at 1:00pm]

MUSEUM OF SURREY

(D3) Feedback Discussion Group:

We want the SCWW to be fun and enjoyable for you! Help us continue to develop the program by providing us with feedback and suggestions! Your input can help shape the next season of SCWW programming!

[Monday, September 21 at 1:30pm]

(D4) Community Travelogues:

Did you travel (or still do) and have stories to share? Or maybe you just want to listen to somebody's journeys? Join in for an afternoon of celebrating culture, adventure, and escapades!

[Last Thursday of each month at 1:30pm]

**replaces You Be the Judge of That!*

Series Programs (Category E)

(E1) Sustainability, Gardening & Seasonal Cooking with A Rocha:

Do you have a green thumb with an itch to scratch? Or maybe you're just looking to try out some sustainable practices that you can do at home? Then join us every other week as we learn from the amazing folks at *A Rocha Canada* about how you can take steps to make the world around you just a bit more sustainable and improve your own health at the same time!

[Every other Wednesday at 1:30pm]

CANADA
A ROCHA
Environmental Stewardship

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(E2) Share Your Stories

Join in a fun five-week program where participants enjoy the art of storytelling. What makes a story engaging? What makes a story feel as though it will never end? Mine your life for stories as you learn tips, tricks and secret storytelling techniques from instructor *Nic Enright-Morin*.

Participants will have the opportunity to share stories with each other, and to even be a part of Surrey Civic Theatres' *Stories are Contagious* project as part of this year's Culture Days celebration. Enjoy reminiscing and sharing your yarns—sign up today!

This program is presented in partnership with *Surrey Civic Theatres*.

[Every Wednesday at 10:30am from Sept 2-30]

SURREY CIVIC

THEATRES

OSTEOPOROSIS

Feature Presentations (Category F)

(F1) Osteoporosis—Speaking of Bones:

Speaking of Bones is a national speakers' program of Osteoporosis Canada, and is presented by their network trained Fracture Prevention Volunteers across the country. In this 45-minute presentation, we will learn the basics of bone health.

- What is osteoporosis?
- Risk factors and how osteoporosis is diagnosed
- Ways to maintain healthy bones
- Treatment options and fall prevention

This program is presented in partnership with *Osteoporosis Canada*.

[Wednesday, August 26 at 10:30am]

(F2) (t)Ed Talks—Space:

Join us in this new program exploring different educational talks and topics. Listen in together on a short educational talk and then discuss about our learnings! This time, it's all about *space*.

[Wednesday, August 19 at 10:30am]

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Aug 2020

Phone: 604.531.9400 ext. 205

Email: scww@comeshare.ca

Mon	Tues	Wed	Thurs	Fri
3 BC DAY NO PROGRAMS	4 10:30am— Exercise Club 2:30pm— Literature Club	5 1:30pm—A Rocha	6 10:30am— Exercise Club 1:30pm—You be the Judge of That	7 10:30am— Learning Mindfulness 1:30pm— Stories from the Past
10 10:30am— We're All Artists 1:30pm— Reminiscence Kit	11 10:30am— Exercise Club 2:30pm— Literature Club	12 1:30pm— Coffee Club	13 10:30am— Exercise Club 1:30pm—You be the Judge of That	14 10:30am— Learning Mindfulness 1:30pm— Stories from the Past
17 10:30am— We're All Artists 1:30pm— Brain Teasers	18 10:30am— Exercise Club 2:30pm— Literature Club	19 10:30am— (t)Ed Talks: Space 1:30pm—A Rocha	20 10:30am— Exercise Club 1:30pm—You be the Judge of That	21 10:30am— Learning Mindfulness 1:30pm— Stories from the Past
24 10:30am— We're All Artists 1:30pm— Birthdays and Music	25 10:30am— Exercise Club 2:30pm— Literature Club	26 10:30am— Osteoporosis Canada 1:30pm— Coffee Club	27 10:30am— Exercise Club 1:30pm— Community Travelogues	28 10:30am— Learning Mindfulness 1:30pm— Stories from the Past
31 10:30am— We're All Artists 1:30pm— Brain Teasers	* You can register for any session at any time! But remember, spaces may be limited!			

Sept 2020

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Mon	Tues	Wed	Thurs	Fri
	1 10:30am— Exercise Club 2:30pm— Literature Club	2 10:30am— Share Your Stories 1:30pm—A Rocha	3 10:30am— Exercise Club 1:30pm—You be the Judge of That	4 10:30am— Learning Mindfulness 1:30pm— Stories from the Past
7 Labour Day No Programs	8 10:30am— Exercise Club 2:30pm— Literature Club	9 10:30am— Share Your Stories 1:30pm— Coffee Club	10 10:30am— Exercise Club 1:30pm—You be the Judge of That	11 10:30am— Learning Mindfulness 1:30pm— Stories from the Past
14 10:30am— We're All Artists 1:30pm— Brain Teasers	15 10:30am— Exercise Club 2:30pm— Literature Club	16 10:30am— Share Your Stories 1:30pm—A Rocha	17 10:30am— Exercise Club 1:30pm—You be the Judge of That	18 10:30am— Learning Mindfulness 1:30pm— Stories from the Past
21 10:30am— We're All Artists 1:30pm— Feedback Group	22 10:30am— Exercise Club 1:30pm—Rem Kit 2:30pm—Lit. Club	23 10:30am— Share Your Stories 1:30pm— Coffee Club	24 10:30am— Exercise Club 1:30pm— Community Travelogues	25 10:30am— Learning Mindfulness 1:30pm— Stories from the Past
28 10:30am— We're All Artists 1:30pm— Brain Teasers	29 10:30am— Exercise Club 2:30pm— Literature Club	30 10:30am— Share Your Stories 1:30pm—A Rocha		