



SENIORS' CENTRE
WITHOUT WALLS

January
- April
2020

New Programming

COPD Wellness: This COPD group for anyone who faces barriers to attending a pulmonary rehab program, or who has attended a workshop in the past and would like a refresher. This workshop is lead by a Respiratory Therapist and is similar to pulmonary rehabilitation programs by providing COPD education including breathing management, tips on conserving energy, managing respiratory infections, environmental factors, mood management and much more. **Please register separately for this program at 780-395-2626.**

Metis Identity: Lisa Cruickshank is Associate Director of Education with Rupertsland Institute – Metis Centre of Excellence. She will talk to us about the “Metis Identity” as it has evolved in Alberta, the history of the Metis people and the vision for enhancing the self-sufficiency and well-being of Alberta Métis in the future.

Ukrainian Holidays: Why are Ukrainian Christmas and New Year’s celebrated in January, and what traditions are central to these holidays? Hear Pamela Trischuk from the Ukrainian Village talk about the rich traditions, foods and practices of Ukrainian Christmas and New Year’s.

New Programming

Advocate for Change, Bean Gill: Resilience, strength & advocacy are 3 things Bean has mastered after facing more than her fair share of adversity. One person CAN change the world, listen in to see how you can help in making this world better.

Beginner's French: Would you like to learn a few words in Canada's second official language? These programs will give you the opportunity to laugh, learn and practice some key French phrases.

Blue Monday: January 20, 2020 is mathematically calculated to be the most depressing day of the year. Join us for tips and tricks on maintaining a positive outlook.

Critic for Seniors and Housing: MLA Lori Sigurdson will offer a perspective on what seniors can expect from the government and how to stay involved.

Home Supports Program: Living at home and need some work done? Call in to hear from the Seniors Home Support Program and find out how to access low-cost, vetted service providers.

How Do You Say? Do you speak another language? Want to hear another language? Call in to learn common phrases in multiple languages from each other.

Pet Tales: Share your favourite stories of your animal companions (past or present).

Protect Our Bison: Bison herds in Alberta were decimated to a few hundred bison in the 1880s. National Parks played a key role in saving them from extinction. Canadian Parks and Wilderness Society (CPAWS) continues to campaign for bison to be designated as wildlife and create a beneficial management plan for these giant creatures of the prairies.

Theatre Troupe: Would you like to be an actor in a radio drama? Join our troupe of thespians as we practice and present a radio play for Seniors Centre Without Walls. No acting experience necessary.

New @ the Zoo: Curious about what's happening at the Edmonton Zoo? Join one of their talented volunteers and come find out!

JANUARY 2020

CALL: 1.855.703.8985

MEETING ID:225.573.6467#

Monday	Tuesday	Wednesday	Thursday	Friday
		1 NEW YEARS DAY	2	3
Registration Week				
6	7	8	9	10
Registration Week: January 2-10th. Contact 780-395-2626				
		1pm: Caregivers		
13 11am: Exercise 3pm: Armchair Travels	14 11am: Beyond Meditation 3pm: Did You Know?	15 11am: Ukrainian Holidays 1pm: Just Keep Breathing 4pm: Pride Seniors	16 9am: Gratitude Group 11am: The Storyteller 3pm: Coffee Chat	17 11am: Strength Exercise 3pm: Memory Practice
20 11am: Meditation 3pm: Blue Monday	21 11am: Exercise 3pm: Working Through Grief	22 11am: Biographies 1:30pm: Across the Miles	23 9am: Gratitude Group 11am: Canadian History 3pm: Health Chat	24 3pm: Family Feud
27 11am: Exercise 3pm: Memoirs	28 11am: Beyond Meditation 1pm: Taking Care of Your Health 3pm: Coffee Chat	29 11am: Metis Identity 1pm: Just Keep Breathing 3pm: Nutrition for Health	30 9am: Gratitude 11am: Theatre Troupe 3pm: Readers' Corner	31 11am: Strength Exercise 3pm: Jeopardy

FEBRUARY 2020

CALL: 1.855.703.8985

MEETING ID:225.573.6467#

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 10:30-12pm: COPD Wellness</p> <p>11am: Critic for Seniors and Housing 3pm: Meditation</p>	<p>4</p> <p>11am: Exercise 3pm: Armchair Travels</p>	<p>5 10:30-12pm: COPD Wellness</p> <p>11am: Fact or Fiction 1pm: Caregivers 4pm: Pride Seniors</p>	<p>6</p> <p>9am: Gratitude 11am: The Storyteller 3pm: Coffee Chat</p>	<p>7</p> <p>11am: Strength Exercise 3pm: BINGO</p>
<p>10 10:30-12pm: COPD Wellness</p> <p>11am: Exercise 1pm: Just Keep Breathing 3pm: Current News</p>	<p>11</p> <p>11am: Beyond Meditation 3pm: Did You Know?</p>	<p>12 10:30-12pm: COPD Wellness</p> <p>11am: Family Feud 3pm: Home Supports</p>	<p>13</p> <p>9am: Gratitude Group 11am: Beginner's French 3pm: Read Aloud Short Stories</p>	<p>14</p> <p>12:30pm: Canadian Connections 3pm: Memory Practice</p>
<p>17</p> <p>FAMILY DAY</p> <p>No programs</p>	<p>18</p> <p>11am: Exercise 3pm: Working Through Grief</p>	<p>19 10:30-12pm: COPD Wellness</p> <p>11am: Biography 4pm: Pride Seniors</p>	<p>20</p> <p>9am: Gratitude Group 11am: Canadian History: Rideau Canal 3pm: Health Chat</p>	<p>21</p> <p>3pm: Name That Tune</p>
<p>24 10:30-12pm: COPD Wellness</p> <p>11am: Exercise 3pm: Memoirs</p>	<p>25</p> <p>11am: Beyond Meditation 1pm: Taking Care of Your Health 3pm: Coffee Chat</p>	<p>16 10:30-12pm: COPD Wellness</p> <p>11am: Featured Artist 3pm: Nutrition for Health</p>	<p>27</p> <p>9am: Gratitude Group 11am: Theatre Troupe 3pm: Readers' Corner</p>	<p>28</p> <p>11am: Strength Exercise 3pm: Jeopardy</p>

MARCH 2020

CALL: 1.855.703.8985

MEETING ID:225.573.6467#

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30-12pm: COPD Wellness 11am: Meditation 3pm: Current News	3 11am: Exercise 3pm: Armchair Travels	4 10:30-12pm: COPD Wellness 11am: New @ the Zoo 1pm: Caregivers 4pm: Pride Seniors	5 9am: Gratitude Group 11am: The Storyteller 3pm: Coffee Chat	6 11am: Strength Exercise 3pm: BINGO
9 10:30-12pm: COPD Wellness 11am: Exercise 1pm: Just Keep Breathing 3pm: Read Aloud Short	10 11am: Beyond Meditation 3pm: Did You Know?	11 10:30-12pm: COPD Wellness 11am: Word Play 3pm: Biographies	12 9am: Gratitude Group 11am: Beginner's French 3pm: Health Chat	13 11am: Strength Exercise 3pm: Memory Practice
16 10:30-12pm: COPD Wellness 11am: From the Archives 1pm: Just Keep Breathing 3pm: St Patrick's Music	17 11am: Exercise 3pm: Working Through Grief	18 10:30-12pm: COPD Wellness 11am: Super Sleuths 4pm: Pride Seniors	19 9am: Gratitude Group 11am: Canadian History 3pm: Indoor Gardening	20 3pm: Family Feud
23 10:30-12pm: COPD Wellness 11am: Exercise 1pm: Coffee Chat 3pm: Did You Know?	24 11am: Beyond Meditation 1pm: Taking Care of Your Health	25 10:30-12pm: COPD Wellness 11am: Advisory Group 3pm: Nutrition for Health	26 9am: Gratitude Group 11am: Theatre Troupe 3pm: Readers' Corner	27 11am: Strength Exercise 3pm: Jeopardy
30 11am: Meditation 3pm: Memoirs	31 11am: Exercise 3pm: Pet Tales			

APRIL 2020

CALL: 1.855.703.8985

MEETING ID: 225.573.6467#

Monday	Tuesday	Wednesday	Thursday	Friday
		1 11am: Comedy Club 1pm: Caregivers 4pm: Pride Seniors	2 9am: Gratitude Group 11am: Protect Our Bison 3pm: Coffee Chat	3 11am: Strength Exercise 3pm: BINGO
6 11am: Exercise 3pm: Jeopardy	7 11am: Beyond Meditation 3pm: Featured Artist	8 11am: Advocate for Change 3pm: How Do You Say?	9 9am: Gratitude Group 11am: The Memory Project 3pm: Health Chat	10 EASTER NO PROGRAMS
13 11am: Meditation 3pm: Did You Know?	14 11am: Exercise 3pm: Current News	15 11am: Name That Tune 4pm: Pride Seniors	16 9am: Gratitude Group 11am The Storyteller 3pm: Coffee Chat	17 3pm: Memory Practice
20 11am: Exercise 3pm: Fact or Fiction	21 11am: Beyond Meditation 3pm: Working Through Grief	22 11am: Beginner's French 3pm: Nutrition for Health	23 9am: Gratitude 11am: Canadian History 3pm: Sleep Hygiene	24 11am: Strength Exercise 3pm: Family Feud
27 11am: Meditation 3pm: Armchair Travels	28 11am: Exercise 3pm: Taking Care of Your Health	29 11am: Did You Know? 3pm: Coffee Chat	30 9am: Gratitude 11am: Theatre Troupe 3pm: Readers' Corner	