

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?

Welcome to the Seniors' Centre Without Walls (SCWW)! Here, you can enjoy all sorts of engaging activities and talks from the comfort of your own home.

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, and who may find it difficult to join community activities in person.

Funded in part by the Government of Canada's
New Horizons for Seniors program



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!
5. You will be mailed or emailed new program guides when they are published. The program guide is also available for download online.

Larger font versions are available on request

How do I Register?

Please contact Edwin, SCWW Coordinator, at:

Phone: 604.531.9400 ext. 205

Email: scww@comeshare.ca

Online: www.SHAREvirtually.com

If you reach the voicemail, please leave your name, phone number, and reason for calling and the SCWW Coordinator will return your call as soon as possible.

Frequently Asked Questions

- **Does it cost anything to participate in the SCWW?**
 - ⇒ No! Its completely free!
- **Do I have to talk?**
 - ⇒ No! You are welcome to just sit in and listen. However, even just saying hello can be a great way to have a little bit of engagement!
- **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. However, to protect people's privacy, please contact the SCWW Coordinator, who will help mediate your request with the other participant(s)
- **Can I volunteer in the SCWW?**
 - ⇒ You definitely can! Please contact the SCWW coordinator to discuss more about how you can help and what opportunities may be available!

- * 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)

Learn more about other programs offered by the SISSIP Network in the community here!

www.seniorssocialinclusion.com

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**

You can help support the SCWW by donating to Seniors Come Share Society! You can donate in person, by mail, or online.

Please make a note that you are supporting the SCWW Program. Thank-you!

Donations are deliverable to:

Seniors Come Share Society
15008 26 Ave
Surrey, BC V4P 3H5

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

Feature Presentations (Category F)

(F1) Beijing 2022 Winter Olympics Special

The Beijing 2022 Winter Olympics is underway! But these days, there's probably just as much controversy as there is spectacle. Join for an afternoon to discuss all things about the 2022 Olympics!

[Thursday, February 10 at 1:30pm]

(F2) All About Taxes & Benefits 2022

Get your information straight from the source. We will be joined by guest speakers from the **CRA** to discuss everything related to the 2022 tax season, so you're prepared when it's time to submit your taxes and benefits. If you have any specific questions, please submit them to Edwin ahead of time for the presenter, or join for the Q&A afterwards!

This program is presented in partnership with the **Canada Revenue Agency**.

[Thursday, February 10 at 3:00pm]

(F3) All About Critter Care Wildlife Society

Critter Care Wildlife Society in South Surrey gets all sorts of visitors, from bears and bobcats to rabbits and raccoons! Learn more about our local wildlife, how Critter Care supports them, and how you can support them too! This program will be delivered via Zoom—please let Edwin know if you would like to join online or on the telephone.

This program is presented in partnership with the **Critter Care Wildlife Society**.

[Thursday, February 17 at 10:30am]

(F4) SCWW Joint Program—UFO's & Aliens

Calling all enthusiasts of the unnatural and supernatural! Have you ever wondered if there was other sentient life in the universe? Maybe.. Aliens? Seen some grainy footage that seems like an unearthly flying saucer? Join together with other seniors from Saskatchewan's SCWW for a special program on the mysteries of the extraterrestrials. Myth, fact, or somewhere in between!

This program is presented in partnership with the **Seniors Centre Without Walls Saskatchewan**.

[Thursday, March 03 at 11:00am]

(F5) Birding with A Rocha

Julie and Ted from **A Rocha Canada** are back with another two sessions, teaching us more about our feathered friends! Join for two afternoons of learning about all the different bird calls, quacks, and facts!

This program is presented in partnership with **A Rocha Canada**.

Session 1: Dazzling Ducks

[Friday, March 04 at 3pm]

Session 2: Wonderful Woodpeckers

[Friday, March 25 at 3pm]



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(F6) Fires and Falls Safety Seminar

Hear from Surrey Emergency Preparedness Program volunteers on the latest tips and tricks on seniors fires and falls safety prevention. Learn more about how you can implement these changes into your home!

This program is presented in partnership with the **Surrey Emergency Program**.

[Wednesday, March 30 at 10:30am]

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 other Thursday at 1:30pm]

(A2) Coffee Club

Sometimes we just need to shoot the breeze. There's no particular rhyme or reason to these chats. 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

Join us for a variety of word games, improv, fun facts, random trivia, and more! Enjoy a casual afternoon of exercising your brain, testing your memory, and laughing all the way! 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 at 10:30am]

(B2) Mindfulness, Meditation, and More



Everyday life can be a bit exhausting, and we all deserve a break. Join us every Friday morning and end your week with a bit of mindfulness, meditation, gratitude, and more. Share in some positive energy and learn some new mindfulness exercises along the way!

[Every Friday at 10:30am]

Arts & Culture (Category C)

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

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

[Every Monday at 10:30am]

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(C2) Literature Club:

Discover new styles, genres, and authors—hearing samples of different books and short stories that you may never have picked up yourself. Join us on a unique literary journey, where every week a librarian personally selects new pieces to share. You never know what you might hear, and you might be surprised at what you enjoy! 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]

(C4) Poetry Club

Write poems, share poems, hear poems. The Poetry Club is all about diving into the world of rhymes and syllables, crafting and sharing your own poetic inspiration.

[Every other Wednesday at 10:30am]



(C5) Theatre Club

Are you interested in acting? Well, more specifically Voice Acting? Do you love reading drama and plays? Then the Theatre Club might be for you! Join our very own “*SCWW Productions*” today.

* *Registration may be restricted to account for script/role limitations.*

[Every other Thursday at 10:30am]



Monthly Features (Category D)

Monthly programs are highlighted with blue boxes in the calendar!

(D1) (t)Ed Talks

Join us in this program exploring different educational talks and topics. Each month features a new, random topic of Edwin's choosing. You never know what you might learn!

[Friday, February 25 at 3:00pm]

[Thursday, March 17 at 10:30am]

(D2) Around the World in 30 Minutes

These days technology can let us travel the world to learn about different places, people, and cultures, all from the comfort of home. Each session, we dive into a different location to learn about the fun facts, the attractions, the lifestyles, and more!

[Thursday, February 24 at 1:30pm]

[Thursday, March 24 at 1:30pm]

(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!

[Wednesday, March 03 at 10:30am]

(D4) Museum Spotlights

The *Museum of Surrey* is constantly hosting different exhibits featuring arts, cultures, traditions, studies, and histories. To celebrate local creativity, diversity, and learning, we have partnered together to bring some of these exhibits to your homes!

[Wednesday, February 16 at 10:30am]

[Wednesday, March 16 at 10:30am]

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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]

(E2) History 101

Do you like learning about history? Is there a history of something that you're curious about? Then you'll love History 101! We'll be uncovering and discovering the history of all sorts of places, things, ideas, and more!

[Every other Monday at 1:30pm]

(E3) Philosopher's Cafe

The *SCWW Philosopher's Café* is a space where we engage in stimulating dialogue and the passionate exchange of ideas. We strive to create respectful and open discussions on 'big questions', social issues, and philosophical ponderings. This is *not* a group to debate, promote, or teach any particular point of view, but rather to establish careful thinking as its main goal.

[Every other Thursday at 10:30am]



MUSEUM of SURREY



Canada Revenue Agency



surrey
art gallery



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February 2022

Phone: 604.531.9400 ext. 205
 Email: scww@comeshare.ca
 Online: www.SHAREvirtually.com

Monday	Tuesday	Wednesday	Thursday	Friday
	01 10:30am—Exercise Club 2:30pm—Literature Club	02 1:30pm—A Rocha Canada Series	03 1:30pm—You be the Judge of That	04 10:30am—Mindfulness, Meditation & More 1:30pm—Stories from the Past
07 10:30am—We're All Artists 1:30pm—Brain Teasers	08 10:30am—Exercise Club 2:30pm—Literature Club	09 10:30am—Poetry Club 1:30pm—Coffee Club	10 10:30am—Philosophers' Cafe 1:30pm—2022 Winter Olympics 3:00pm—All About Taxes 2022	11 10:30am—Mindfulness, Meditation & More 1:30pm—Stories from the Past
14 10:30am—We're All Artists 1:30pm—History 101	15 10:30am—Exercise Club 2:30pm—Literature Club	16 10:30am—Museum Spotlights 1:30pm—A Rocha Canada Series	17 10:30am—Critter Care Wildlife 1:30pm—Theatre Club	18 10:30am—Mindfulness, Meditation & More 1:30pm—Stories from the Past
21 Family Day No Programs	22 10:30am—Exercise Club 2:30pm—Literature Club	23 10:30am—Poetry Club 1:30pm—Coffee Club	24 10:30am—Philosophers' Cafe 1:30pm—Around the World in 30 Minutes	25 10:30am—Mindfulness, Meditation & More 1:30pm—Stories from the Past 3:00pm—(t)Ed Talks
28 10:30am—We're All Artists 1:30pm—History 101				

March 2022

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28 10:30am—We're All Artists 1:30pm—History 101	29 10:30am—Exercise Club 2:30pm—Literature Club	30 10:30am—Fire & Falls Safety 1:30pm—A Rocha Canada Series	31 1:30pm—Theatre Club	