

SENIORS' CENTRE WITHOUT WALLS

It can be difficult for many people to be alone at home for extended periods of time. Stay social, informed and connected during this difficult time with Seniors' Centre Without Walls and The Good Companions!

We are pleased to offer an expanded version of our existing Seniors' Centre Without Walls program to both members of The Good Companions and seniors in the community.

Seniors' Centre Without Walls (SCWW) is a free interactive telephone-based program that connects seniors 55+, as well as adults 18+ with disabilities.

It is a seniors' centre from the comfort of home!

Seniors' Centre Without Walls Basics:

- Completely free program
- You do not need to be a member of The Good Companions
- Programs are multi-person phone conversations (or conference calls)
- No special equipment needed – just your average phone!
- Each phone session lasts between 30-60 minutes
- You are able to hear each other, talk to one another, learn and/or have fun!

How do I participate in the calls?

On the day and time of a chosen program you can use the “Steps to Connect” (on the next page) to call yourself into that program. If at any time you require assistance, simply dial *0 to speak to an operator who can get you connected.

For more information, contact Emma Revell by email at erevell@thegoodcompanions.ca or by phone at 613-236-0428 ext. 2101

*If you are calling, **please leave a message**. Voicemails at The Good Companions are being checked regularly while the Centre is closed.

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		18 Fun Facts 10:00am Biographies 1:30pm	19 OC Transpo Presentation 11:00am-Noon	20 Travelogue: Panama 11:00am-Noon Music Request Line 1:30pm
23 Mindfulness 11:00am Good News 1:30pm	24 Coffee Chat 10:00am Trivia 1:30pm	25 Fun Facts 10:00am You Be the Judge 1:30pm	26 Categories 10:00am Coffee Chat 1:30pm	27 Just Joking 10:00am Music Request Line 1:30pm
30 Mindfulness 11:00am Good News 1:30pm	31 Coffee Chat 10:00am Trivia 1:30pm	April 1 Fun Facts 10:00am Biographies 1:30pm	2 Win-Win Homesharing 11:00am-Noon Coffee Chat 1:30pm	3 Just Joking 10:00am Music Request Line 1:30pm

STEPS TO CONNECT

- 1) Dial **613-686-1547** OR **1-800-669-6180**
- 2) Enter the 6-digit **PASSCODE** _ _ _ _ _ (see below) then press **#**
- 3) Record your name or just stay on the line then press **#**

*Not working? Dial ***0** to speak to the operator and ask to be connected to
Seniors' Centre Without Walls **Ottawa**.*

Mindfulness & Presentations

984803

Travelogues

155113

Fun & Games and Regular Programs

834634

OC/Para Transpo Information and Discussion

Kathy Riley, Accessibility Specialist with OC/Para Transpo will be able to talk about the system and discuss current issues while asking for customer input for solutions.

Presenter: Kathy Riley
Accessibility Specialist, Transit
City of Ottawa | Ville d'Ottawa
Customer Services | Services à la clientèle

Thursday, March 19
11:00am-Noon

Fun Facts

Explore and discover new and unusual facts from geography, to history, to interesting people and much more. Listen, learn and share!

Wednesday, March 18 and 25
Wednesday, April 1
10:00-10:30am

Music Request Line

Do you have a favourite song you would like to share? Or maybe one you have not heard in a while? Request it and we will play it for you!

Friday, March 20 and 27
Friday, April 3
1:30-2:15 pm

You be the Judge

You are the judge in these real life crime stories. First, you will hear all the facts. Next, with your peers, you will evaluate and discuss the ins and outs of the case, and deliver a verdict! Find out if your outcome matches the real one!

Wednesday, March 25 1:30-2:15pm

Travelogue: Panama

SCWW Volunteer Monty Mukerji is travelling the world again! Join the call and learn about his adventures in Panama, a country on the isthmus linking Central and South America. Known for the Panama Canal, a famous feat of human engineering, and Panama City, where modern skyscrapers, casinos and nightclubs contrast with colonial buildings in the Casco Viejo district and the rainforest of Natural Metropolitan Park.

Friday, March 20
11:00 am-Noon

Biographies

Take a peak into the life and legacy of some very interesting people.

Wednesday, March 18
Wednesday, April 1
1:30-2:00pm

Coffee Chat

Let's chat! If you just want to have a conversation with others, this is the program for you.

Tuesdays at 10:00am
Thursdays at 1:30pm

Good News

Join us for a bit of sunshine as we share positive and inspiring stories from home and from around the world.

Monday, March 23 and 30
1:30-2:00pm

Just Joking

They say that laughter is the best medicine, so join us on Friday mornings for your dose of nice, clean, and (sometimes) funny jokes!

Friday March 27
Friday April 3
10:00-10:30am