

Seniors' Centre Without Walls

A seniors' Centre from the comfort of home



Program Basics

Programs are multi-person phone conversations (conference call). No special equipment needed, just your average phone! Each phone session lasts between 45-60 minutes. You are able to be part of a Centre from the comfort of your home where you can talk, hear and interact with each other.

Facilitator's Corner

Welcome to the Eastern Ottawa Resource Centre's Seniors' Centre Without Walls. In light of the Covid19 pandemic, it is important now more than ever to find ways to stay connect with one another. The Community Support Services is glad to launch a series of Teleconferences in partnership with The Good Companions. Programs are run Monday to Friday so you can choose how often you would like to participate, it's Free! We look forward to chatting with you. Come be part of the fun!

Should you have any questions or would like to register, please contact me via e-mail or by phone.

Nadine White
Eastern Ottawa Resource Centre
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613-741-6025 x325

SCWW Code of conduct

To ensure a safe and welcoming space, we ask participants, facilitators and guest presenters to observe our Code of Conduct:

To respect each other, use appropriate subject matters, and try not to interrupt others. To allow the facilitator and guest speakers to direct the group. To allow everyone to contribute by not dominating the conversation.

To help create an inclusive environment that honors people of all cultures, traditions, faiths, genders, sexual orientations, abilities, and life experiences.

Regular Programs

Table Topics

Join in on the conversation! We have a box full of fun, unique and offbeat questions to start interesting and memorable conversations!

Trivia

Researchers have found that memory loss can be improved simply by doing mental exercise every day. Give your brain a workout with our trivia questions.

Categories

Name a type of flower, a hockey team, a brand of cereal! Work together as a group to see how many items in a category you can name!

Ways with words

Is a brain-stimulating word activity. Based on the clues that are given, participants are challenged to complete words using specific letters that are either for the beginning of the word or the end.

Nous offrons des **sessions en français**
Inscrivez-vous dès maintenant!

We offer **French Programs**
Sign up today!

Regular Programs

Star of the month

First Friday of the month

Join us in this fun new segment and discover many fun and interesting facts about the Star of the month. The facilitator will share the Star's biography, will ask some Trivia questions pertaining to the Star, share some famous quotes and we will finish off with a group discussion.



September 4th
Ann Blyth

October 2nd
Donald Sutherland



Fun Facts

This program calendar we will focus on Fun Facts about Thanksgiving and Halloween from around the word. Listen, learn and share!

What Am I?

Celebrating a Mystery Thing



Curious? Come join the group and together find out what the Mystery Thing is! The facilitator will give you 25 clues, once the "thing" has been guessed, we will go over its origin, we will discuss different ways it can be used, its evolution through the years and we will even share jokes and discuss our experiences surrounding this Mystery Thing.

Riddles & Brain Teasers

Brain Teasers and Riddles is a brain-stimulating activity that is a bit more of a challenge than regular Trivia. These are logic puzzles, where many times the answer is "in the clue" but not the obvious answer.



Presenter series

Family Physio - Exercise Class

With instructor Ewelina

Every Tuesday at 11am

Chair exercise program for older adults Regular exercise can help adults stay independent and prevent many health problems. Family Physiotherapy Centres instructors will guide the participants through workouts over the phone. Exercises are performed while sitting in the chair. Designed to improve muscle tone, flexibility, endurance, range of motion and function of your arms and legs.

Our instructors are Heart Wise Certified and a proper warm-up and cool down are always part of the class.



Pharmacist - Immunizations

With Angel Deng

Friday October 16th

A way to protect ourselves and others

The topic of immunizations often stirs up many questions. Ever wondered when to get certain vaccines or if they are appropriate for you? Why they are important and if there are any side effects? Join Angel, a Pharmacist working at Bruyère in Geriatric Rehab, to review some vaccinations for seniors. You'll learn about a few vaccinations that are important for protecting yourselves and/or others.



Parkinson

With Krista Duncan

Wednesday September 23rd

Parkinson's disease is a complex, neurological disorder. Just as each finger print is unique to an individual, so is the experience for those living with Parkinson's.

In this presentation, we will summarize the main characteristics of Parkinson's disease and options for treatment; identify the motor, and non-motor signs & symptoms of Parkinson's disease as well as some of the treatment options and the side-effects of medications.

There will be a follow-up session in November

 Parkinson Canada

Presenter series

Learning about Medical Cannabis

With **Caroline Bond**

Thursday October 8th & 29th
(2 part session)



During this presentation, you will be introduced to the cannabis plant and the different formats available. You will learn about the potential benefits and health effects. We will discuss the nuances of the recreational and medical markets and how to legally access cannabis in Canada. If you are considering cannabis for a medical condition, at this time, Canadian Cannabis Clinics offers telephone and video appointments with health care practitioners who assess your suitability for medical cannabis. They have a team of professionals who can guide you from the beginning and in between every appointment.

Ottawa in History

Join Nadine in this exciting session where she will make you discover fascinating places and things found in the Ottawa area. Hear stories and historical facts about your city like: Discover the bridge to isolation island. Discover the shipwreck on the Ottawa river. What happened to Carlsbad Springs? And much more! Come be part of the fun!



Food & Health: Dietitian

With **Emily Fitzgerald**

Thursday September 24th

Healthy Breakfast

Struggling to eat breakfast in the morning? Are you wondering whether your current breakfast is meeting your nutrition needs? Join Emily, your Dietitian, for this nutrition session to learn how to create balanced breakfasts that are satisfying and easy to prepare!

Wednesday October 28th

Eating for a Healthy Gut

Don't let issues with your gut get in the way of living your life, learn how to manage it! Join this nutrition session to discover the benefits of foods high in fiber, pre- and probiotics and how they can benefit your digestive health. You'll learn tips and tricks on what foods to include in your diet and how to use them to improve your digestion.



Laughter Yoga

With **Kathryn Kimmins**

September 10th & October 15th



Kathryn Kimmins is a leading authority on the benefits of Laughter Yoga and is known for her energetic, entertaining and content-rich programs. She has taken her passion for this unique craft to businesses and organizations, individuals and groups throughout Ontario.

As a Certified Laughter Yoga teacher, and Laughter Ambassador of Canada, Kathryn understands how laughter can be used to heal the body, mind and spirit connection. She helps people to tap into their innate & infinite child-like spirit to increase their happiness potential through her laughter yoga programs.

Assassination of D'Arcy Magee

With **James Powell**

Wednesday September 16th



Come learn about Thomas D'Arcy McGee, one of Canada's "Fathers of Confederation" and how he died on Sparks Street in 1868, struck down by an assassin's bullet. Were the Fenians, rabid Irish nationalists, responsible? Did James Whelan, the young Irishman who hanged for the crime, pull the trigger? Hear James Powell from **The Historical Society of Ottawa** speak about Canada's only political assassination.

Cracking the da Vinci Code

With **David Pantalony**

Wednesday October 21st



Leonardo da Vinci is famous for his art, science, inventions and notebooks. Many museums around the world have da Vinci models that have fascinating histories in themselves. In this presentation, I will be describing some of my adventures to track down the history of these models, including some unexpected findings in a small ancient town called Vinci in Tuscany.



September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Guest: Family Physio Exercise Class 11:00-11:40am	2 Group Discussion 11:00-12:00pm	3 Trivia 1:30-2:30pm	4 Star of the month Ann Blyth 1:30-2:30pm
7 Centre Closed Labor Day	8 Guest: Family Physio Exercise Class 11:00-11:40am	9 Trivia 11:00-12:00pm	10 Guest: Laughter Yoga With Kathryn 1:30-2:30pm	11 What am I? 1:30-2:30pm
14 Ottawa in History 1:30-2:30pm	15 Guest: Family Physio Exercise Class 11:00-11:40am	16 Guest: Assassination of d'Arcy Magee With James 11:00-12:00pm	17 Trivia 1:30-2:30pm	18 Riddles & Brain Teasers 1:30-2:30pm
21 Table topics 1:30-2:30pm	22 Guest: Family Physio Exercise Class 11:00-11:40am	23 Guest: Parkinson Canada With Krista 11:00-12:00pm	24 Guest: Dietitian Health & Food With Emily 1:30-2:30pm	25 Trivia 1:30-2:30pm
28 Ottawa in History 1:30-2:30pm	29 Guest: Family Physio Exercise Class 11:00-11:40am	30 Categories 11:00-12:00pm		

Please call 613-741-6025 x325
or e-mail nwhite@eorc-creo.ca
to register **PRIOR** to joining the session



October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Trivia 1:30-2:30pm	2 Star of the month Donald Sutherland 1:30-2:30pm
5 Ottawa in History 1:30-2:30pm	6 Guest: Family Physio Exercise Class 11:00-11:40am	7 What am I? 1100-12:00pm	8 Guest: Medical Cannabis With Caroline 1:30-2:30pm	9 Fun Facts Thanksgiving 1:30-2:30pm
12 Centre Closed Thanksgiving	13 Guest: Family Physio Exercise Class 11:00-11:40am	14 Trivia 11:00-12:00pm	15 Guest: Laughter Yoga With Kathryn 1:30-2:30pm	16 Guest: Pharmacist Immunization With Angel 1:30-2:30pm
19 Ottawa in History 1:30-2:30pm	20 Guest: Family Physio Exercise Class 11:00-11:40am	21 Guest: Cracking the Da Vinci Code With David 11:00-12:00pm	22 Trivia 1:30-2:30pm	23 Categories 1:30-2:30pm
26 Ottawa in History 1:30-2:30pm	27 Guest: Family Physio Exercise Class 11:00-11:40am	28 Guest: Dietitian Health & Food With Emily 11:00-12:00pm	29 Guest: Medical Cannabis With Caroline 1:30-2:30pm	30 Fun Facts Halloween 1:30-2:30pm

Thank you to all of our community partners, supporters, and volunteers!

