

## 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.

### 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 on the day of the program(s) you 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!
- \* You will be mailed or emailed new program guides when they are published. The program is also available for download online.
- Large font versions are available on request

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

Please contact the SCWW Coordinator at:

**Phone: 604.531.9400 ext. 205**

**Email: [scww@comeshare.ca](mailto:scww@comeshare.ca)**

**Website: [www.comeshare.ca](http://www.comeshare.ca)**

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?**
  - ⇒ You don't have to talk/participate. But do know that all participants will be 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?**
  - ⇒ Nope! 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)
- **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 directly or join the *Feedback Discussion Group!*

- \* 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, Radio Play = D3)

## !!Special COVID-19 Program Schedule!!

Seniors Come Share Society is working closely with community partners, including the City of Surrey, to bring extra programming to you during this time of need. So you can stay connected while staying safe.

## Group Conduct and Etiquette

- Please allow the facilitator 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. Check out the included donation form for more information!

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

### 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]

#### (A2) Coffee Club:

Sometimes we just need to shoot the breeze. Come together for an opportunity to have open, unstructured conversations with each other. Disclaimer: Coffee not provided!

[Every other Wednesday at 1:30pm]



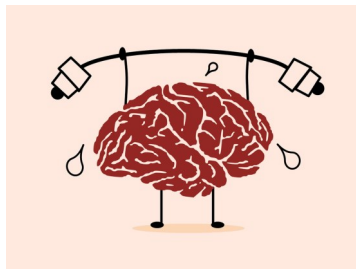
### Brain Teasers (Category B)

#### (B1) Categories:

If I say “Things that are blue”, then you say “Water!”. It’s as simple as that. I’ll give you a category and you’ll answer with something that fits! Lets work our brains and get creative!

#### (B2) Human Lie Detectors:

Is this fact true? Or is it fiction? You decide! Put your judgement to the test when we take a look at all sorts of different facts (or lies), some of which might just surprise you.



#### (B3) Master Wordsmiths:

Challenge your vocabulary by participating in this word trivia game! Can you spell out the answer to these clues?



- \* All brain games take place in a rotating schedule—please see the calendar for more information

[Every Wednesday at 10:30am]



### Arts & Culture (Category C)

#### (C1) Japanese News Channel:

Hosted in partnership with the *Tonari Gumi*, the Japanese News Channel helps bring the latest news and health updates to the Japanese speaking community.

- \* (COVID-19 Special Program)

[Every Tuesday at 1:00pm]

#### (C1) 日本語ニュース :

カナダのニュースを日本語で。サレーの日本人グループ「みんなの集い」と隣組が日本語のプログラムを提供。4月はコロナウイルスに関するニュースを中心にお届けします。また、参加者同士で最近の出来事や生活のアイデアなどについても話しましょう。

[毎週火曜 午後1時]



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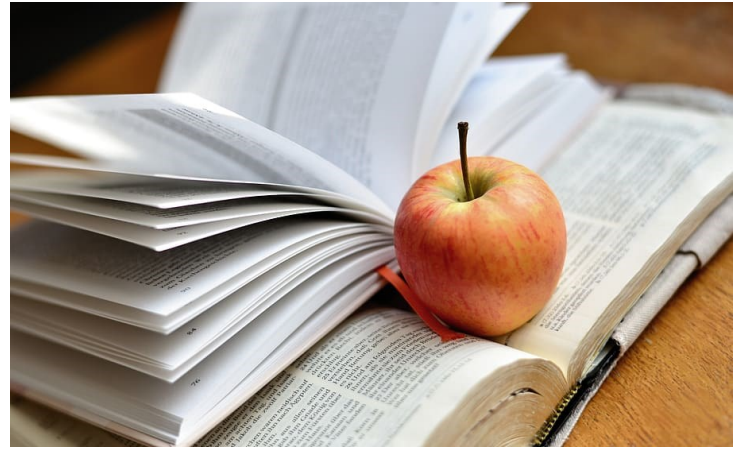


### (C2) Literature Club:

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. 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 other Thursday at 10:30am]

### (C4) We're All Artists—Creative Practices at Home:

Join a creative community - learn and practice art with local artist-educators Alanna Edwards and Claire Cilliers. 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—Starts May 04]



## Monthly Features (Category D)

*The following programs run on a monthly basis*

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

### (D1) Birthdays of the Month:

Join us every month to celebrate the birthdays of our fellow SCWW members. Let's all sing that iconic song together and share some birthday wishes and good will.



[Monday, April 27 at 10:30am]

[Wednesday, May 20 at 1:30pm]

### (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.

- April's Theme: 'Fun & games' - this kit is all about leisure and how people enjoyed themselves in the past.
- May's Theme: 'Extraordinary Events' - this kit is all about international and local events that shaped our lives.

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



[Friday, April 24 at 1:30pm]

[Tuesday, May 19 at 10:30am]

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### (D3) Radio Play:

Join us for a radio play performed live by local, professional theatre artists. This monthly event will feature different shows for listeners to sit back and enjoy. This program is produced in partnership with *Surrey Civic Theatres*.

- \* *Maximum 30 participants*
- \* *This program is approximately 30-45 minutes long*

SURREY CIVIC  
THEATRES

[Friday, May 29 at 1:30pm]

### (D4) 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!

[Tuesday, May 12 at 10:30am]

## Series Programs (Category E)

*The following programs are designed to be continuous series. To maximize your experience, participants are encouraged to commit to attending all sessions in a series program.*

### (E1) Tall Telephone Tales:

Get dialed in for a dose of tall tales told live by the master storyteller and comedian, **Paul Strickland**. Paul will share hilarious and whimsical tales from his story series featuring the colourful residents of the **Big Fib Trailer Park**. These half-hour episodes are sure to fill your heart with laughter and provide a healthy dose of glee. This program is brought to you in partnership with

SURREY CIVIC  
THEATRES

[Every Monday at 1:30pm—April 27 to May 25]  
(No performance on May 18)

### (E2) 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]

### (E3) Live, Work, Explore!:

Our volunteer, Hazel, shares her and her husband's experiences living and working in Japan. Join her adventures as she talks about Japan's culture, food, destinations, history, and more! Each week of this series features a different topic; you don't want to miss out!



[Every Friday at 1:30pm—May 1 to May 22]



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## (E4) Sustainable 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 making the world around you just a bit more sustainable and improve your own health at the same time! Participants will also be eligible for a prize draw—join the program to learn more!

- \* *Sessions will be recorded for use as a part of A Rocha Canada's online resources; The introductions and Q&As will be removed to protect your privacy.*

[Every other Thursday at 10:30am]

**Content for April 30:** Join us for an interactive discussion on sustainable vegetable gardening tips and how to plan for spring and early summer crops! Don't have a garden? We'll be covering other options such as container gardening on your balcony!

**Content for May 14:** Every gardener who uses organic principles also welcomes all sorts of new creatures to the garden! Learn about the beneficial insects and pollinators you are supporting, identify common bird sounds you might hear in your garden, and chat about options for pest management.

**Content for May 28:** Craving tomatoes but still have a tired head of lettuce sitting in your fridge? Join us for creative tales from the kitchen, complete with tips for eating healthy meals in season....no matter what the season holds! Get inspired to make something healthy and delicious in no time! Recipes to be provided.

CANADA  
**A ROCHA**  
Environmental Stewardship



## Feature Presentations (Category F)

**(F1) Scammers Beware!:** Protect yourself from fake calls and malicious solicitors. Join our guest, **Karla Laird** from the **Better Business Bureau serving Mainland BC** to learn more about phone scams and current COVID-19 scams. This is an informative seminar; a short Q&A session will be available at the end.

- \* *Maximum 40 participants*
- \* *This session will be 45-60 minutes long*

**(F2) COVID-19 Info Session:** Special guest, **Dr. Tahmeena Ali** speaks on the current COVID-19 situation and ways you can help keep yourself and others safe during this time. Dr. Ali is a Family Doctor and the Chair of the **White Rock-South Surrey Division of Family Practice Board**. This is an informative seminar; a short Q&A session will be available afterwards.

- \* *Maximum 40 participants*
- \* *This session will be 45-60 minutes long*

**White Rock-South Surrey**  
**Division of Family Practice**  
A GPSC Initiative

**(F3) Worldwide Celebrations:** A holiday we celebrate here may look completely different halfway around the world! Let's take a look together and learn about the unique ways different people celebrate the same day!

- \* *All Feature Presentations are unique sessions, please refer to the calendar for specific dates and times*
- \* *Look for the Green boxes!*

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# April 2020

Phone: 604.531.9400 ext. 205  
Email: [scww@comeshare.ca](mailto:scww@comeshare.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
* Remember, you can register anytime!		1	2	3
6 Registration Period	7 Registration Period	8 Registration Period	9 Registration Period	10 (Good Friday) Registration Period (Office Closed)
13 (Easter Monday) Registration Period (Office Closed)	14 1:00pm—Japanese News Channel Registration Period	15 Registration Period	16 Registration Period	17 Registration Period
20 10:30am—Worldwide Celebrations: Easter 1:30pm—COVID-19 Info Session	21 1:00pm—Japanese News Channel 2:30pm—Literature Club	22 10:30am—Human Lie Detectors 1:30pm—Scammers Beware!	23 10:30am—Hearing from the Past 1:30pm—You Be the Judge of That	24 10:30am—Learning Mindfulness 1:30pm—Reminiscence Kit
27 10:30am—Birthdays of the Month 1:30pm—Tall Telephone Tales	28 1:00pm—Japanese News Channel 2:30pm—Literature Club	29 10:30am—Master Wordsmiths 1:30pm—Coffee Club	30 10:30am—A Rocha Canada Series 1:30pm—You Be the Judge of That	

# May 2020

Phone: 604.531.9400 ext. 205  
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Monday	Tuesday	Wednesday	Thursday	Friday
* You can register for all activities at any time! But remember, spaces are limited!				<b>1</b> 10:30am—Learning Mindfulness  1:30pm— Live, Work, Explore!
<b>4</b> 10:30am—We're All Artists  1:30pm—Tall Telephone Tales	<b>5</b> 1:00pm—Japanese News Channel  2:30pm—Literature Club	<b>6</b> 10:30am—Categories  1:30pm—Worldwide Celebrations: Mother's Day	<b>7</b> 10:30am—Hearing from the Past  1:30pm—You Be the Judge of That	<b>8</b> 10:30am—Learning Mindfulness  1:30pm— Live, Work, Explore!
<b>11</b> 10:30am—We're All Artists  1:30pm—Tall Telephone Tales	<b>12</b> 10:30am—Feedback Group  1:00pm—Japanese News Channel  2:30pm—Literature Club	<b>13</b> 10:30am—Human Lie Detectors  1:30pm—Coffee Club	<b>14</b> 10:30am—A Rocha Canada Series  1:30pm—You Be the Judge of That	<b>15</b> 10:30am—Learning Mindfulness  1:30pm— Live, Work, Explore!
<b>18</b> (Victoria Day)  (Office Closed)	<b>19</b> 10:30—Reminiscence Kit  1:00pm—Japanese News Channel  2:30pm—Literature Club	<b>20</b> 10:30am—Master Wordsmiths  1:30pm—Birthdays of the Month	<b>21</b> 10:30am—Hearing from the Past  1:30pm—You Be the Judge of That	<b>22</b> 10:30am—Learning Mindfulness  1:30pm— Live, Work, Explore!
<b>25</b> (Victoria Day) 10:30am—We're All Artists  1:30pm—Tall Telephone Tales	<b>26</b> 1:00pm—Japanese News Channel  2:30pm—Literature Club	<b>27</b> 10:30am—Categories  1:30pm—Coffee Club	<b>28</b> 10:30am—A Rocha Canada Series  1:30pm—You Be the Judge of That	<b>29</b> 10:30am—Learning Mindfulness  1:30pm— Radio Play