

## March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
17	18	19 <i>Just Joking</i> 2 - 2:30 p.m.	20	21 <i>Trivia</i> 2 - 2:30 p.m.	22	23
24	25	26 <i>Good News Network</i> 2 - 2:30 p.m.	27	28 <i>Fact or Fiction</i> 2 - 2:30 p.m.	29	30

## April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <i>Short Stories</i> 2 - 2:30 p.m.	3	4 <i>Categories</i> 2 - 2:30 p.m.	5	6
7	8	9 <i>SCWW Planning Committee</i> 2 - 2:30 p.m.	10	11 <i>Table Topics</i> 2 - 2:30 p.m.	12	13
14	15	16 <i>Just Joking</i> 2 - 2:30 p.m.	17	18 <i>Fact or Fiction</i> 2 - 2:30 p.m.	19	20
21	22	23 <i>Good News Network</i> 2 - 2:30 p.m.	24	25 <i>Trivia</i> 2 - 2:30 p.m.	26	27
28	29	30 <i>Brain Teasers</i> 2 - 2:30 p.m.				



March 2019— April 2019  
Program Guide

# Seniors' Centre Without Walls

Seniors' Centre Without Walls (SCWW) is a free interactive telephone-based free program that connects with seniors 55+ and adults with physical disabilities who find it difficult to leave home for extended periods of time.

Through the use of group telephone calls, SCWW provides a rich line-up brain-stimulating activities. Most of all, it also provides the space to create meaningful friendships and the connection to community for those who may feel isolated.

*It is a Community Centre from the comfort of home!*

### For Information:

**Telephone:** 905-727-3123 ext. 3614

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

Seniors' Centre Without Walls is funded by the Town of Aurora, with support in-part by the Aurora Seniors Association, Ontario Ministry of Seniors and Accessibility, and The Good Companions Seniors Centre.



## SCWW INFORMATION

### Who is eligible to join?

- Individuals 55 +
- And/or adults with physical disabilities
- Living in Aurora
- You do not need to be an Aurora Seniors Association Member

### How can I register?

- You can register over the phone by calling Seniors Centre Without Walls at 905-727-3123 ext. 3614
- **You may register for programs starting on Tuesday, February 19**

### How do I participate in the call?

- Once registered you will receive a call from our Senior Centre Without Walls team 10 to 15 minutes prior to the start time

### Is there any cost?

- No – all programming is free of charge, and no special equipment is needed.

## Volunteer Opportunities!

### Seniors' Centre Without Walls is looking for volunteers:

- Share a talent, hobby or an area of interest.
- Share stories of your travels.
- Help with research of programs
- Facilitate a program

### Opportunities are flexible!

- In person, over the phone or via the internet from home.

## SCWW CODE OF CONDUCT

### To ensure a safe and welcoming space, we ask all participants to observe our Code of Conduct:

To have courteous and respectful manners, including using appropriate subject matters, and not interrupting others.

To allow the facilitator and guest speakers to direct the group.

To allow everyone to contribute by not dominating the conversations.

Help to provide an environment that is sensitive to and respectful of everyone's needs and preferences, regardless of race, national or ethnic origin, culture, colour, religion, age, mental or physical disability, gender identity or gender expression, or sexual orientation.

Do you know someone who may benefit from this program?  
Let us know and we will call.

## Programs

### Just Joking

They say that laughter is the best medicine, so join us on the following afternoons for your dose of Humour, jokes and laughter!

**Tuesday, March 19**

**Tuesday, April 16**

From 2:00 - 2:30 p.m.

### Tip Top Trivia

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

**Thursday, March 21**

**Thursday, April 25**

From 2:00 - 2:30 p.m.

### SCWW Good News Network

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

**Tuesday, March 26**

**Tuesday, April 23**

From 2:00 - 2:30 p.m.

### Fact or Fiction

Think you can tell the difference between fact and fiction? What you think you know and the truth may surprise you!

**Thursday, March 28**

**Thursday, April 18**

From 2:00 - 2:30 p.m.

### Short Stories

Enjoy a relaxing afternoon with a short story from a variety of different genres or listen to a few poems with us.

**Tuesday, April 2**

From 2:00 - 2:30 p.m.

### Categories

Name a type of flower, a hockey team, a brand of cereal! Work together to see how many items in a category you can name in 30 seconds or less!

**Thursday, April 4**

From 2:00 - 2:30 p.m.

### SCWW Planning Committee

Help us build the next calendar! This is an opportunity for you to provide feedback on programs and share your ideas for future topics and programs.

**Tuesday, April 9**

From 2:00 - 2:30 p.m.

### Table Topics

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

*"Would you rather live in a cabin in the woods or a hut on the beach?"*

*"What is your most favourite place to visit?"*

**Thursday, April 11**

From 2:00 - 2:30 p.m.

### Brain Teasers & Riddles

Challenge your mind and your thinking skills with some brain teasers and riddles. Helping you to think outside the box.

**Tuesday, April 30**

From 2:00 - 2:30 pm

