

Seniors Centre Without Walls

Phone Program 2025



Our phone program is a free telephone group full of activities for seniors 55+ living anywhere in Canada!

Seniors Centre Without Walls is a free phone-based program that offers a variety of interactive health and well-being information sessions, recreational activities, and friendly conversations!

The program provides opportunities to socialize, learn new skills, and stay connected from the comfort of your own home.

New programs and topics are added regularly.

This program is open to older adults aged 55+ living anywhere in Canada who find it difficult to leave their homes and participate in social activities in their community.

Free of charge,

All you have to do is register with us!

How do I participate in the calls?

Before the class start time, call the dial pad number and it will connect you to the group call or you can request to have the SCWW dial pad call you 10-15 minutes before the class starts.

For more information or to register:

(306) 692-2242

sewwjack@gmail.com

Tips on Having a Successful Phone Call

BE ON TIME:

In order for our programs and services to run smoothly we ask that you call yourself into your scheduled program on time. If we call you into the program, please be ready for our call.

LET THE FACILITATOR LEAD:

To reduce confusion on the phone it is important to let the facilitator or guest speaker guide the conversation or activity.

USE THE ME/NOT ME RULE:

Remember to give everyone a chance to speak. This includes making sure to not talk over or disrupt someone while they are speaking. This also includes being mindful that every time you comment on something, it might not be giving space for someone else, or allowing the program to continue smoothly.

BE MINDFUL:

Be mindful that everyone has a story, a back-ground, and a different way of looking at the world, and/or different communication styles.

REDUCE BACKGROUND NOISE:

Plan to be in a location with reduced back-ground noise. Turn off any thing that might make noise (televisions or radios), also consider pets. Be aware that the facilitator may mute your line if there is too much back-ground noise.

Guest Speakers for February 2025

February 3 at 10:00am: Sherri Hrycay - A Millinery Business in Saskatoon: Sherri will share interesting information about this unique business. In the past, this business was very prominent and today Sherri creates hats for celebrities, as well as for the people of Saskatoon and Saskatchewan. Come and learn about the past as well as current fashions.

306 384-3399

February 4 at 10:00am: Gary Overs - Dog Training: Gary Overs was born and raised in Moose Jaw, Saskatchewan. He has been involved with pets his entire life, and began his formal obedience training at age 20.

Kenneling & Obedience: 860 High St. W. / K9 Academy 1254 9th Ave. N.W.
(306) 692-6011 garyoverspetcare@yahoo.ca

February 5 at 10:00am: Carmen Ly. Services of the Food Centre: Join Carmen to learn of the services which are available right in Saskatchewan. We are what we eat. Are you wondering how food products are developed?

cly@foodcentre.sk

February 10 at 10:00am: Bob Hawkins - She Won the Vote for Women: The Life and Times of Lillian Beyson Thomas: This author, politician, and professor will introduce us to this historical figure from western Canada.

editor@greatplainspress.ca - roberthawkins@uregina.ca - 306-539-4904

February 12 at 10:00am: Bill Morrell - Stories with Bill:

Bill will bring the characters and storyline of a short story by Clarence Boon, *Alive for Us*. Come and share the benefits and enjoyment of listening to an oral story with our group.

February 17 at 10:00am: Melvin O'Neil - A TeleMiracle Recipient:
Melvin will share with us how TeleMiracle has helped him. Melvin is one of the many, many beneficiaries of this Saskatchewan miracle which occurs each year. Melvin will make TeleMiracle personal for our group.

TeleMiracle - 1-877-777-8979

2217 C Hanselman Court, Saskatoon, Saskatchewan S7L 6A8

February 19 at 10:00am: Grant McLaughlin - Murals of Moose Jaw:
Grant has created murals and sculptures across western Canada for over twenty years. This art by Grant celebrates history and fosters interest in our communities and businesses. Grant is involved in multiple artistic endeavours with all ages.

artbygrantm.com

Facebook - Artworks by Grant McLaughlin

February 24 at 10:00am: Bob Hardy - Thriving through Adversity:
As the walker runner, Bob inspires everyone with his kindness, bravery and courage. The caption "12000 kilometres, 35 medals, 24 wheels, 6 walkers and one brave man" says it all. Bob will bring joy and inspiration to us all.

bobhardytherunnerwalker.com

February 26 at 10:00am: Dr. Brian Donbrook - Fall Prevention:
As a consultant to the Chiropractic Association Clinic, Dr. Donbrook has a multitude of practical tips to help us prevent falls in our daily life. Falls are one of the most impactful events which can affect our physical, emotional and social health. An attachment is provided.

Regular Programs

Chair Yoga

Join the first & last Thursday of this month at 10:00am for chair yoga, an accessible way to keep yourself fit and active in the comfort of your home!

Piano - Lorne Jackson

Join us on Friday mornings at 10:00am to enjoy lovely piano music, played by our good friend Lorne Jackson!

Chats

Join us every Monday at 10:30am for some friendly chats with our other SCWW phone program members!

Book Club (Short Stories)

We are looking to start a book club! This will be one of the special classes you have to separately register for. Call the office (306) 692-2242 for more information and to register!

Art - Christy Schweiger

Class full for first semester

The middle two Thursdays of this month. Christy from the Moose Jaw Museum and Art Gallery teaches us some fun ways to be creative and artistic!

Brain Engagement - Catherine

Class full for first semester

The last three Tuesdays of this month. Catherine will be on to lead us through activities that challenge your thinking to engage and strengthen your brain!