

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 to 60 minutes. You are able to be part of a Centre from the comfort of your home where you can talk, listen 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 connected 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 and be part of the fun!

We offer French Programs, Sign up Today!
Nous offrons des sessions en français, inscrivez-vous!

Nadine White
Eastern Ottawa Resource Centre
nwhite@eorc-creo.ca
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

It 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 at the beginning or at the end of the word.

Fun Facts

This program calendar will focus on Fun Facts about Saint-Patrick's Day which is celebrated on March 17th. Listen, learn and share!

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.



Regular Programs

Where Am I?

Celebrating a Mystery location

Tuesday, February 2nd at 11am

Can you guess what is the mystery location before hearing all 25 clues? Once the location has been revealed, the speaker will share with the group fun detailed information specific to the location such as population, animals and all its distinct characteristics.

What Am I?

Celebrating a Mystery Thing

Tuesday, March 9th at 11am

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.

A first time for everything

Friday, January 22nd at 1:30pm

Celebrate the first day of the first month of the year with some "first" trivia. Afterwards, the group will share their "first" car, house, day of school and experiences.

Martin Luther King

Friday, January 15th at 1:30pm

Martin Luther King Jr Day falls on the first Monday in January each year to honor and celebrate the life and legacy of the civil rights leader. In this session we will learn about the gospel song "We Shall Overcome", its history and its place in the civil rights movement. We will end the session with some trivia questions and famous quotes.

Sowing seeds of Victory

Wednesday, February 17th at 11:00pm

In this activity, we take a look at the history of victory gardens and the cultural impact of "digging for victory". We will go over what they grew, the famous Victory Gardeners, the Victory Gardens of Today as well as the Plant Project: Water Gardening. We will end the session with a couple trivia questions.

Celebrating Black History Month

Monday February 8th at 1:30pm

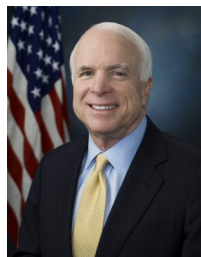
Every February, we set aside time to remember and honor African Americans, past and present, who have done so much to shape our country and the world.

Star of the month

Join us in this fun new segment and discover many 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.

Friday, January 8th at 1:30pm

John McCain



John McCain was a Vietnam War veteran and a six-term U.S senator from the state of Arizona. He was recognized and admired for his candor, his firm convictions, and his sense of humor. He was the Republican nominee for the 2008 presidential election, running against Democrat Barack Obama.

Friday, February 5th at 1:30pm

John Lewis



John Lewis is a revered icon of the civil rights movement and a champion of human rights for all people. Lewis represented the 5th District of Georgia for more than 30 years. Rising from humble beginnings as a sharecropper in the segregated South, he proved that anyone willing to stand up can make a difference.

Monday, March 8th at 1:30pm

Giacomo Casanova



Casanova was an Italian adventurer and author. He often mingled with the powerful men and women of Europe, having associated with royalty and clergy throughout many different realms. He was also known to get tangled in various affairs with many different woman, so much so that the name Casanova is today synonymous with the term *womanizer*.

Regular Programs

Short Story

Monday, January 11th at 1:30pm

Ring in the New Year

In this short story, Jean and Don rent a cabin in upstate New York with their young granddaughters, Maddie and Gwen. After the story, we will discuss our own New Year's celebration or family traditions.

Friday, February 26th at 1:30pm

Last Flower in Toronto

When his daughter reminds him it's Valentine's Day, Mr. Lee is unhappily surprised because he doesn't have a gift ready for his wife. After the story, we will have a group discussion and reminisce on forgotten important events such as kids birthday's, wedding anniversaries and so on.

Friday, March 26th at 1:30pm

In the Walls of a Fab Forties Bungalow

This short story is about the secrets and treasures that can be found in the walls of an old house. Meet Jared and Michelle Reynolds, a young couple that just moved into such a house in the Fab Forties neighborhood of East Sacramento, California. We will end the session with a group discussion.

Ottawa in history

Friday, January 29th at 1:30pm

Ghost of the mill



On the bank of the Rideau River south of Ottawa, lies a stone mill surrounded by falling water and thick trees. The spirit of ghost Anne is said to haunt the second floor of the

mill to this day. Come learn all about its story. We will also touch on the "Gorffwysfa" building, a Welsh word for a place of rest.

Tuesday, March 30th at 11am

Mystery of the solar wheel



Located in a dense forested area near the Ottawa and Carp rivers at the foot of Chats Falls lies a hidden 400ft diameter wheel aligned with the Summer Solstice. Join us to learn more!

Presenter series - EDUCATIONAL

Service Canada

With Stéphane Carignan

Wednesday, January 20th at 11am

OLD AGE SECURITY

The Service Canada presentation provide clients with information on the eligibility criteria's for old age security as well as the calculation to determine benefits. We also provide information on the programs linked to old age security such as the allowance and the guaranteed income supplement. We finalize with a Q & A and contact information for the Canada pension plan directly.

Wednesday ,February 24th at 11am

CANADA PENSION PLAN

The Service Canada presentation provide clients with information on the eligibility criteria's for the Canada Pension Plan as well as the calculation to determine benefits. We also cover different provision that could allow you to increase your benefits at retirement age such as the child-rearing provision. We finalize with a Q & A and contact information for the Canada pension plan directly.

Presenter series - HEALTH

Foot Care

With Lisa Garland RPN FCN Ed

Monday, February 1st at 1:30pm

My name is Lisa Garland. I have been a nurse for 27 years. I have been teaching Advanced Diabetic Foot Care to Nurses around Ontario for the last 11 years.



I have been an ER Nurse, Director of Care and Wound Care Community Nurse. I am currently an Educator and Business owner of TiredSole™ Complete Medical Foot Care.

Between our team experience, we have almost seen it all. I am passionate about my work and would love to help answer any questions you have regarding foot care.

During the presentation, I will touch on:

- What to look for / Signs of potential problems.
- How to address swelling in your ankles and/or feet
- Foot health and diabetes
- Qualifications to look for in a Foot Care Nurse



Presenter series - HEALTH / WELLNESS

Family Physio Exercise Class

Every Thursday at 1:30-2:10pm

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 on a 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.

****Please note:** Prior to your first session, participants need to read and consent to the Family Physio waiver form, please contact Nadine for more information.



Health & Nutrition With Emily Fitzgerald - Dietitian

Wednesday, January 13th at 11am
Eat Smart for a Healthy Heart

Want to better manage your cholesterol or blood pressure but don't know where to get started? Join Emily, your Dietitian, to explore what you can do to take control of your heart health through food choices. You'll learn tips and tricks on what foods to include in your diet and how to read nutrition labels to make informed choices.

Wednesday, February 10th at 11am
Understanding Canada's Food Guide

Are you curious about the recommendations in Canada's Food Guide and how you can put them into practice? Do you want to become familiar with the resources that are available to you? Do you have any questions or comments about the changes compared to the old guide? Join Emily, your Dietitian, to learn about the new recommendations and how to easily incorporate them into your daily lifestyle.

Wednesday, March 10th at 11am
Part-time Vegetarian

These days, we often hear the benefits of incorporating plant proteins into our diet. Sometimes it feels like you would have to become a vegetarian to benefit, but that's not the case! Join Emily, your Dietitian, to discover how to use foods like legumes, tofu, nuts and grains, among others!



Pharmacist With Angel Deng

Friday, February 12th at 1:30pm

COPD and inhalers

COPD and the many different inhalers used to manage it may seem daunting and confusing. But don't worry, join Angel, a Pharmacist working at Bruyère in Geriatric Rehab, to review those inhalers. You'll learn about COPD, the different inhalers, what they're used for and how to use them.

Friday, March 5th at 1:30pm

What's that Rash? Oh no, it's Shingles!

Description: About 1 out of 3 people will get shingles in their lifetime. So what can we do to prevent it or treat this painful rash? Join Angel, a Pharmacist working at Bruyère in Geriatric Rehab, to review Shingles. You'll learn about shingles, what to do to prevent them, and what is used to treat them.



Laughter Yoga With Kathryn Kimmins

www.laughyourselfhealthy.ca

One session a month!

January 12th, February 16th, March 16th

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.



*Being truly enlightened is
possessing that rapturous
feeling of wanting to
explode out of your skin
with absolute joy, and
letting rip a couple of
"Oh mamas,
Hallelujahs, very good,
years and Whoo-Haos!"*
~ Laughing Kathryn

Presenter series - EDUCATIONAL

Ottawa Art Gallery
리듬풍경 RhythmScape
With Michael Davidge
Monday, January 18th at 1:30pm

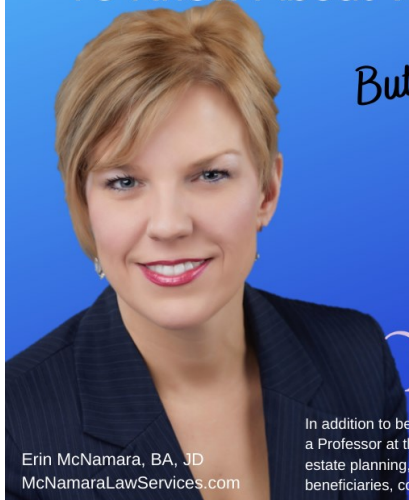
OAG
GAO

Originally shown in South Korea and then in Japan, the North American debut of this international exhibition features a variety of contemporary artistic strategies that measure the pulse of life, society and work. Together their work brings forth a better understanding of human interaction through life and labour, from such aspects as communication through sign language, emotional labour of service workers, to the habits of commuters and the lives of factory workers.

Everything You Always Wanted To Know About Wills & Estates

But were afraid to ask
Part II

JOIN US FOR THIS
PRESENTATION
MARCH 24, 2021
AT 11:00AM



ML McNAMARA
LAW

Erin McNamara, BA, JD
McNamaraLawServices.com

In addition to being the Principal of McNamara Law, Erin is a Professor at the Faculty of Law, uOttawa and has expertise in estate planning, including wills, powers of attorney, trusts, disabled beneficiaries, corporate assets, probate applications, and more.

Community Navigation of Eastern Ontario - 211 Service Provider With John Hoyles

Monday, January 25th at 1:30pm
Making the Right Call

Monday, March 1st at 1:30pm

Successfully navigating in a complex and complicated world

John Hoyles is the Executive Director of Community Navigation of Eastern Ontario which is the 211 service provider for eastern Ontario.

John has been a lawyer, an executive of two crown corporations including General Manager of the National Capitol Commission and he spent 20 years running the Canadian Bar Association. However his favorite job is the one he is in today, helping get people the answers and programs and services they need.

John will speak about 211 explaining the difference between 211, 311 and 911. More importantly he will outline how 211 works to provide you if you need it information, suggestions and referrals to the organization that can best address your issue of concern. John will explain how 211 folks are trained, how they operate 24 hours a day 7 days a week and that you are always talking to a live person.

CNEO INCEO

211 Service Provider | Prestataire de services

Ottawa Police ottawapolice.ca With Stéphanie Lemieux

Tuesday, January 19 at 11am

Monday, March 29 at 1:30pm

In this 2 part presentation, Police officer Stéphanie will touch on the following points:

1. Making the Right Call
(how to call police and for what)
2. Personal safety when you are at home
3. Personal safety when you are away from home
4. Personal safety with your vehicle

CNIB With Kathleen Forestell

Friday, March 19 at 1:30pm

This presentation will cover CNIB Foundation programs and services as well as information about sight loss, and some personal experiences from an individual who is blind or partially sighted.

CNIB
FOUNDATION

FONDATION
INCA

Ottawa Police Service
**MAKE THE
RIGHT CALL**
ONLINE + BY PHONE



Service de police d'Ottawa
**FAITES APPEL
AU BON ENDROIT**
EN LIGNE + PAR TELEPHONE



ottawapolice.ca/online-reporting 613-236-1222

Presenter series - EDUCATIONAL

Chartwell

With Brett, Danielle and Geraldine

Join us once a month, we will talk about various topics that affect seniors. Come be part of the conversation.

Tuesday, January 26th at 11am

With Brett Fisher & Geraldine Dixon

Keeping your Brain stimulating
Cognitive Stimulation

Wednesday, February 3rd at 11am

With Brett Fisher & Danielle Barnard

Evaluating the Benefits: Retirement Living &
Private Homecare

Wednesday, March 3rd at 11am

With Brett Fisher & Danielle Barnard

Benefits Of Socialization



Ottawa Public Library

With Shayna Keces and Sarah Lawrance

Monday, February 22nd at 1:30pm

Shayna Keces, Librarian at Ottawa Public Library, has extensive experience in teaching computer literacy to seniors at Main Branch. Shayna is currently organizing virtual computer literacy programs, and helping customers on the phone or email 1:1 with technology questions. Shayna will talk about Ottawa Public Library's Online Resources, ebooks and audiobooks, and how to access these resources from your computer, tablet, or mobile phone.

1. How to access Homebound Services, what is provided

2. How to access online resources, ebooks and audio books

Sarah Lawrance, Public Service Assistant, Homebound Services, Ottawa Public Library, will discuss OPL's Homebound Services, how to access them and what is provided.



The power of plants

With Emma Terrell

Friday, February 19 at 1:30pm

Please note there will be a document emailed to you prior to the session to follow along during the presentation. Questions, please contact Nadine.

Emma Terrell is a Biologist and owner of local business **The Urban Botanist**. Born and raised in Ottawa, she started The Urban Botanist with the intent to encourage people to engage with nature in an urban setting. She is a strong believer in the power of plants and how interacting with nature on a daily basis is both easy and powerful! Her session will teach you everything you need to know in becoming a plant guru. Grow your green thumb with The Urban Botanist.



THE
URBAN
BOTANIST



Emma will touch on the following topics:

1. The Power of Plants - How plants can reduce stress and anxiety, bring peace and calmness to your space as well as increase productivity and creativity.
2. How to engage with plants - How to get creative and garden under glass by terrarium making in 3 easy steps.
3. Beginner Plants
4. Top picks for low maintenance plants and plants for beginners!

Presenter series - HISTORY

Canadian Historic Figures With James Powell

Tuesday, February 23rd
Colonel Joe Boyle



Colonel Joe Boyle is an unsung Canadian hero. At the beginning of the 1900s, he was known as the "King of the Klondike." In 1905, he brought the Dawson City Nuggets over four thousand miles to Ottawa to challenge the Ottawa Senators for the Stanley Cup. Too old to enlist when war broke out in 1914, he formed his own Yukon machine gun unit. He subsequently re-organized the chaotic Russian railway system, negotiated a peace treaty between Romania and Bolshevik Russia, rescued the Romanian Treasury from Moscow, and saved 70 Romanian hostages from execution in the Ukraine. In the process, he became close to the Romanian royal family and was reputedly the lover of Queen Marie. On February 23rd, come listen to James Powell from the Historical Society of Ottawa talk about this incredible man who makes James Bond look like a minor leaguer!

Tuesday, March 23rd
Early Ottawa

Come listen to James Powell from **the Historical Society of Ottawa** speak about the early days of Ottawa and its development into a modern capital city. Starting in the days before the arrival of Europeans, James will talk about the building of the Rideau Canal and the establishment of Bytown, the renaming of the town as Ottawa and its selection by Queen Victoria as the capital of Canada, and the ensuing construction of the Parliament buildings. He will also speak on events that shaped the city, such as the Great Fire of 1900, and the burning of the Centre Block in 1916. Finally, he will look at Ottawa's industrial development and government efforts to convert what was a grimy, industrial city into the beautiful, green community that we know today.

Let's talk about the weather... and history! With David Pantalony



Wednesday, January 27th

Ingenium: Canada's Museums of Science and Innovation has the largest collection of historic instruments related to meteorology in Canada. Join curator David Pantalony for a tour of the treasures of this collection, and the history of Canada's most extreme science.



Presenter series - MUSIC

Music Performance - Storytelling

With Sébastien Lemay

Friday, March 12th at 11-12pm



With his passion for nature and the Outaouais region, Sébastien tells the stories and legends that shaped our collective imagination. Through music and historical anecdotes, Sébastien takes you on an imaginary journey to rediscover the richness of the Outaouais region, its culture and our own humanity.

Sébastien is a storyteller who also plays multiple instruments, Sébastien is passionate about personal interactions, travel, nature, the arts and the wisdom of our ancestors and First Nations People. He uses storytelling, singing, theatrical play and humor with his instruments to create interactive and playful animations, combining his passions of nature and the arts.



January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <p>— Attention —</p> <p>New Passcode 868995</p> </div>				<p>1</p> <p>Centre Closed</p>
<p>4</p> <p>Centre Closed</p>	<p>5</p> <p>Table Topics Group discussion 11:00-12:00pm</p>	<p>6</p> <p>Trivia 11:00-12:00pm</p>	<p>7</p> <p>Guest: Family Physio Exercise Class 1:30-2:10pm</p>	<p>8</p> <p>Star of the month John McCain 1:30-2:30pm</p>
<p>11</p> <p>Short Story Ringing in the New Year 1:30-2:30pm</p>	<p>12</p> <p>Guest: Laughter Yoga With Kathryn 11:00-12:00pm</p>	<p>13</p> <p>Guest: Nutrition With Emily 11:00-12:00pm</p>	<p>14</p> <p>Guest: Family Physio Exercise Class 1:30-2:10pm</p>	<p>15</p> <p>Martin Luther King Trivia & discussion 1:30-2:30pm</p>
<p>18</p> <p>Guest: Ottawa Art Gallery With Michael 1:30-2:30pm</p>	<p>19</p> <p>Guest: Ottawa Police With Stéphanie 11:00-12:00pm</p>	<p>20</p> <p>Guest: Service Canada With Stéphane 11:00-12:00pm</p>	<p>21</p> <p>Guest: Family Physio Exercise Class 1:30-2:10pm</p>	<p>22</p> <p>A first for everything! Trivia/ Group Chat 1:30-2:30pm</p>
<p>25</p> <p>Guest: Making the right call (211) With John 1:30-2:30pm</p>	<p>26</p> <p>Guest: Keeping your brain stimulated With Brett & Geraldine 11:00-12:00pm</p>	<p>27</p> <p>Guest: Ingenium Let's talk about the weather and history! With David 11:00-12:00pm</p>	<p>28</p> <p>Guest: Family Physio Exercise Class 1:30-2:10pm</p>	<p>29</p> <p>Ottawa in History Ghost of the mill 1:30-2:30pm</p>

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



February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Guest: Foot Care With Lisa 1:30-2:30pm	2 Where am I? 11:00-12:00pm	3 Guest: Retirement Living & Private homecare With Brett & Danielle 11:00-12:00pm	4 Guest: Family Physio Exercise Class 1:30-2:10pm	5 Star of the month John Lewis 1:30-2:30pm
8 Celebrating Black History Month 1:30-2:30pm	9 Valentine's Day Fun Facts/Trivia 11:00-12:00pm	10 Guest: Nutrition With Emily 11:00-12:00pm	11 Guest: Family Physio Exercise Class 1:30-2:10pm	12 Guest: COPD & Inhalers With Angel 1:30-2:30pm
15 Centre Closed	16 Guest: Laughter Yoga With Kathryn 11:00-12:00pm	17 Sowing seeds of Victory 11:00-12:00pm	18 Guest: Family Physio Exercise Class 1:30-2:10pm	19 Guest: The Urban Botanist The Power of plants with Emma 1:30-2:30pm
22 Guest: Ottawa Library With Shayna & Sarah 1:30-2:30pm	23 Guest: Canadian Figure Col. Joe Boyle With James 11:00-12:00pm	24 Guest: Service Canada With Stéphane 11:00-12:00pm	25 Guest: Family Physio Exercise Class 1:30-2:10pm	26 Short Story Last flower in Toronto 1:30-2:30pm
				

"The best proof of love is trust"

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to register PRIOR to joining the session

March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Guest: Navigating (211) With John 1:30-2:30pm	2 Trivia 11:00-12:00pm	3 Guest: Benefits of Socialization With Brett & Danielle 11:00-12:00pm	4 Guest: Family Physio Exercise Class 1:30-2:10pm	5 Guest: Shingles With Angel 1:30-2:30pm
8 Star of the month Giacomo Casanova 1:30-2:30pm	9 What am I? 11:00-12:00pm	10 Guest: Nutrition With Emily 11:00-12:00pm	11 Guest: Family Physio Exercise Class 1:30-2:10pm	12 Guest: Music performance Storytelling (Bilingual) With Sébastien 11:00-12:00pm
15 Way with Words 1:30-2:30pm	16 Guest: Laughter Yoga With Kathryn 11:00-12:00pm	17 Fun Facts St-Patrick's Day 11:00-12:00pm	18 Guest: Family Physio Exercise Class 1:30-2:10pm	19 Guest: CNIB With Kathleen 1:30-2:30pm
22 Riddles & Brain Teasers 1:30-2:30pm	23 Guest: History Early Ottawa With James 11:00-12:00pm	24 Guest: Wills & Estate planning part 2 With Erin 11:00-12:00pm	25 Guest: Family Physio Exercise Class 1:30-2:10pm	26 Short Story In the Walls of Fab Forties Bungalow 1:30-2:30pm
29 Guest: Ottawa Police With Stephanie 1:30-2:30pm	30 Ottawa in History Mystery of the Solar Wheel 11:00-12:00pm	31 Trivia 11:00-12:00pm	<i>"Friends become our chosen family"</i>	

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

Canada



Ontario



Ottawa





Let's connect face to face *“virtually”* **Join us on Zoom!**

With M  r  dith

What are Zoom Activities?

Zoom Activities consist of a wide range of engaging, social programming through the Zoom Video Conferencing platform. Participants can see and hear each other via video on their computer screen or tablet. Once you have downloaded the Zoom platform, simply click on the link that is emailed to you every morning to join the activities that speak to you.

Monthly activities:

We offer programming such as Exercises, Yoga, Trivia, Reminiscing, and other fun games. Our team of Day Program staff arrive prepared and are fully engaged to offer up some FUN. In return, participants can also engage with other participants, share some laughs, cure boredom, and alleviate stress.

Benefits of participating in the zoom sessions:

The zoom sessions are a safe environment (in the comfort of your own home) where you can see and chat with other seniors in our community. Relieves isolation, loneliness and lets you participate in meaningful activities. Questions? Please don't hesitate to reach out to us! We would be so happy to have you join.

For more information and to register, please contact:

M  r  dith Hebert at mhebert@eorc-creo.ca

613-741-6025 ext: 314

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