


# Seniors Centre Without Walls Events FEBRUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Chair Exercises -V 1230-115 pm <hr/> Coffee Talk -T 315-4 pm	TRIVIA - T 1245-130 pm	Walking at Home -V 1230-115 pm	BINGO -T 1245-130 pm <hr/> NoSP Coping with Covid Series 1/4 -V 2-3 pm	SHOPPING DAY	What's for Dinner?-V Chicken Veggie Pasta Live with Bernadine 11-1200 pm
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Audio book Classic -T 230-330 pm <hr/> Oh the places we'll go - V 4-5 pm	BINGO-T 1245-130 pm	Zumba Gold -V 1230-115 pm	Fun Fact Frenzy -T 1245-1 pm <hr/> Coffee Talk -T 315-4 pm	Chair Yoga-V 1230-115 pm <hr/> NoSP Coping with Covid Series 2/4 -V 2-3 pm	Hon. Patti Hajdu, MP 2-245 pm - V <hr/> March Planning Meeting - V Everyone Welcome 330-4 pm	Walking at Home-V 11-12 pm <hr/> Coffee Talk -T 1-2 pm
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Audio book Classic-T 230-330 pm <hr/> Oh the places we'll go-V 4-5 pm	FAMILY DAY	Scattogories -T 1245-130 pm	Chair Exercise-V 1230-115 pm <hr/> Diabetes Nurse/Dietician Eating well and being active during covid-V 3-4 pm	BINGO -T 1245-130 pm <hr/> NoSP Coping with Covid Series 3/4-V 2-3 pm	SHOPPING DAY	What's for Dinner?-V Chicken Wraps Live with Bernadine 11-1200 pm
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Audio book Classic-T 230-330 pm <hr/> Oh the places we'll go -V 4-5 pm	BINGO-T 1245-130 pm	Chair Exercises-V 1230-115 pm <hr/> Coffee Chat-T 315-4 pm	Trivia Pursuit - T 1245-130 pm	Walking at Home-V 1230-115 pm <hr/> NoSP Coping with Covid Series 4/4 -V 2-3 pm	SHOPPING DAY	Create a Craft Live with Bernadine 11-1200 pm
<b>28</b>	<p>Seniors' Centre Without Walls (SCWW) is easy to join and enjoy for free. Now seniors in our area can be part of a community from the comfort of their own home. If you have a tablet or computer or just a phone you can connect to educational, health and wellness, travel, history, game sessions and festive activities. It's fun, free and easy! We will lend out a tablet and headset – you must have your own internet access.</p> <p>If you or someone you know is finding it difficult to get out and be part of the community, SCWW is a virtual, dependable support group and learning centre. Try it out, spread the word. For more information contact: Bernadine O'Brien, EPC Coordinator at 807-853-0625.</p>					

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**ACTIVE LIVING:** Chair Exercises, Zumba Gold, Walking at Home and Chair Yoga are exercise classes geared to beginners and seniors. Only equipment needed is a chair. You will need a tablet or computer to watch these videos.

**FUN THINGS TO DO** – Bingo, Trivia, Scattegories, Fun Fact Frenzy, Fact or Fiction are interactive activities which can be done over the phone.

**AUDIO BOOK CLASSICS** – Narrator(s) reads a Classic Novel. We will listen to one hour each week on the phone to a classic novel. I will pick the first book, but its up to you to choose the next! Put your thinking caps on to select our next story!

**OH THE PLACES WE'LL GO** – We will visit unusual places, scenic locations around the world! Each week will be a surprise!

**GUEST PRESENTERS** – from time to time we will have Guest presenters to share information about their programs/services or health information which may be helpful to you. Please let me know what you may be interested in learning.

**COFFEE TALK** – a opportunity to meet your friends or make new friends on the phone. Brew a tea or coffee and catch up. Share happy moments, experiences and keep in touch.

**GUEST PRESENTER:** North of Superior Program Coping with Covid Series, hosted by Krista McCooeye

First Session 1/4 : Fear and worry are common response that people are experiencing with the onset of Covid-19. This session will address ways in which people can practice and develop self-compassion.

Second Session 2/4 : This session addresses self-care. It provides information on coping strategies and how to manage strong emotions in the moment and will replace unhealthy or unhelpful strategies with ones that are more beneficial.

Third Session 3/4 : This session teaches participants how to recognize unhelpful thinking traps and how to challenge these thoughts and replace them to reach goals or problem solving.

Final Session 4/4: A recap of the previous three sessions and addresses individual and community resiliency; how to keep pushing forward when it is hard to see the light at the end of the tunnel.

I want to hear from you!  
Join our **PLANNING MEETING**  
February 12 from  
330-4 pm by video.  
Call to Register.

Do you want to  
borrow a tablet  
and headset? We  
will lend one to  
you. You must  
have your own  
internet access.

For more information or to register contact:  
Bernadine O'Brien, EPC Coordinator at  
807-853-0625

