



SENIORS' CENTRE
WITHOUT WALLS

May 2020

PrimaryCare
Network
EDMONTON SOUTHSIDE

Please feel free to call us to register for the month if you need to be called into the program, or to simply call yourself into the sessions that are of interest.

Call-in Instructions

1) Dial the toll-free number: **1.855.703.8985**

2) You will hear an automated voice with the following message: *"Welcome to Zoom. Please enter your Meeting ID number followed by #"* **225.573.6467#**

**if you hear a message that this meeting does not exist, please check that you have entered the correct number and try again.*

3) The next message will be the following: *"Please enter the participant ID or press the pound key"* ***There are no further ID numbers, please press the pound key**

4) The next message will ask you to state your name and press the pound key (#). Please state your first name only.

What if I can't call myself into a program?

If you are unable to call into a program, we can call you into the line. If you have requested but aren't receiving calls please contact staff directly – **780.395.2626**

1) A few minutes before the program starts, you will receive a call from a number that depending on your phone will show as unknown, Zoom or 1.646.568.7788. Please ensure you do not block this number!

2) An automated voice identifying it as a ZOOM MEETING. **Press "1" to join the meeting**

3) When asked, state your first name and then press the pound key (#)

Program Highlights

- **Alberta Government Updates:** FCSS Seniors Services representative Carla updates us on changes at the Alberta government level for polices & funding.
- **Come Dine with Us:** Few of us enjoy eating dinner alone. Prepare you dinner meal and join us for conversation and company.
- **Financial Tips for Women:** Registered Retirement Consultant Brad will be sharing financial advice for women in retirement in these challenging times.

- **Indigenous Canada:** From an Indigenous perspective, explore key moments in Canadian history and issues facing Indigenous peoples today.
- **Just Keep Breathing:** Join Respiratory Therapist Amy for a support group for those with COPD, asthma and other breathing challenges.
- **Nova Scotian Inventions & Innovations:** The Maritime Museum of the Atlantic shares their favourite home grown inventions and how they impacted the world.
- **Planning to Age in Place:** Learn how to be actively engaged in creating your aging plan & keep control of your health/care decisions as your needs change.
- **Sing-a-Long/Live Music Night:** Join our talented volunteer musicians to enjoy their performances and sing along to your hearts content!
- **Spring Birds:** Dr. Susan Hannon is a retired biology professor who will share her passion for wildlife and conservation, focusing on the birds of spring.

Specialty Programming

****Some of our programming is held on other lines and require registration ahead of time to ensure you are joining the correct program. These are indicated in coloured text on the calendars****

Aging with Pride: This group is for LGBTQ2S+ seniors who wish to meet others in their community. Join the conversation from the comfort and privacy of your own home. All topics and concerns welcome. Every Wednesday, 4-5pm Please call: 1-855-703-8985, Meeting ID: 293.631.2402#

Amazing Elders: This is a weekly education series on a variety of topics. These topics are explored via virtual presentations and various panel experts who come to do talk with the participants. Participants are encouraged to join by computer with video.

ConnectAînés: Nous avons le plaisir de lancer une version de notre programme en français avec La Fédération des aînés francoalbertains (FAFA)! La FAFA espère par cette offre permettre à chacun d'entretenir des liens avec des personnes parlant français en éliminant toutes difficultés liées aux déplacements jusqu'à un véritable centre ou une grande ville. Pour plus d'information: 780.465.8965.

Grandparents Who Parent: This is a weekly Support Group for Grandparents who Parenting their Grandkids. This group does require registration with Kristine at knuttings@mysage.ca or phone 780 446 3560.

**For our current full schedule of programs please visit
edmontonsouthsidepcn.ca/scww**