

South-East Ottawa  
Community Health Centre  
Every One Matters.



Centre de santé communautaire  
du sud-est d'Ottawa  
Chaque personne compte.



# SENIORS' CENTRE WITHOUT WALLS

Register and join our free & weekly social group, all you need is a phone!

A fun and easy way to socialize at a distance and from the comfort of your own home.

Just like attending a free and weekly social event, you can: connect with locals, attend seminars, play trivia games, listen to stories and music.



**Wednesdays in October!**

**Morning and afternoon programs**

**Please register before joining**



## How it works:

1. Check out our event calendar on our schedule line by calling **613-737-5115 ext. 2391**
2. To register, call the number above and leave a voicemail
3. A few minutes before the event, be ready by your phone to receive a call by the facilitator who will add you to the group call.

**Events are 45 minutes, and include 10 to 15 participants**  
**The conversations are mediated by a group facilitator. You can hear, speak, learn, or just have fun! All you need is a phone!**



To hear the schedule or register, please call and leave a voicemail with your name, number, and which event (s) you'd like to join at **613-737-5115 ext. 2391**



## To have a successful program, please follow our CODE OF CONDUCT

- **Respect** — All cultures, ethnicities, religions, sexual orientations, abilities and life experiences are respected and honored. Engage in appropriate subject matter and language. Respect group members and their opinions, even when they differ from your own. Respect the facilitator and others on the call.
- **Be on time** — Please be ready for the call 15 minutes before the start of the program.
- **Let the facilitator lead** — To reduce confusion, let the facilitator or guest speakers guide the activity or conversation.
- **Give everyone a chance to speak** — Do not talk over others, dominate the conversation, or disrupt others while they are speaking. Give others the opportunity to speak.
- **Reduce background noise** -Turn off your radio or television. Be aware that the facilitator may mute your line if there is too much background noise.

### Activities include

- Trivia games
  - Travelogues
  - Special guests
  - Health seminars
  - Music request line
  - Mindfulness groups
  - Interesting themed discussions
- ... and more!





# OCTOBER 2020

Mon	Tue	Wed	Thu	Fri
September 28	September 29	September 30	1	2
5	6	7 11:00 AM Health, balance and meditation	8	9
12 Centre closed Have a great Thanksgiving!	13	14 2:00 PM Trivia game!	15	16
19	20	21 11:00 AM Health, balance and meditation	22	23
26	27	28 2:00 PM Name that tune!	29	30



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