



SENIOR CENTER

*Without Walls*



Free Telephone Group Activities for Adults 60+ throughout California

**WINTER/SPRING 2011 SESSION**

**January 31 through April 24**

New offerings for the winter/spring term include “Tall Tales,” Computer Basics,” “The Mature Mind,” Meditation and Mental Imaging,” and “Learning to Pray,” as well as several supportive groups: “Coping with Anxiety,” “Depression Support,” and “Coping with Chronic Pain.” And we’re delighted to welcome back a few groups from previous sessions: “The Desert Gardener,” “Who Am I?,” and “Eat, Drink, and Be Merry.”

Fun special events include our popular Spelling Bee, “Chinese Embroidery,” special holiday celebrations, a presentation about “Great American Women in History,” a visit from Martin Snapp, and an interview about dreams with Jeremy Taylor. Join us on our Armchair Travels to Australia and Iran.

Senior Center Without Walls, winner of a 2008 MindAlert Award from the American Society on Aging and MetLife Foundation, and a 2009 Citation of Honor from the International Association of Homes and Services for the Ageing, offers activities, friendly conversation, and an assortment of classes and support groups to elders who find it difficult to go to a community senior center. From the comfort of your home, you connect to our activities using your own telephone.

Interested in registering? You can register at any time during the session.

Complete and mail the enclosed form or call us toll-free:

**1-877-797-7299**

You will receive information and instructions in the mail.

There is no cost to register—the groups are completely free!

The Senior Center Without Walls program is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value feeling connected. We invite you to join us and to experience the kinship which has enriched all of our lives.

SCWW is a non-denominational community outreach program of

E P I S C O P A L  
— ♦ ♦ ♦ ♦ —  
SENIOR COMMUNITIES

# TABLE OF CONTENTS

FUN & CONVERSATION	3 & 4
BRAIN SPARKS	4
READING & WRITING	5
SUPPORTIVE GROUPS	6 & 7
DISCUSSIONS	8
MORE GREAT GROUPS	9
SPECIAL EVENTS	10—13
SPECIAL PRESENTATIONS	14 & 15
HORTENSE	16
ANNOUNCEMENTS	17
INDEX	18

## **THANK YOU!**

*In addition to funding from Episcopal Senior Communities and St. Paul's Episcopal Church, grants have been awarded this year by True North Foundation and Y & H Soda Foundation. We are also very grateful to all of the individuals who have made donations to Senior Center Without Walls. We couldn't do it without you!*

*Senior Center Without Walls is a nondenominational community outreach program of Episcopal Senior Communities, a 501(c)(3) nonprofit organization. We gratefully accept all tax-deductible donations and bequests, which assist us in our mission to offer this program free of charge to all participants. If you would like to make a donation, please make your check out to "Episcopal Senior Communities" and write "Senior Center Without Walls" in the space on the lower left to assure that funds will be used exclusively for SCWW. Thank you so much!*

To conduct our classes and groups, SCWW uses a telephone conference format, which should be considered a public forum. The views, opinions, and beliefs of our facilitators are not necessarily endorsed by SCWW, and although we do our utmost to secure privacy and confidentiality for each participant, we cannot guarantee it.

## *FUN & CONVERSATION*

### BUD BUDDIES

Tuesday 10:00—10:30am

If you have a passion for posies and fun foliage join our garden group. Which cut flowers do you like to put in a vase? Got any tips for potting plants? Facilitator Zee Guiney is an enthusiastic plant lover.

### REMINISCENCE

Wednesday 1:30—2:00pm

Stroll with us down Memory Lane as we share our past experiences. Did you have a pet? What do you remember about your grandparents? Make new friends and enjoy the differences as well as the similarities of your life stories. Facilitator: Wendy Ward

### PET TALES

Thursday 10:30—11:00am

Share stories of your animal companions, past or present, with others who also appreciate furry, feathered, and gilled friends. Facilitator Anne Sanabria enjoys the company of her two dogs: Ringo, a purebred Miniature Pinscher, and Butchie, an adopted Chihuahua.

### ARMCHAIR BIRD WATCHING

Thursday 9:30—10:00am

Enjoy discussing birds you see in your own backyard. Share your interest in and memories of wild birds with fellow “bird brains.” Facilitator Melissa Hayes

### EAT, DRINK, & BE MERRY!: FOOD TALK

Thursday 11:00—11:30am

If you like to talk about food almost as much as you like to eat, this group is for you! We will share stories and recipes and have some mouth-watering discussions. Facilitator Zee Guiney enjoys her food!

### NEEDLE ARTS

Thursday 1:00—1:30pm

Join this group to talk to others who share enjoyment of one of your favorite hobbies be it sewing, quilting, embroidery, needlepoint, knitting, crocheting, or other creative needle arts. Zee Guiney, designer and costume maker, is interested in all areas of needle arts.

### MOVIE MADNESS

Friday 4:00—4:30pm

If you're a fan of the silver screen and you love movie and TV trivia, join us for discussions about your favorite actors, movie genres, and classic quotes. Go ahead, make my day. Facilitator: Kathleen Torres

### BINGO

Saturday 10:00—10:45am

Bingo? On the telephone? You bet! Gloria Flores will operate this all-time favorite lucky chance game on Saturday mornings.

## HANGING OUT

Saturday and Sunday 4:00—5:00pm

Talk about everything under the sun and even the stars. On the third Sunday each month we will have a Birthday Party to which all are welcome, especially those with a birthday that month. On Sunday, March 6 we will have a special celebration of International Women's Day. Coordinator: Lynn Rayburn

## COFFEE BREAK

Sunday 10:45—11:15am

Looking for a little friendly conversation? Feel free to call in to this weekly group, meet some new folks, and exchange ideas about whatever comes to mind.

Host: Anne Allen

## *BRAIN SPARKS*



Ignite your brain cells! Exercise your gray matter with quizzes, trivia questions, word games, and various puzzles. There is scientific evidence that new brain challenges cause growth of dendrites, the branches of a brain neuron that receive impulses. And it's fun!

## MIND MASSAGE

7 Days a week! 12:00noon—12:15pm

An assortment of brain games, word scrambles, riddles, and other fun challenges to really get you thinking. Let's get those dendrites growing with a 15-minute blast of neuron calisthenics!

## BOGGLE

Tuesday 9:30—10:00am

Some of us even prefer it to Scrabble! Very easy to learn and loads of fun, this word game is a great brain exercise and easily adapted to playing on the telephone. Be forewarned—this diversion can be habit-forming! Facilitator: Jennifer Cancino

## A to Z QUIZ TIME

Wednesday 4:30—5:00pm or Friday 2:00—2:30pm

Another brain workout with challenging questions about folklore, geography, history, literature, and other topics. But we do give you a clue—each week all of the answers will begin with the same letter of the alphabet. You can sign up for one session per week. Facilitators: Mary Ann Lee and Sarah Goorjian

## THIS IS YOUR BRAIN ON...

See Special Presentations on pages 17 and 18 for phone meetings with Roger Anunsen and Michael Patterson of mindRAMP on February 15 and April 19.

## READING & WRITING

TALL TALES or “Truth is Stranger than Fiction” Monday 11:00—12:00noon

Do you like to tell a good story, or perhaps to listen to one? Join SCWW’s all new “Liars” Club. At the end of the term, we will have a Liars Competition with awards for the best three tale tellers. Facilitator: Lynn Millar

“THE MATURE MIND” READ ALOUD Monday 4:00—4:45pm

This book, subtitled “The Positive Power of the Aging Brain,” was written by Gene Cohen, M.D., Ph.D., and will be read aloud by Terry Englehart.

SHORT STORIES READ ALOUD Thursday 3:00—4:00pm

Call in to listen to a short story that will be read aloud by Pat Brunetti.

PLAY READING Friday 11:00—11:45am

Join our group of thespians as we read aloud scripts from a variety of popular plays. You are welcome to listen in as an audience member or to join the cast as we continue our reading of “Arsenic and Old Lace”. Our next play will be “Alice in Wonderland”. Facilitator: Barbara Britton

POETRY Sunday 10:00—10:30am

Share with others poetry that you have written or that you admire and join in a discussion about the poems. Facilitator: Anne Allen

WRITING WORKSHOP Sunday 3:00—3:45pm

Get supportive critiquing on your writing and do exercises designed to get those creative juices going. Facilitator Rita Goldhor welcomes suggestions for writing exercises from all participants of the group.

∞ Daily Gratitudes ∞

Morning	Mid-Day
9:00—9:30am	1:00—1:30pm

Begin your morning or your afternoon with gratitude.

Join our SCWW community on the telephone seven days a week, or however often you wish, and talk about what you feel grateful for.

Silent participants are also welcome and may feel inspired by others’ reflections.

# SUPPORTIVE GROUPS



*These groups are meant to offer support in a safe, nurturing environment. However, they are not intended to replace individual psychotherapy sessions or medical treatment.*

## CHALLENGES OF AGING

Monday 10:00—10:30am

Discussing challenges you've encountered as you age can elicit suggestions for coping with difficult situations and bring you comfort. You may also be able to share your insights with others in similar situations and find that giving help can be as beneficial as receiving it. Facilitator: Amy Schaible, MA, Gerontology

## HEALING CIRCLE

Monday 2:00—3:00pm

Bring your concerns to a strictly non-sectarian healing group. Time may be extended on occasion for participants to share from their own or other traditions. Facilitator: Lynn Rayburn. *This group is not intended to provide medical advice, for which you should consult your doctor.*

## SUPPORT/DISCUSSION GROUP for the BLIND

Tuesday 10:00—10:45am

This Support/Discussion Group offers a confidential environment in which completely blind participants can share the challenges they face and the successes they experience. We will create a safe place to share our joys, fears, tears, and laughter. This group will be lead by Debbie Dunn, MFT, Braille Institute Counselor. *Registration in this group, which is offered by the Braille Institute Santa Barbara, will also enroll you in the Braille Institute program, and you will have the option of receiving additional helpful information from them.*

## LIVING WITH VISION LOSS

Tuesday 4:00—5:00pm

Learn about community resources and adaptive devices that can help you be independent. Facilitator Anne Allen serves on the Rossmoor Lions Sight Committee and has first-hand experience with low vision. She will tell you about some of the latest research on vision.

## COPING WITH ANXIETY

Wednesday 10:00—10:45am (except Feb. 23)

There's plenty of anxiety around for everyone these days, and it can take on a life of its own. To better understand the underpinnings of anxiety, and how to better cope, join in discussions led by facilitator, Nancy Rothschild, MS, LMFT, Aging and Family Services, City of Fremont.

### DEPRESSION SUPPORT

Wednesday 11:00—11:45am

Depression is a serious yet treatable illness that can affect your physical health, your thinking and concentration, and your mood. Learn about the signs, symptoms, and causes of depression, and join a discussion about coping skills and resources. Co-facilitators: Bonnie Rennie, LCSW, and Ektha Aggarwal, Graduate Student in Social Work.

### LIVING WITH CHRONIC PAIN

Wednesday 2:00—2:30pm

Join others who understand what it's like to deal with chronic pain and share ideas about ways to manage that pain and to increase your enjoyment of everyday life. Facilitator Michelle Hernandez, MA, volunteers with Center for Elders Independence.

### CHANGING VISION, CHANGING LIFE

1<sup>st</sup> Tuesday, Feb. 1, March 1, April 5, 3:00—4:00pm

If you are new to blindness or have low vision and would like to participate in three hands-on classes that will engage you in practical solutions and dialogue, this class is for you. The LightHouse for the Blind is seeking those who can make a commitment to learning something new. Each class, students will receive an accessible device at home related to keeping track of time, pouring a cup of coffee without spills, and “maintaining your identity”. Each class students will learn how to use the device and discuss other strategies and devices regarding time management and organization, basis kitchen strategies, and financial organization. LightHouse Vision Rehabilitation Teachers will provide instruction. *When you register for this group, you will also be enrolled in the LightHouse program and will have the option of receiving additional helpful information from them.*

### CAREGIVER SUPPORT GROUP

1<sup>st</sup> and 3<sup>rd</sup> Fridays 10:00—10:50am

Facilitators: Karin Little and Claudia Ellano  
Orange County Caregiver Resource Center

This group will provide a safe, non-judgmental environment in which caregivers can talk openly with each other about their issues and concerns. Some of the topics may include: preventing burnout, stress reduction, reducing feelings of guilt and frustration, and coping with role reversal.

# DISCUSSIONS



SOCRATES CAFÉ      2<sup>nd</sup> Monday, Feb. 14, March 14, April 11    1:00—1:45pm

Call in and join other thoughtful people for an informal exploration of various topics to be determined by the group. Linda Greenberg, PhD, is a former English teacher and Social Worker who has facilitated a Socrates Café in San Francisco for six years.

CURRENT EVENTS      Wednesday 3:00—3:45pm

Add your two cents (inflated in 2011 to two dollars and twenty-two cents!) to our political discussion. National, state, and local politics spoken here. Joe Como is a retired high school teacher who has argued about politics for over 40 years. He meets with seniors regularly to discuss current events.

WHAT'S THE VERDICT?      Thursday 11:30am—12:00noon

You can be judge, jury, and lawyer in a fascinating discussion of real-life, but very unusual law cases. The facts and the evidence will be presented, and all input and ideas are welcome. Facilitator: Maggie Britton

IN THE NEWS      Friday 10:00-10:45am

Join us for this topic-oriented discussion of what's currently in the news. Participants are invited to bring topics and join in an exchange of ideas and discussion. Facilitator: Lynn Millar



## NEWCOMERS, YOUR TURN TO TALK

Wednesday 10:30—11:00am

Shy? Waiting to be asked? Enjoy verbal freedom within a timed structure. If you have something to say, or just want to listen, join us each week to discuss topics of interest. We'd love to get to know you, answer your questions about Senior Center Without Walls, and to welcome you into our phone community.

Facilitators: Kathleen Banks and Barbara Britton

## MORE GREAT GROUPS

### MEDITATION and MENTAL IMAGING Monday 10:30—11:00am

With several books as reference, we will encourage discussion on these topics. The authors' ideas may be controversial and do not necessarily reflect the beliefs of Senior Center Without Walls but will certainly inspire a lively conversation! Callers are invited to share their related experiences. We will open each group with a guided meditation. Benefits may include improved relaxation, problem-solving, focus, concentration, and mental clarity. Facilitators: Kathleen Banks and Barbara Britton *Not intended to provide therapy or medical advice, for which you should consult your doctor.*

### “LEARNING TO PRAY” 4 Mondays, March 28 thru April 18, 3:00—3:30pm

Judith Pruess-Mellow, Ph.D., M.Div., continues her class on prayer with discussion of the book, Learning to Pray: How We Find Heaven on Earth by Wayne Muller. This is a non-denominational class and all are welcome.

### WHO AM I?

Tuesday 5:00—5:30pm

If this is a question that is interesting to you, join our discussion group. We will have a different topic each week, including: judgment, compassion, perception, worry, intention, and happiness. You will be asked to watch what you say and do, then we will discuss the many surprising discoveries about what our mind is busy with all day long! Journal writing is optional. The discussion will be led by Barbara Transue who teaches writing and critical thinking at Chabot College.

### CURIOSITY CLUB

Wednesday 11:00—11:30am

What's a flibbertigibbet? When did the Crusades take place? What are the lyrics of my favorite song? Call in to our Curiosity Club, and we will immediately get you the information you seek by looking it up on the Internet. And stay on the phone to hear questions from other participants. Facilitator Bonnee Caplan

### DE-CLUTTERING CHALLENGES

2<sup>nd</sup> Thursday, Feb. 10, March 10, April 14, 3:00—4:00pm

Got too much stuff? Don't even know where to start? Joan Craig is a professional organizer who has helped people put their living spaces in easy-to-maintain order since 1991. Join us for some great tips.

### DESERT GARDENER

Friday 1:30—2:00pm Starts Feb. 18

What can a gardener grow in an area with little rainfall, extreme temperatures, and nutrient-poor soil? Ed Martinez would like to tell you about his experiences as a desert gardener living in Northern Nevada.

## SPECIAL EVENTS

Every Friday 3:00—4:00pm



### **Improvisation**

February 4

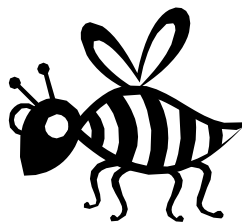
Let's put our wits together and come up with outrageous characters, imaginative scenes, and spontaneous stories. No experience necessary, just be ready for a good time.



### **Interview: Jeremy Taylor on Dreams**

February 11

Jeremy Taylor, an ordained Unitarian Universalist minister, has worked with dreams for over thirty years; he blends the values of spirituality with an active social conscience and a Jungian perspective. A founding member and past president of the Association for the Study of Dreams, Dr. Taylor has written four books integrating dream symbolism, mythology, and archetypal energy. Interviewer: Maggie Britton



### **Spelling Bee**

February 18

No stress allowed! Though it may be reminiscent of 6<sup>th</sup> grade anxt anxst angst, this will truly be a fun event. No pre-bee prep is needed, just call in and either join the challenge or listen in as an audience member. A favorite SCWW event!



## **Armchair Travels: Iran**

February 25

Sean McConnell joined a group of twenty citizen diplomats with the Fellowship of Reconciliation to develop relationships between citizens of the United States and Iran in April 2007. Since his visit, Sean has lectured on his experience in churches and community organizations, and he looks forward to sharing it with you.

*If you plan to call in to this group and you want to receive the photos, please let us know when you register.*



## **Martin Snapp, Reporter, Interviews You!**

March 4

Who was your favorite popular icon? Did you swoon over Gary Cooper or Humphrey Bogart? Was Maureen O'Hara your idol? Benny Goodman? Judy Garland? Elvis Presley? Join news columnist Martin Snapp and tell us who inspired you or made your heart thump. We'd love to hear your stories!



## **Broadway Tunes Sing-along**

March 11

Call in for an *a cappella* extravaganza as we sing our favorite songs from “South Pacific”, “Fiddler on the Roof”, “Singin’ in the Rain”, “Oklahoma”, and other popular musicals. Toe-tapping guaranteed!

*If you plan to call in to this group and you want to receive the song sheet, please let us know when you register for the session.*



## **Armchair Travels: Australia**

March 18

G'day mate! Come along with popular tour guide Pete Rowe on a fair dinkum holiday, and learn a bit about the culture, history, and geography of the “land down under.” *If you plan to call in to this group and you want to receive the photos, please let us know when you register.*



## **Chinese Embroidery**

March 25

In January 1974, Maggie Britton flew into Hong Kong to begin a “new” life—new husband, people, travel, and the added excitement of discovery—Chinese culture, art, language, food. What became prominent was a fast-growing interest in the art form of “Painting in Stitches” (antique Chinese embroideries), fabrics, and other whimsical antiques. Maggie is happy to share this passion with you in words and photographs. *If you plan to call in to this group and you want to receive the photos, please let us know when you register for the Winter/Spring SCWW session.*



## **April Fool's Day**

April 1

Practical jokes and general foolishness are the order of the day! Learn about the history, traditions, and some of the famous hoaxes from the past. Share your reminiscences of good-natured pranks played and received.



## **Great American Women in History**

April 8

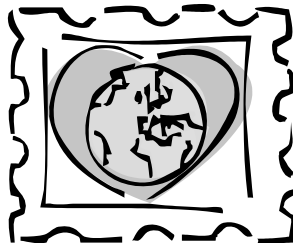
Learn about some of the many women whose accomplishments contributed to the growth of our nation. Presenter Lily Nova is a charter member of the new National Women's History Museum in Washington D.C.



## **Passover**

April 15

Join us on this Friday before Passover, which begins at sundown on Monday, April 18, for a commemoration of the story of Exodus, in which the ancient Israelites were freed from slavery in Egypt. All are welcome! Presenter: Rita Goldhor



## **Earth Day**

April 22

Share your appreciation of and inspiration by Mother Nature with poetry, musings, gratitudes, and other writings either composed yourself or by favorite authors on this 41<sup>st</sup> anniversary of Earth Day.

## *SPECIAL PRESENTATIONS on the TELEPHONE*

We are pleased to offer a series of special presentations with the help of several programs serving seniors in our community. Don't miss this opportunity to learn about valuable resources and healthful information from the comfort of your own home. Phone presentations will include a discussion session, so you can get all of your questions answered. Moderator: Maggie Britton

All special presentations are scheduled from 11:00am—12noon, every Tuesday.

- February 1     HOW TO HIRE HELP   Linda Ayala, MPH, Training and Outreach Coordinator for the Public Authority for In-Home Supportive Services (IHSS) in Alameda County, will offer suggestions on creating a job description, screening and interviewing, checking references, and selecting the best homecare worker for you.
- February 8     FRIENDSHIP   Have your thoughts and feelings about friends and friendship evolved with aging? What kinds of social supports do you value today? Presenter Brian De Vries, PhD, Professor of Gerontology at San Francisco State University has written and taught extensively on this subject, and he invites you to share your views.
- February 15    THIS IS YOUR BRAIN ON...   Join Roger Anunsen and Michael Patterson of mindRAMP & Associates, LLC, and learn about current research highlights from the exciting field of neuroscience, memory, and aging. Take action now to begin ramping up the power and potential of your mature mind because it's never too late or too soon to learn more.
- February 22    LONG TERM CARE PLACEMENT OPTIONS   Whether you choose to stay in your home or to move to a facility for assistance with care, learn about some of the issues you should consider in making your decision. Presenter is Deborah Espinola, MSW, Long Term Care Advocate, California Advocates for Nursing Home Reform (CANHR).
- March 1        BEYOND LIGHT and DARKNESS   Vision loss can present difficulties in maintaining our connection to the world and feeling a sense of "belonging". Our self-identity can be challenged. We will discuss how these issues affect us and look at tools and resources to address them. Presenter is Debbie Dunn, MFT, Counselor with the Braille Institute of Santa Barbara.

- March 8      SENSORY AWARENESS    Explore the richness of your world using all of your senses and add perception and detail to your daily tasks that will make them more manageable and enjoyable. Though this presentation was prepared especially for those with visual impairment, it will be beneficial to all participants. Presenter: Mary Lee Emard, Braille Institute of Santa Barbara
- March 15     SPECIAL EVENT: ACROSS THE MILES    Participants in three other telephone activities programs, Friendly Connections in Connecticut, Elders at Home in New York, and Lifetime Connections Without Walls in Texas, will join us to share stories and to talk about life in our different locations.
- March 22     ASSERTIVENESS TRAINING    Can I say “no” when I want to? Can I ask for help when I need it? Most of us have some level of discomfort with taking care of ourselves as we need to and want to. In this presentation we will learn how we can better our self care, self esteem and relationships with others by learning and practicing the fundamentals of being assertive. Presenter is Debbie Dunn, MFT, Counselor with the Braille Institute of Santa Barbara.
- March 29     PERIPHERAL NEUROPATHY    Learn about the symptoms, causes, and treatments of this disorder affecting the peripheral nerves that carry information from the brain and the spinal cord to and from the rest of the body. Presenter Bev Anderson is the Board President of the Northern California Chapter of the Neuropathy Association (NCCNA) and the founder of numerous support groups for folks suffering from PN.
- April 5       RAISE YOUR CONSCIOUSNESS ABOUT LGBT OLDER ADULTS    Become more aware of and sensitive to the needs of LGBT (Lesbian, Gay, Bisexual, Transgender) older adults. Presenter is Michelle Alcedo, Director of Education and Outreach with Openhouse, which offers connections to housing, social services, and community-building for LGBT older adults in San Francisco.
- April 12      HOME ALONE    Find out what services are available for older adults who live alone and want to stay in their homes as they age. Our Senior Resources panel includes Carolyn Bolton, Josie McGann, Amy Brokering, and Deborah Ingram of Episcopal Senior Communities Outreach Services.
- April 19      THIS IS YOUR BRAIN ON...    More great information about how mature minds work and how to keep brains healthy and vital at any age. Presenters are Roger Anunsen and Michael Patterson of mindRAMP & Associates, LLC.



## CAREER CHANGE

What's a goddess to do  
after having been one  
of the Fates? She's renamed now:  
Call her Hortense, the  
voice that announces,  
"There are five more  
minutes left in  
this conference."  
There's not much work  
these days for a goddess, 16  
be she Greek or Roman.  
At any rate,  
voice work's not so bad.  
And extensions are granted  
if the host simply punches in  
"pound-one."

*by Jerry Sexton*

*Jerry read his poem one Sunday morning to the Poetry Group, and just when he finished, the real Hortense came on and announced there were five more minutes left. A good laugh was had by all.*

# ANNOUNCEMENTS

## **Registration**

Remember, even if you have previously participated in a Senior Center Without Walls session, you must register for each term.

## **More Telephone Support**

If you are feeling distressed and need to talk to someone, 24-hour support is available. Call the Institute on Aging's Friendship Line at 1-800-971-0016 or the Crisis Support Services Line at 1-800-309-2131 for help. Most communities also have telephone reassurance programs that will call to check in with you everyday. Call your local Area Agency on Aging at 1-800-510-2020 for referrals to these programs.

## **Adapted Telephones**

Free adapted phones are available from California Telephone Access Program (CTAP) to assist people with vision, hearing, speech, and mobility difficulties. Call them at 1-800-806-1191 for more information.

## **Cancer Help**

The American Cancer Society sponsors free monthly telephone conference call support groups, free transportation to treatments, and many other services. For information call them at 1-800-ACS-2345 (1-800-227-2345).

## **Ideas Welcome**

If you have suggestions for groups or presentations, please call us at the SCWW office at 1-877-797-7299, to talk it over.

**Senior Resources:** Episcopal Senior Communities' Information and Assistance Program Call 1-877-640-7070 to receive information regarding senior services in your area.

**ElderWISE:** Episcopal Senior Communities' Friendly Visitor Program. Call 1-877-640-7070 if you are interested in learning about being matched with a volunteer visitor.

For more information on Episcopal Senior Communities and its community service programs, please visit us at [www.jtm-esc.org](http://www.jtm-esc.org).

## INDEX

---

A to Z Quiz Time	page 4	“Learning to Pray”	9
Announcements	17	Living with Chronic Pain	7
Armchair Bird Watching	3	Living with Vision Loss	6
Bingo	3	“Mature Mind” Read Aloud	5
Boggle	4	Meditation & Mental Imaging	9
Bud Buddies	3	Mind Massage	4
Caregiver Support	7	Movie Madness	3
Challenges of Aging	6	Needle Arts	3
Changing Vision, Changing Life	7	Newcomers Your Turn to Talk	8
Coffee Break	4	Pet Tales	3
Coping with Anxiety	6	Play Reading	5
Curiosity Club	9	Poetry	5
Current Events	8	Reminiscence	3
De-cluttering Challenges	9	Short Stories Read Aloud	5
Depression Support	7	Socrates Café	8
Desert Gardener	9	Special Events	10—13
Eat, Drink, & Be Merry	3	Special Presentations	14 & 15
Gratitude	5	Support for the Blind	6
Hanging Out	4	Tall Tales	5
Healing Circle	6	What’s the Verdict?	8
Hortense	16	Who Am I?	9
In the News	8	Writing Workshop	5

***Interested in volunteering for Senior Center Without Walls?  
Please contact us at 1-877-797-7299.***

### **Senior Center Without Walls**

Terry Englehart, Director

Amy Schaible, Associate Director

Jennifer Cancino, Outreach Coordinator

114 Montecito Ave., Oakland, CA 94610


Phone: 510-444-5974 or Toll-Free: 1-877-797-7299

E-mail: [info@SeniorCenterWithoutWalls.org](mailto:info@SeniorCenterWithoutWalls.org)

[www.SeniorCenterWithoutWalls.org](http://www.SeniorCenterWithoutWalls.org)

An Outreach Program of Episcopal Senior Communities

**SENIOR CENTER WITHOUT WALLS**  
**WINTER/SPRING 2011 SESSION: January 31 through April 24**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9-9:30am Gratitude	9-9:30am Gratitude	9-9:30am Gratitude	9-9:30am Gratitude	9-9:30am Gratitude	9-9:30am Gratitude	9-9:30am Gratitude
10-10:30am Poetry	10-10:30am Challenges of Aging	9:30-10am Boggle	10-10:45am Coping with Anxiety	9:30-10am Armchair Bird Watching	10-10:45am In the News	10-10:45am Bingo
10:45-11:15am Coffee Break	10:30-11am Meditation and Mental Imaging	10-10:30am Bud Buddies	10:30-11am Newcomers, Your Turn to Talk	10:30-11am Pet Tales	10-10:50am Caregiver Support (1 <sup>st</sup> and 3 <sup>rd</sup> Fridays)	12-12:15pm Mind Massage
12-12:15pm Mind Massage	11-12noon Tall Tales	10-10:45am Support/Discussion for the Blind	11-11:30 Curiosity Club	11-11:30am Eat, Drink, and Be Merry	11-11:45am Play Reading	1-1:30pm Mid-day Gratitude
1-1:30pm Mid-day Gratitude	12-12:15pm Mind Massage	11-12noon Special Presentations	11-11:45am Depression Support	11:30-12noon What's the Verdict?	12-12:15pm Mind Massage	4-5pm Hanging Out
3-3:45pm Writing Workshop	1-1:30pm Mid-day Gratitude	12-12:15pm Mind Massage	12-12:15pm Mind Massage	12-12:15pm Mind Massage	1-1:30pm Mid-day Gratitude	
4-5pm Hanging Out	1-1:45pm Socrates Café (Feb.14, Mar.14, Apr.11)	1-1:30pm Mid-day Gratitude	1-1:30pm Mid-day Gratitude	1-1:30pm Mid-day Gratitude	1:30-2pm Desert Gardener (Feb. 18 thru April 22)	
	2-3pm Healing Circle	3-3:45pm Changing Vision, Changing Life (Feb.1, Mar. 1, Apr. 5)	1:30-2pm Reminiscence	1-1:30pm Needle Arts	2-2:30pm A to Z Quiz Time 2	
	3-3:30pm "Learning to Pray" (March 28 thru April 18)	4-5pm Living with Vision Loss	2-2:30pm Living with Chronic Pain	3-4pm Short Story Read Aloud	3-4pm Special Events	
	4-4:45pm "The Mature Mind" Read Aloud	5-5:30pm Who Am I?	3-3:45pm Current Events	3-4pm De-Cluttering Challenges (Feb. 10, March 10, April 14)	4-4:30pm Movie Madness	
			4:30-5pm A to Z Quiz Time 1			

*For information about SCWW call 1-877-797-7299.*