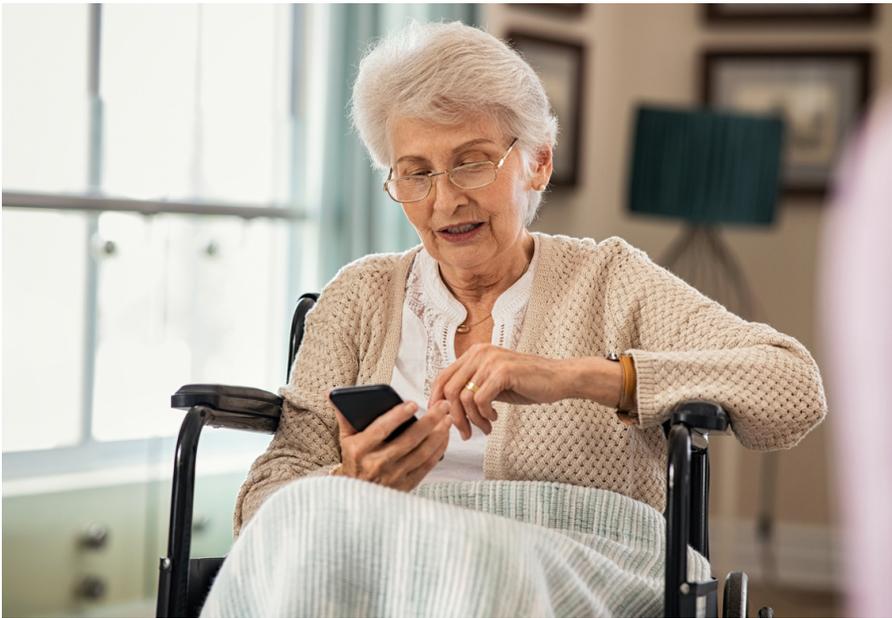




# Seniors' Centre Without Walls Program Guide



Providing free  
brain-stimulating  
activities, and space  
to create meaningful  
friendships and  
community for those  
who may feel alone  
and isolated.

**For more information/to register:**



[wellness@onecaresupport.ca](mailto:wellness@onecaresupport.ca)



[www.onecaresupport.ca](http://www.onecaresupport.ca)



1-844-482-7800



**REGISTER  
TODAY!**

# ONE CARE is excited to offer Seniors' Centre Without Walls



Seniors' Centre Without Walls is a free telephone-based program providing group activities for isolated, lonely and vulnerable seniors. Through the use of group telephone calls, we provide a line-up of health-related information, participation in brain-stimulating activities, and most of all, space to create meaningful friendships and community to those who may feel isolated.

## Who is eligible to join?

- Individuals 55 +
- And/or adults with physical disabilities
- Living in Huron and Perth counties

## How does it work?

- Register as a participant by calling ONE CARE using the number provided.
- We can call you before your registered program is set to start, or you can choose to call in using the steps provided.
- This program is also available in an accessible format.
- No computer required – **all you need is a telephone!**

## Is there any cost?

**Participating in this program is completely free!** All programs are run through a toll-free number, and no special equipment is required.

## Tips for calling into a scheduled program



Dial: 1-226-781-4229



Enter the six-digit passcode and press the # key.

**Passcode: 893303**



Record your name and then press the # key, or just stay on the line.



**Need help?** Dial \*0 to speak with an operator and ask to be connected with ONE CARE.

# Meet ONE CARE's Wellness Team



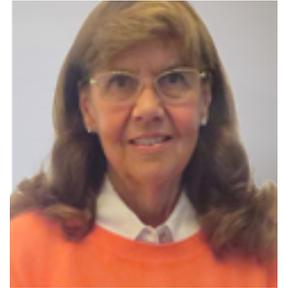
**Terri Philpott**



**Kaitlyn McCarter**



**Kim Hulley**



**Cheryl Phillips**

We will be hosting 75 program calls from September - December 2022.  
Each call will be 45-60 minutes in length.

Monday	Tuesday	Wednesday	Thursday	Friday
Terri Philpott	Kaitlyn McCarter	Kim Hulley	Kim Hulley	Cheryl Phillips
2:30 PM - 3:15 PM	3:00 PM - 3:45 PM	1:00 PM - 1:45 PM	2:30 PM - 3:15 PM	1:30 PM - 2:15 PM
 <p><b>Topics:</b> Arts &amp; Travel Story Telling Short Stories</p>	 <p><b>Topics:</b> Health &amp; Wellness Education Sports Chat</p>	 <p><b>Topics:</b> Brain Teasers &amp; Riddles Fun Facts Way with Words</p>	 <p><b>Topics:</b> Fun &amp; Games Trivia &amp; Bingo Music</p>	 <p><b>Topics:</b> Good News Fact or Fiction Current Affairs Biographies</p>



*This program is important as it allows us to reach those who don't have access to the internet, or aren't comfortable with technology.*

Kathy Scanlon, Executive Director  
ONE CARE Home & Community Support Services

# Monday 2:30 PM - 3:15 PM

Join Terri as she shares her ultimate list of things to experience around the world including travel, art, and short stories. Listening to a good story is sure to light up your imagination with pleasure and spark some great memories of one's own experiences that we invite you to share with this group of new friends.



# Tuesday 3:00 PM - 3:45 PM

Get fascinated and inspired with our trusted Kinesiologist, Kaitlyn, who will be focusing her series on Health/Wellness and Sports. Offering expert-backed guidance and inspiration to help us live our healthiest, most balanced lives.



# Wednesday 1:00 PM - 1:45 PM

Riddles! Puzzles! Whodunits! Kim is on the case to find participants who can help her solve brain-teasers, head-scratchers, puzzles, and riddles. Join a group of new friends and try to uncover the right answers while discussing and dissecting along the way.



# Thursday 2:30 PM - 3:15 PM

Listeners are invited to join in on the fun right from the comfort of your own home. Refresh your memory, answer the questions you know, or simply have fun during our fun and games, trivia, bingo, and music calls with Kim.



# Friday 1:30 PM - 2:15 PM

Join Cheryl as she reads happy news articles to uplift, inspire, and encourage you to remember that there is so much good in the world. Learn something new as Cheryl serves up current affairs and biographies.



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We are grateful for the \$4,000 grant from The Good Companions (Ottawa), which initiated the Seniors' Centre Without Walls program. The Good Companions received support from a generous donor for the expansion of Seniors' Centre Without Walls across Ontario.

The expansion team has kindly offered training, resources, and support to ONE CARE and other organizations to be successful in launching our own Seniors' Centre Without Walls program.

*Thank you!*

