

DECEMBER CALENDAR 2021 SENIORS WITHOUT WALLS

Call in to the classes toll free at: 855-204-8148

Wednesday December 1

10:00 am Hannukah- Have you always wondered about the details? Join us as we explore with Callan David

1:30 pm Card Bingo
Bring your Deck of Cards

Thursday December 2

1:30 pm Butter Churning Discussion
Join Sally Svenson Coordinator, from the Assiniboia & District Museum as she tells us about the ways of Butter Churning. P.O. Box 1211 S0H0B0, Assiniboia Sk, 306-642-5353

Friday December 3

10:00 am Lorne Jackson Piano
Join us in an hour of wonderful piano music and stories from Lorne Jackson. Grab a tea or coffee sit back in your favourite arm chair and get ready as the music soothes away your troubles and you lean back and relax.

1:30 pm Across The Miles (not our class) Join them about 1:15
Please note that a toll-free phone number and computer link will be provided. Join participants from Without Walls programs in Texas, New York, California, Ottawa, Alberta & Moose Jaw for an interactive discussion about a variety of topics

2:30 pm Recovery from Trauma: Developing and Maintaining Resiliency with Colette Pelletier Ph.D, R.D., Psych. Colette has been a Registered Doctoral Psychologist for 20 years and has worked at the Regina Health Region and the Saskatchewan Health Authority and with the Acquired Brain Injury Outreach Team. A primary focus of Dr. Pelletier's is counselling work helping those who have been affected by trauma in their lives. Dr. Pelletier is also a certified yoga instructor and believes in the

connection between mind, body, and spirit and the importance of holistic healing. Dr. Pelletier is an avid dog lover, a mother, wife, and daughter.

Owner: Cope Counselling Psychological Services P.C.

Monday December 6

10:00 am Heidi's Farm Report

Join Heidi as she tells us all about her adventures on the farm

1:30 – 2:00 pm Seated Yoga with Ericka

Join Ericka as she leads us in seated yoga exercises all done from sitting in our chair

Tuesday December 7

10:00 am Trivia and Krazy Categories With Donna

Brain Games and lots of laughs!

Join Donna Kostal, Library Technician at the Moose Jaw Public Library. Donna looks after the reference and adult programs. About 4 years ago she was asked to present programs for one of the retirement homes in Moose Jaw. This was a whole new adventure for her and through trial and error her have become a much-anticipated program with their participatory nature. Donna strives for interaction and participation with the people. Donna says that, "My goal is to present material that will get people thinking and having fun!"

1:30 Regina Antipoverty Ministry

Join Bonnie Morton as she talks about the new Social Assistance Program and how homelessness is increasing in Saskatchewan and tells us how poverty affects those in Saskatchewan

Wednesday December 8

1:30 Pm Part One Estranged Family Members

"Family difficulties can often leave members in a position where they are unable to communicate. Some of these rifts develop over long periods of time, whilst other family relationships can change suddenly and unexpectedly." Join in with John Seargeant, MEDIATOR (Q.MED) with Bridges Communications as

he talks to us about estrangement and how we might be able to help ourselves or others struggling and be a friend to those in need. You can reach John by phone or text at 306-513-8235. You can email at info@bridgesmj.ca, follow Bridges Communications Group on Facebook and Instagram and you can learn more by going to the website, bridgesmj.ca

Thursday December 9

10:30 am Part Two Estranged Family with John Seargeant

1:30 pm Join the Assiniboia & District Museum as Sally shares with us Barn Paintings that members of the community have done.

Friday, December 10

10:00 Lorne Jackson Piano Show

1:30 Good News Stories and Open Mic with Myrna
Reflect on the year 2021. Have you done something nice for someone this year? Has someone done something nice for you this year? Have you heard a good news story on the radio this year and really stuck with you? What are you grateful for this year? Gratitude is associated with greater happiness. Join as we share something positive that we were grateful for.

Monday December 13

1:30 – 2:00 pm Seated Yoga with Ericka

Tuesday December 14

10:00 am Holiday Traditions with Karla Rasmussen Education and Public Programs Coordinator, Western Development Museum
Karla will take us on an adventure of Christmas and Holidays past as journey back through our own memories and learn some new stories and traditions.

1:30 pm Embracing 80s

Join author Anne Patton, as she tells us about her many adventures since turning age 78. All part of Anne's "embracing 80 challenges," a way to push her comfort zone in 80 different

ways before she reaches the milestone birthday. Anne says, "It's a way of staying young and a way of having a blast and trying new stuff." She's thrown axes, paddle boarded and hopped on a dogsled in Churchill, Man.

Wednesday December 15

1:30 pm Open Mic and Embracing your to do list! Share with us the stories of adventures that you have done in the past. What are some things on your bucket list that you always wanted to do but have not yet done? And share with us - has Anne inspired you to try something new? What will you embrace in the next five years?

Thursday December 16

10:00 am Designing Christmas Cards with Watercolours and other materials (let us know if you need materials). Join us with Christy Schweiger Education Coordinator at Moose Jaw Museum & Art Gallery. You can participate in today's art project or you can just join in the conversation, either way, we hope you will join us.

Friday December 17

10:00 am Lorne Jackson Piano Show

1:30 Open Mic, Coffee Chats

Monday December 20

1:30 – 2:00 pm Seated Yoga with Ericka

Tuesday December 21 – NO CLASS

Wednesday December 22

1:30 You Be The Judge! You are the judge in these real-life crime stories. First, you will hear all the facts. Next, you will evaluate and discuss the ins and outs of the case, and deliver a verdict! Find out if your outcome matches the real one!

Thursday December 23

10:00 am Clay Toque Project with Christy (with or without yarn) let us know if you need materials.

1:30 pm Assiniboia & District Museum join Sally as shares with us about Christmas Concerts in the past.

Friday December 24

10:00 Lorne Jackson Piano Show

Join us in wonderful Christmas piano music and stories from Lorne Jackson. Grab a tea or coffee sit back in your favourite arm chair and get ready as the music soothes away your troubles and you lean back and relax. You are welcome to sing along to all the songs!

Friday December 24

1:30 Christmas and Holiday Traditions and Stories

Share your Christmas traditions, childhood memories, funny stories. What is your best Christmas gift ever? What was your worst Christmas gift ever? What are your holiday baking tips? Do you have a family recipe you want to share? Share with the others about Christmas Concerts that you have gone to. Share your stories, or just listen to the others stories.

Monday December 27

1:30 pm - 2:00 pm Seated Yoga with Ericka

Tuesday December 28 – NO CLASS

Wednesday December 29

1:30 PM Fact or Fiction?

Is the story fact or fiction? Test your knowledge and learn some facts along the way.

Thursday December 30

10 am Living with Intention – In Preparation For the New Year With, Della Ferguson Grief Support Worker and Funeral Celebrant for 22 years with Jones-Parkview Funeral Services; Chairperson

of Journey to Hope Moose Jaw Inc.; Board Member of Heartland Hospice Moose Jaw Inc.; Wife, Mom and Grandma.

Friday December 31

10 am Lorne Jackson Piano Show

1:30 Embracing the New Year - Open Mic/Coffee Chats

**Merry Christmas! Happy New Year!
To all of you!**