

Senior Centre Without Walls (SCWW) Peterborough Activity Descriptions

May & June 2022

What is SCWW?

Through the use of multi-person phone calls, SCWW provides the opportunity for greater Peterborough area older adults to enjoy health and wellness seminars, educational lectures, brain-stimulating activities, join general conversations, and make new and meaningful friendships – all from the comfort of home!

**All Activities are accessed over
the Telephone.**

How Do I Register?

Register early to avoid disappointment. Some activities require minimum numbers and may be cancelled.



There are two ways to register for activities:



By Phone

Call 705-876-1670

Provide your name and phone number
State what activity you're interested in
State what day and time



By E-mail

E-mail hannahpeart@activityhaven.com

Provide your name and phone number
State what activity you're interested in
State what day and time



Activity	Chair Exercise
Description	Movement is medicine. In this fully seated exercise class, we will move gently and slowly to maintain and strengthen muscles and joints from head to toe. The only equipment needed may be a hand towel or book. Loose clothing, a sturdy chair and water to sip on are recommended. Please put your phone on speaker if possible so that you can hear the instructions and use both hands.
Day & Time	Mondays, May 2 nd , 9 th , 16 th , 30 th , June 6 th , 13 th , 20 th , 27 th at 9:30-10:00am
Facilitator	Michelle Holdforth

Activity	Chair Yoga
Description	Join Michelle from Community Care in Chair Yoga which consists of gentle stretches, poses and breathing practices. No previous yoga experience needed. Good for individuals with arthritis and other health challenges that limit movement. Please put your phone on speaker if possible so that you can hear the instructions and use both hands.
Day & Time	Tuesdays, May 3 rd , 10 th , 17 th , 24 th , 31 st June 7 th , 14 th , 21 st , 28 th at 1:00-1:30pm
Facilitator	Michelle Holdforth

Activity	Tea & Inspirational Chats
Description	Hannah invites participants to bring a cup of tea and take part in fun and positive chats. If you're tired of negative, stressful conversations, try something new. Your facilitator will offer a different topic each week. Limit of 4 people in each group.
Day & Time	Thursdays May 5 th , 12 th , 19 th , 26 th , June 2 nd , 9 th , 16 th , 23 rd , 30 th at 1:00-1:30pm
Facilitator	Hannah Peart

Activity	Stress Busters
Description	Stress Busters is a calming and relaxing class where we focus on releasing tension both physically and mentally. This class will also focus on foot exercises. No equipment necessary. Please put your phone on speaker if possible so that you can hear the instructions and use both hands.
Day & Time	Fridays, May 6 th , 13 th , 20 th , 27 th & June 3 rd , 10 th , 17 th , 24 th at 9:00-9:30am
Facilitator	Michelle Holdforth

Activity	Memories
Description	Join Karen for a wide range of great topics that include, One Room Schoolhouse, when they started when they disappeared plus her personal memories of attending one in the late 1950's. Princess Louise, one of Queen Victoria's daughter and what growing up in that environment was like, schooling, relationships, parents, etc. Travelling through the Channel Islands, including history of the islands. And lastly travelling through Malta and our experiences there.
Day & Time	Wednesdays May 25 th & June 29 th at 1:00-1:30pm
Facilitator	Karen Carter- Edwards

Activity	Ask an Expert
Description	Hear from a different expert in their field and participate in the discussion. Friday May 6th: Nutritional Talk Wednesday May 25th: Emergency Preparedness Wednesday June 1st: What is going on for Seniors Month (June) Wednesday June 8th: Stay Active Wednesday June 15th: World Elder Abuse Awareness Day Wednesday June 22nd: Stay Connected Wednesday June 29th: Stay Safe