

Seniors Centre Without Walls

An engaging, social, barrier free opportunity to have fun! This interactive free program is phone lead by staff and volunteers geared to those that are 55+.





“The Coffee Chat was a great way to connect to others feeling the loneliness of having to Stay Home through this COVID-19 Pandemic”

- Mary FitzGerald

Seniors' Centre Without Walls 101

- You do not need to be a member of 55+ Centres for this free program
- Programs are multi-person phone conversations (or conference calls)
- No special equipment needed – just your average phone!
- Phone session lasts between 30-60 minutes.
- You are able to hear each other, talk to one another, learn have fun!

Fair Play Policy

The goal of the City of Barrie Recreation Programs is to ensure all participants have a rewarding, memorable, safe and fun experience while participating in our programs. Providing a safe environment is a collaborative process. We ask that participants follow the following guidelines:

- Allow the Leader and Guest Speaker to lead the group
- Allow everyone to contribute. Try not to dominate the conversations
- To be courteous and respectful to others with limited interruptions
- To help provide an environment that is sensitive to, and respectful of, everyone's needs and preferences, regardless of race, ethnic origin, culture, religion, age, mental or physical disability, gender identity or gender expression, or sexual orientation.

How to Access the Programs:

To register email recinfo@barrie.ca or call 705-739-4223 and leave your first and last name, phone number and program(s) of interest and we will follow up with you.

Programs are 30-60 minutes in length and will cover a variety of games and topics. See program schedule for times and program information.

MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Barrie Transit 10:00am-10:30am What is Seniors Centre without Walls 1:30pm	5 Mindfulness for Health & Hope 10-10:30am Barrie Public Library Short Story 1:30-2:30pm	6 Fit Minds 10am Ducks in a Row Mini Series 1:30-2:30pm	7 What is Seniors Centre without Walls 10-10:30am Coffee Chat 1:30-2:30pm	8 
11 Barrie Transit 10:00-10:30am Riddle Me Monday 1:30-2:00pm	12 Mindfulness for Health & Hope 10-10:30am Barrie Public Library Short Story 1:30-2:30pm Learn to Zoom 3:00-4:00pm	13 Fit Minds 10am Trivia with Barrie Fire & Emergency Services 1:30-2:30pm	14 3 Word Story 10:00-11:00am Healthy Aging Series VON 1:30-2:30pm	15 HOPE Helping Older People Engage 10:00-11:00am
18 Victoria Day 	19 Mindfulness for Health & Hope 10-10:30am Barrie Public Library Short Story 1:30-2:30pm eResources 3:00-4:00pm	20 Fit Minds 10am Ducks in a Row Mini Series 1:30-2:30pm	21 Red Cross 10-10:30am Coffee Chat 1:30-2:30pm	22 HOPE Helping Older People Engage 10:00-11:00am
25 Barrie Transit 10:00-10:30am Riddle Me Monday 1:30-2:00pm	26 Mindfulness for Health & Hope 10-10:30am Barrie Public Library Short Story 1:30-2:30pm Borrow a Book 3:00-4:00pm	27 Fit Minds 10am Trivia with Barrie Fire & Emergency Services 1:30-2:30pm	28 3 Word Story 10:00-11:00am Healthy Aging Series VON 1:30-2:30pm	29 HOPE Helping Older People Engage 10:00-11:00am

Barrie Public Library

Storytime for Grownups with the Barrie Public Library. Join the Library to listen to and discuss some of our favourite short stories, essays and poems. Offered Every Monday

May 12th: Zoom with the Barrie Public Library. Learn how to video chat with your loved ones using Zoom.

May 19th: eResources with the Barrie Public Library. Learn what kind of online resources the Barrie Public Library has to offer. Read the newspaper, a new book, or a new magazine all from the comfort of your home!

May 26th: Borrow a Book with the Barrie Public Library. Learn how to use cloudLibrary with the Barrie Public Library. Find out how you can borrow a book on your device from the comfort of your couch.

Ducks in a Row Mini Series

Do you have your ducks in a row? Want to start the conversation but not sure where to begin? This is a great discussion around how to get your ducks in a row tips and tricks. Workshops will be offered once we are back in the centres. Lead by volunteer Beryl

Trivia with Barrie Fire & Emergency Services

Barrie Fire and Emergency Service will host a conversation for older adults on fire prevention. All seniors are welcome to participate. Older adults are at high risk of fire. The Remembering When program, developed by the National Fire Protection Association (NFPA), teaches older adults through trivia, humor, and nostalgia how to protect themselves from fires and falls. **The focus is on fun, but the safety messages are serious.**

What is Seniors Centre without Walls

Is a free interactive telephone-based program that connects seniors and enables them to be social, informed and connected during difficult times. Learn more about how you can participate in our exciting programs and opportunities.

Healthy Aging Series – VON

May 14th: Staying on Your Feet: The goal of this class is to be more aware of the cause and impact of falls, and to increase awareness of the benefits of physical activity.

May 28th: Taking Charge of Your Health: The goal of this class is to increase awareness of the importance of taking charge of your health in order to decrease your risk of a fall. Includes an overview of a variety of chronic diseases and conditions frequently experienced by seniors (i.e. vision loss, hearing loss, diabetes, stroke, etc.), and some tips on how to manage them.

HOPE (Helping Older People Engage)

is a program designed to help older adults engage with each other remotely, to help prevent social isolation and to encourage engaging hope-focused conversation about aging well in whatever space and place you choose. The HOPE program will be an opportunity for older adults to come together to share their thoughts, tips, ideas and solutions to live your most positive aging experience no matter where you live.

Coffee Chat

Every chat is a different topic suggested by you. If you are just looking to hang out with a coffee/tea and connect with others this is the spot for you!

Thank you to our partners



Canadian
Red Cross



Fit Minds

The Fit Minds Active Living Series provides exercises and activities across the full spectrum of cognition, asking individuals to not only exercise their language skills but their visual/spatial, memory, critical thinking and computation abilities as well. In partnership with Chartwell – Barrington

Barrie Transit

Chat with Barrie Transit! Current rider, former rider, future rider? Let's explore the City of Barrie's transit system together. Collectively we will get to know the transit system in greater detail, along with a weekly question & answer segment

Red Cross Service

May 21: Emergency Preparedness for Seniors. Information on what seniors should have in their emergency kits, and how to respond to situations such as fire, flooding, gas leaks, and power outages

Mindfulness for Health & Hope

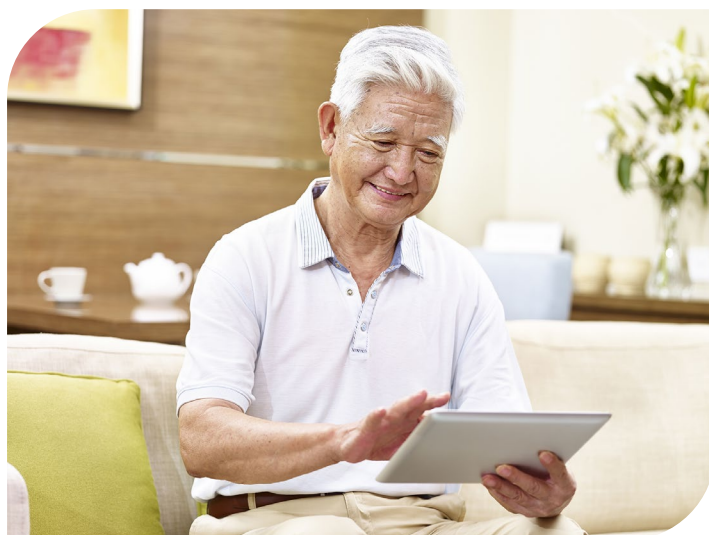
This half-hour audio program will provide inspiring messages for these trying times, and simple exercises and guided meditation for well-being. For the best experience, sit in a straight-backed chair with feet grounded, with a warm shawl or sweater and a pen and paper at hand. Led by Lynne Marshall

Riddle Me Mondays

Can you solve the Mondays riddles? Warm up your brain for the week solving our riddles.

3 Word Story

Let's create a story together using 3 words each. Each person has the opportunity to add 3 words to the story as it continues to unravel. At the end we will have a fun and unique story



Thank you to our partners



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