



Senior Center Without Walls

An ESC Senior Resources Program

an award-winning community for seniors



SUMMER

2 0 1 7

July 10 – Oct. 8

1 (877) 797-7299

scww@jtm-esc.org
seniorcenterwithoutwalls.org

Welcome to Senior Center Without Walls!



Senior Center Without Walls (SCWW) is a non-denominational program of Episcopal Senior Communities. It is a virtual program offering activities, education, friendly conversation, and an assortment of classes and support groups to older adults accessible from the comfort of home. Play a game, write a poem, go on a virtual tour, meditate, share a gratitude, get support, and most importantly, connect and engage with others every day, across the country.

SCWW is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected.

All groups are accessible by phone and many are accessible online!

**Senior Center Without Walls connects over
850 older adults across 33 states!**

**Let's continue to grow!
Tell your friends!**

**SCWW is accessible to low-vision and blind
participants. Our materials are available in
large print, Braille, and audio.**



Episcopal Senior Communities and Senior Center Without Walls is committed to serving seniors regardless of race, ethnicity, sex, religion, national origin, sexual orientation, gender identity, ancestry, military discharge status, marital status, source of income, housing status, or other protected classifications.

Welcome to Senior Center Without Walls!

SCWW Staff



Amber Carroll
Director



Patt Schroeder
Program Specialist



Katie Wade
Program Manager



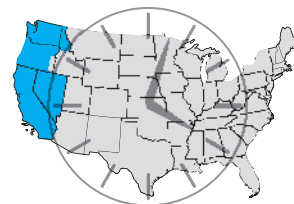
Jeff Cheung
Administrative Coordinator

How It Works

- 1.** If you are new to SCWW, call to register:
(877) 797-7299
- 2.** You will receive a calendar with information about how to access our groups.
- 3.** For handouts for selected groups, call us:
(877) 797-7299
- 4.** Join groups of interest and enjoy!

US Time Zones

9:00am - Pacific Time
10:00am - Mountain Time
11:00am - Central Time
12:00pm - Eastern Time



All groups are in Pacific Time

Program Guidelines

Confidentiality

- Never share any private information over the phone or online.
- Only registered participants have access to the group code numbers.
- The views and opinions expressed by facilitators and participants are their own and do not necessarily reflect the views of Senior Center Without Walls or Episcopal Senior Communities.
- Groups may be recorded with notification.
- Senior Center Without Walls and Episcopal Senior Communities will not share your personal information with anyone without your consent.

Phone/Online Etiquette

- Ensure that you are in a quiet environment before joining a group.
- Although you may join a group at any time, please try to join groups as close to start time as possible.
- Identify yourself with your first name when you join the group and before you speak.
- When you are not speaking, please mute your line to avoid background noise.
For audio only calls: Press the **MUTE** button on your phone or press *1
For audio/video calls: Press the **MUTE** button on your phone or press *6

Group Etiquette

- Allow the Facilitator to guide and direct the flow of his or her group.
- Everyone's opinion is valuable and must be respected in all groups.
- Allow every member the opportunity to participate and be heard.
- Do not monopolize the conversation.
- Proselytizing, arguing, or directing hurtful or disrespectful remarks at any member is forbidden.

Violation of the above guidelines may be grounds for dismissal from the program.



We're on Facebook!

Visit us at [Facebook.com/SeniorCenterWithoutWalls](https://www.facebook.com/SeniorCenterWithoutWalls)

Handout Checklist

If you would like to receive handouts and/or email invites,
please contact the SCWW office:
(877) 797-7299 or **scww@jtm-esc.org**

HEALTH & WELLNESS

Tuesdays | 11:00am - 12:00pm

- ☐ 7/11 Aging Mindfully
- ☐ 7/18 Clearing the Way
- ☐ 7/25 Forgetfulness Friendly
- ☐ 8/1 Breathe & Reflect
- ☐ 8/8 A-lo-ha
- ☐ 8/15 Scams
- ☐ 8/22 Feeding a Family
- ☐ 8/29 Reading the Signs
- ☐ 9/5 Sex & Aging
- ☐ 9/12 Pain Awareness Month

CANDID CREATIVES

Wednesdays | 11:15am - 12:00pm

- ☐ 7/12 Remembered Experiences
- ☐ 7/19 Cosmic Rainbow Hearts
- ☐ 7/26 Beadworking
- ☐ 8/2 For the Love of Hearts
- ☐ 8/9 Walking Into My Collage
- ☐ 8/16 Medical Clowning
- ☐ 8/23 Container Gardening
- ☐ 8/30 Participatory Art
- ☐ 9/6 Stories of a Stylist
- ☐ 9/13 Textile Art

MUSEUMS AT HOME

Wednesdays | 3:30pm - 4:30pm

- ☐ 7/12 NH Historical Society
- ☐ 7/19 SC State Museum
- ☐ 7/26 MA Commonwealth Museum
- ☐ 8/2 WY State Museum
- ☐ 8/9 RI Museum of Work & Culture
- ☐ 8/16 MT Historical Society
- ☐ 8/23 CA Museum
- ☐ 8/30 MT Historical Society
- ☐ 9/6 AZ State Museum
- ☐ 9/13 OMCA

SPECIAL EVENTS

Fridays | 3:00pm - 4:00pm

- ☐ 7/14 Memory & Aging
- ☐ 7/21 Applied Brain Science
- ☐ 7/28 AXIS Dance Company
- ☐ 8/4 News & Wisdom
- ☐ 8/11 The Science of Aging
- ☐ 8/18 Classic Foods of New England
- ☐ 8/25 Tech Story Project
- ☐ 9/1 "S" Connection **
- ☐ 9/8 Southern Adventures
- ☐ 9/15 Writers Read **

OTHER GROUPS

- | | | |
|--|--|---|
| <input type="checkbox"/> Boggle | <input type="checkbox"/> Picture My World | <input type="checkbox"/> Bingo |
| <input type="checkbox"/> Crabby Stomach | <input type="checkbox"/> Get Fit With Darlene | <input type="checkbox"/> Tombstone Talk |
| <input type="checkbox"/> State of SCWW ** | <input type="checkbox"/> Blind Diabetes Group ** | <input type="checkbox"/> Memorial Service ** |
| <input type="checkbox"/> DJ Jeff ** | <input type="checkbox"/> Elder Community ** | <input type="checkbox"/> Personal Storytelling ** |
| <input type="checkbox"/> Sounding Board ** | <input type="checkbox"/> Across the Miles ** | |

**** No Handouts**

Throughout California, ESC cultivates and builds healthy communities with a continuum of residential and innovative aging services that actively promote intellectual, physical, social, and spiritual well-being. Through retirement communities, affordable housing, and community services, ESC provides supportive services to seniors of all economic means.

Senior Produce Markets

Markets selling fresh produce at cost to seniors each week at various locations throughout California.

Sheila Womack	(925) 428-7904 swomack@jtm-esc.org	Multiple CA counties
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Senior Resources Information and Referral Programs

One stop shop for seniors, their families, or caregivers to access information, referrals, and assistance.

Laura Medina	(831) 424-0911 lmedina@jtm-esc.org	Monterey
Amy Brokering	(415) 563-8043 abrokering@jtm-esc.org	San Francisco
Carolyn Bolton	(510) 444-0243 cbolton@jtm-esc.org	Alameda
Jen Arent	(707) 539-0333 jarent@jtm-esc.org	Sonoma
Annette Balter	(925) 956-7396 abalter@jtm-esc.org	Contra Costa
Carol Ann Moore	(415) 899-8296 cmoore@jtm-esc.org	Marin
Britt Bassoni	(408) 295-5905 dbassoni@jtm-esc.org	Santa Clara

ElderWISE

Volunteer friendly visitor program with a mission to help seniors overcome isolation and loneliness.

Vanessa Sacks	(323) 928-2240 vsacks@jtm-esc.org	Los Angeles
Brian Stannard	(415) 290-8885 bstannard@jtm-esc.org	San Francisco, Alameda
Franchesca Trudeau	(415) 492-0111 ftrudeau@jtm-esc.org	Marin, Sonoma

Telephone Reassurance

Regularly scheduled phone calls to seniors to check-in, gauge safety and well-being.

Colleen Chavez	(415) 456-9068 cchavez@jtm-esc.org	Marin
Annette Balter	(925) 956-7396 abalter@jtm-esc.org	Contra Costa
Britt Bassoni	(408) 295-5905 dbassoni@jtm-esc.org	Santa Clara

Home Sharing

Matches individuals willing to share their home with a home seeker, in exchange for rent and/or services.

Colleen Chavez	(415) 456-9068 cchavez@jtm-esc.org	Marin
Annette Balter	(925) 956-7396 abalter@jtm-esc.org	Contra Costa - Concord
Amie Spencer	(415) 351-1000 aspencer@homematchsf.org	Home Match San Francisco

Rotary HOME Team

Program that deploys Rotarians to do minor repairs for seniors in their communities.

Annette Balter	(925) 956-7396 abalter@jtm-esc.org	Contra Costa
Carol Ann Moore	(415) 899-8296 cmoore@jtm-esc.org	Marin - Novato
Colleen Chavez	(415) 456-9068 cchavez@jtm-esc.org	Marin - San Rafael

Senior Resources @ Home

Provides quality and compassionate home care to older adults and their loved ones.

Karen Miller	(707) 664-5230 kmmiller@jtm-esc.org	Sonoma, Marin
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SCWW is a community service program of Episcopal Senior Communities, a 501(c)(3) non-profit 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.

Thank you to our funders - Episcopal Senior Communities, and all of our individual contributors. We could not do our work without you!

If you would like to make a donation, please make checks payable to:

Episcopal Senior Communities Foundation
(Please note "SCWW" on the check)

Mail to: Episcopal Senior Communities Foundation
2185 N. California Blvd., Suite 575
Walnut Creek, CA 94596

Volunteer

Are you looking to give back? Well, look no further! We are looking for group facilitators on several topics, including:

- Travel (one-time presentations)
- Religious Studies
- Educational (ex: history, science)
- Arts/Crafts
- Bingo
- Other

Like to chat on the phone? Write notes? We are also looking volunteers to engage with participants by phone and mail.

You can volunteer with SCWW from your home!

If you would like to volunteer with SCWW, please contact:

Katie Wade, Program Manager
(415) 805-6692 | kwade@jtm-esc.org

Fun & Games



Tall Tales

Tuesdays, 7/11 - 10/3

2:00pm - 2:45pm

Do you like to tell or listen to a good story? Join SCWW's "Liar Club" and see if you can figure out which stories are true and which are fanciful fabrications.

Facilitated by Kathleen Torres

Trivia

Tuesdays, 7/11 - 9/12

4:00pm - 4:45pm

Saturdays, 7/15 - 10/7

1:00pm - 1:45pm

Get your dose of trivia fun and celebrate your trivia knowledge. What is your favorite trivia category – geography, arts and literature, science and nature? The excitement begins with a toss of the dice when you are given a question and the game begins. No winners or losers, just lots of fun!

Facilitated by Kathleen Torres (Tuesdays) and Janice Rooker and Sharon Schwartz (Saturdays)

Bingo

Thursdays, 7/13 - 10/5

11:00am - 12:00pm

Saturdays

9:00am - 10:00am (7/15 - 9/16)

10:00am - 11:00am (7/15 - 10/7)

Bingo? On the telephone? You bet! Join us for the classic game of chance.

Saturdays at 10:00am for seasoned Bingo players only.

Facilitated by Janice Rooker (Thursdays) and Gloria Flores (Saturdays)

HANDOUTS

Guess What?

Thursdays, 7/13 - 9/14

1:30pm - 2:00pm

Join us for a surprise trivia topic each week - some weeks will have themes, others will be a delightful smörgåsbord of questions. Every week there will be a new facilitator. No winners or losers, just lots of fun!

Facilitated by ESC Resident Service Coordinators



Boggle

Saturdays, 7/15 - 10/7

11:00am - 11:45am

Have fun finding as many words as you can in a grid of letters in this fun and brain-stimulating classic game!

Facilitated by Janice Rooker

HANDOUTS

Mystery Melody

Saturdays, 7/15 - 9/16

11:30am - 12:00pm

First we'll give clue #1: Our weekly theme. Then, clue #2: Have fun humming, singing, "la, la, la", or give us a hint. Lastly, we guess the melody! Mystery solved!

Facilitated by Jan Knowles



Languages

Perfecting Our French

Tuesdays (Practice), 7/11 - 10/3

5:00pm - 6:00pm

Thursdays, 7/13 - 9/14

4:30pm - 5:30pm

This French language group will share events of the week and brush up on language skills. *For advanced level French speakers only.*

Facilitated by Gloria Kasdan (Tuesday) and Jan Knowles (Thursday)

Rekindling Spanish

Thursdays, 7/13 - 10/5

9:45am - 10:30am

For participants whose knowledge of Spanish is at an advanced-beginning or intermediate level, and who want to brush up in a comfortable, safe, and fun environment. Todos son Bienvenidos!

Facilitated by Rich Gerston

Conversation



LGBTQ Chat

2nd and 4th Mondays, 7/10, 7/24, 8/14, 8/28, 9/11, 9/25

1:00pm - 2:00pm

This group is open to all LGBTQ seniors and is an opportunity to connect with others socially in a supportive environment where participants can share individual and collective experiences. We will create an inclusive place to share our stories with each other and build a sense of community.

Facilitated by Sylvia Vargas, Openhouse Friendly Visitor Manager

Character and Curiosity

2nd and 4th Wednesdays, 7/12, 7/26, 8/9, 8/23, 9/13, 9/27

9:30am - 10:30am

What do you think character is? How do we help younger people develop character? Join us to explore these questions and many more.

Facilitated by Ken Roman, Author

Coffee Break

Wednesdays, 7/12 - 10/4

10:00am - 10:30am

Sundays, 7/16 - 10/8

11:00am - 11:30am

Grab a cup of coffee or hot tea and enjoy a mid-morning opportunity to chat and catch up with your SCWW community.

Facilitated by Andy Andersen (Wednesdays) and Vi C. (Sundays)

The Good Stuff

Thursdays, 7/13 - 9/14

10:30am - 11:00am

Leave all negativity at the door and join us to share thoughts about 'the good stuff' in life - small pleasures of everyday, favorite words of encouragement, great childhood memories, and more! You're sure to leave this group uplifted. Every week there will be a new facilitator.

Facilitated by ESC Resident Service Coordinators



Meet Me in the Kitchen

Fridays, 7/14 - 9/1

4:15pm - 4:45pm

What is your favorite childhood memory of a meal or holiday celebration? What culture influenced the foods you grew up with and still enjoy today? Meet us in the kitchen, where we will share stories and memories of our favorite foods, meals and celebrations and create new food experiences together!

Facilitated by Harla Norman



Where Were You When?

Saturdays, 7/15 - 10/7

12:00pm - 12:45pm

Where were you when you were 50 years old? Or 10? Do you remember where were you on Christmas Eve in 1960 or the summer just before you started high school? Join us to discuss memories of where you were when.

Facilitated by Janice Rooker

“The real art of conversation is not only to say the right thing in the right place, but to leave unsaid the wrong thing at the tempting moment.”

~Dorothy Nevill

Poetically Speaking

Wednesdays, 7/12 - 10/4

2:00pm - 2:30pm

Poetry has been proven to inspire, challenge, console, inform, and help heal both the body and soul. Please join us to hear selections of celebrated and contemporary poems.

Facilitated by Greg Pond, Poet

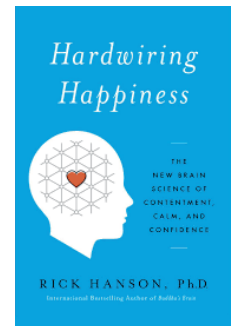
Book Reading: Hardwiring Happiness

Wednesdays, 8/16 - 9/6

3:00pm - 3:30pm

Rick Hanson, PhD. hopes to show you how to beat the brain's negativity bias, which is like Velcro for negative experience, but Teflon for positive ones. In just a few seconds at a time, you can turn your small daily experiences into lasting inner strengths, such as resilience, balance, and positive emotions.

Facilitated by Judith Pruess-Mellow, Ph.D., M. Div.



Short Stories Read Aloud

Thursdays, 7/13 - 10/5

3:00pm - 4:00pm

Pull up your chair and come with me to a place where your imagination is engaged and where visuals are just what your mind creates. Selections will be read from stories written by a variety of authors - some you may have heard of, others may be new. Throughout our time, we will experience mystery, humor, inspiration, and love, with a variety of fictional stories.

Facilitated by Dorothy Gager

Poetry

Sundays, 7/16 - 10/8

10:00am - 11:00am

Share with others poetry that you have written or that you admire and join in a lively discussion about the poems.

Facilitated by Anne Allen

Book Share

1st & 3rd Saturdays, 7/15, 8/5, 8/19, 9/2, 9/16, 10/7

3:00pm - 4:00pm

Book lovers unite! Call in to discuss some of your favorite books and authors with other book lovers.

Facilitated by Andy Andersen

Story Time

Saturdays, 8/12, 9/9, 9/30

3:00pm - 4:00pm

What are your favorite short stories? Have you written anything yourself? Please join us for an hour of sharing. You are welcome to read up to 15-20 minutes... or you may prefer to just listen to the magic provided by others.

Facilitated by Nicolette Noyes

Writing

Write for Life

Tuesdays, 7/11 - 10/3

12:30pm - 1:30pm

Few of us have been taught to be self-caring and accepting of ourselves. This journal writing group will give us permission to express our emotions without censorship. Participants are **not** expected to share journal entires; rather we will discuss what we discover about ourselves as we write. Writers and non-writers are welcome!

Facilitated by Sheppard Kominars



Writing Workshop

Sundays, 7/16 - 10/8

3:00pm - 4:00pm

Join this peer group for supportive discussions, suggestions, and feedback about what you are writing. Get those creative juices flowing! Participants are invited to offer ideas for writing exercises.

Facilitated by Jerry Sexton

Picture My World

Sundays, 7/23 - 9/24

12:00pm - 1:00pm

Join us as we continue our adventure through poetry, reminisce, and explore our creativity. Using simple materials, each person will explore their inner view of the world through creative and verbal participation. Our goal is to view our lives as a whole and to appreciate what each of us has experienced and accomplished in our lifetime. No experience required; adaptations included for those with vision loss.

Facilitated by Alane Spight

HANDOUTS

Personal Storytelling

Tuesdays, 7/18, 8/22, 9/19

3:00pm - 4:00pm



Under the guidance of Master Storytelling Mary Gay Ducey, Stagebridge Storytellers have been exploring the art of personal storytelling, adapting folk and fairy tales, and creating vibrant stories from real events in history. Stagebridge tellers have taken personal memories, classic stories, and fascinating historical events, and turned them into engaging personal narratives. In this call-in Storytelling Concert, you will hear these stories come alive! Each story is followed by a Q&A and brief discussion.

Facilitated by Stagebridge, California

**“Art enables us to find ourselves
and lose ourselves at the same
time.”**

~Thomas Merton

Socrates Café

Mondays, 7/10, 8/8, 9/11

1:00pm - 2:00pm

Around the world, people of diverse backgrounds gather to think and discuss philosophical questions with one another at the Socrates Café. “What is beauty?”, “Is it ever okay to lie?”, or “Who deserves happiness?” may be some of the questions to ponder.

Facilitated by Linda Greenberg, PhD

While We're Together

Mondays, 7/10 - 9/11

5:00pm - 6:00pm

During this special time together, we'll deepen our experience of community while exploring the meaning the Bible holds for each of us. Through reading scriptures aloud or contributing thoughts about your recent readings, we'll share the joy of discovering how the Bible can meet many kinds of needs.

Facilitated by Lynn Parrish

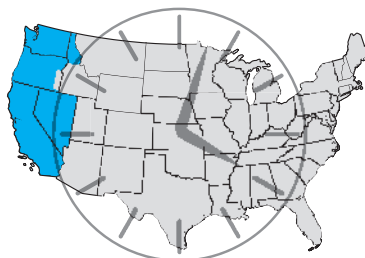
Keys to Joy

Saturdays & Sundays, 7/15 - 10/8

5:00pm - 6:00pm

Each day we will take a topic from the fields of psychology, spirituality, or philosophy geared to increase our happiness. We come not as “experts” but as fellow seekers wishing to warm ourselves at each others' fires.

Facilitated by Lynn Rayburn



All groups are in Pacific Time

Reflections & Meditations



Gratitude

7/10 - 10/8

Morning Gratitude	Every Day	9:00am - 9:30am
Afternoon Gratitude	Mondays - Fridays	12:00pm - 12:30pm
	Saturdays	4:00pm - 4:30pm
	Sundays	1:00pm - 1:30pm

Call our daily Gratitude Groups to share what you feel grateful for in a safe and welcoming space. Listen to others share as well for an inspiring way to begin each day!

Facilitated by Kaevalya Banks, Kathleen Torres, Tom White, Lynn Rayburn, Vi C., Nicolette Noyes, and SCWW staff

Meditation

7/10 - 10/8

Mondays	11:00am - 11:30am	Fridays	11:00am - 11:30am
Tuesdays	10:30am - 11:00am	Saturdays	10:30am - 11:00am
	5:00 pm - 5:30pm		4:30pm - 5:00pm
Wednesdays	10:30am - 11:00am	Sundays	10:30am - 11:00am
Thursdays	11:00am - 11:30am		4:30pm - 5:00pm
	5:00pm - 5:30pm		

The direct experience of our own inner reality is called meditation. Meditation techniques are mental disciplines that allow us to calm, focus, and examine the mind. These groups share 15-20 minutes of silent meditation where all lines will be muted. No experience is necessary.

Facilitated by Christine Esenther, Tom White, Kaevalya Banks, and Kathleen Torres

Guided Imagery Meditation

Sundays, 7/16 - 9/17

7:00pm - 7:30pm

Join us as we take a walk through the forest, focus on the flickering flame of a candle, stroll along the beach, and much more. Each week, we will first check in with the physical sensations in our body and then begin a relaxing journey through guided imagery.

Facilitated by Sally Hayward

Unconditional Love

Wednesdays, 8/23 - 10/4

5:00pm - 5:45pm

The Dalai Lama has stated that the way to be happy and make others happy is to give unconditional love. We will share our experiences of unconditional love, practice loving kindness exercises, and finish up with a caring circle where we will practice both giving and receiving love.

Facilitated by Lynn Rayburn

Music

DJ Jeff's All Request Show

Fridays, 7/14 - 9/15

1:00pm - 2:00pm



Call in to request the title track from your first record, your favorite song from your first dance, the song you listened to over and over again in your car way back when. Have fun laughing, reminiscing, singing, and tapping your feet. You may even have the urge to get up and dance!

Facilitated by Jeff Cheung, ESC's SCWW Administrative Coordinator

Song Lyrics and Other Hysteries

Fridays, 7/14 - 10/6

2:15pm - 2:45pm



Discuss the lyrics of your favorite tune, especially relevant in the month of June. But don't be aghast when it turns to August. All are welcome to join us for conversation about celebrated song lyrics.

Facilitated by Buddy Weisman

Supportive Groups



Supportive Groups are meant to offer support in a safe, nurturing environment.

Support/Discussion for the Blind

Tuesdays, 7/11 - 9/12

1:00pm - 1:45pm

This peer-led group offers a safe environment in which completely blind participants can share the challenges they face and the successes they experience. We will create a place to share our joys, fears, tears, and laughter.

Facilitated by Andy Andersen, M.S., and Bonnie Rennie

Diabetes Support

Wednesdays, 7/12 - 9/13

10:30am - 11:00am

Have you been diagnosed with, or have questions about symptoms, treatment, and prevention of Diabetes? Join us for a peer-led support group to discuss your experience living with diabetes.

Facilitated by Andy Andersen, M.S.

Low-Vision Support: "The Eyes Have It"

Wednesdays, 7/12 - 9/13

1:00pm - 1:45pm

Meet others living with low-vision and share your solutions, while learning techniques from others for continuing to live a full life. Learn about available resources that can help you remain independent.

Facilitated by Doug Rose, Lighthouse for the Blind & the CA Department of Rehabilitation

Grief Support

Wednesdays, 7/12 - 9/13

6:00pm - 7:00pm

Saturdays, 7/15 - 9/16

2:30pm - 3:30pm

Discover the power of a caring environment where you can share and support each other during a time of loss. Learn about helpful tools, tips, and resources for working through grief.

Facilitated by Eric King, ASW

They are not intended to replace individual medical or psychotherapy sessions.

Living with Vision Loss

Thursdays, 7/13 - 9/14

11:00am - 12:00pm

This peer support group for those with any level of vision loss provides an opportunity to share experiences and suggestions. If you do not experience visual impairment, but would like to know more, you are also welcome to join this group.

Facilitated by Andy Andersen, M.S. and Anne Allen

Living with Chronic Pain

Thursdays, 7/13 - 9/14

(no groups on 7/20 or 8/10)

2:00pm - 2:30pm

Those of us living with chronic pain know that it can affect every area of our lives - disrupting our activities, our appetite, our personal relationships, and our overall emotional health. Share your experiences, your challenges, and successes with others dealing with chronic pain in a supportive, caring environment.

Facilitated by Tom Norris, Retired Air Force Lieutenant Colonel, and ACPA Facilitator

Crabby Stomach

Fridays, 7/14 - 10/6

9:30am - 10:15am

This group will provide a safe space to share experiences to support each other in dealing with our crabby stomachs, also known as Irritable Bowel Syndrome (IBS). This group is peer-led; we encourage participants to seek medical advice from their doctor.

Facilitated by Sylvia Bombay, living with IBS for 70 years

Blind Diabetes Group

Fridays, 7/14 - 9/15

10:00am - 10:45am

This group aims to be a one-stop source to obtain the best accessible products, accessible education/training, and helpful peer support to enable members to live healthy and independent lives and never feel alone. Members will have the opportunity to individually review training material, and then join the group to discuss the material.

Facilitated by Jerry Munden, living with Type 1 diabetes for 44 years

Supportive Resources



The Friendship Line (800) 971-0016

National 24-hour support for lonely, isolated, depressed, frail and/or suicidal seniors.

2-1-1 or 211.org

Free, national, confidential information and support.

Eldercare Locator

www.eldercare.gov or (800) 677-1116

A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

Hadley Institute for the Blind and Visually Impaired

www.hadley.edu or (800) 323-4238

Hadley Institute promotes independent living through lifelong, distance education programs (online courses) for individuals who are blind or visually impaired, their families, and blindness service providers.

VisionAware

www.visionaware.org

VisionAware is an easy to use, informational website for adults with vision loss, their families, friends, and the providers who serve them. VisionAware offers practical information about living with vision loss, support groups, eye conditions, and services available throughout the country.

CONNECT2AFFECT

www.connect2affect.org

Connect2Affect is an online resource featuring tools and information to help evaluate isolation risk, reach out to others who may be feeling lonely and disengaged, and find practical ways to reconnect to community. It is for individuals, families, and the community at large.

National Issues Forum: End of Life

Mondays, 7/17 & 7/24

2:00pm - 3:00pm

What ought to be done at the end of life is both a personal and public decision. As our population ages, it is becoming a matter of great concern for the entire nation. This NIF guide explores end-of-life decisions by asking the question, "What should society allow, and support, at the end of life?" We'll discuss three options: maintain quality of life, preserve life at all costs, and 'my right, my choice'.

Facilitated by Katie Wade, ESC's SCWW Program Manager



HANDOUTS

National Issues Forum: Over the Edge

Mondays, 7/31 & 8/7

2:00pm - 3:00pm

What should we do when alcohol and drug use become a problem to society? There are no easy answers to deep-seated public problems like substance abuse, but this NIF guide will help us talk together about three possible options: keep people safe, address conditions that foster substance abuse, and uphold personal freedom.

Facilitated by Katie Wade, ESC's SCWW Program Manager



HANDOUTS

Advocacy Now

Mondays, 7/10 - 9/11

3:15pm - 4:15pm

Meet with your peers to discuss strategies that can be used to effectively communicate your opinion to elected officials about issues that directly affect the financial, emotional, and physical health of adults over 60 and/or adults with disabilities.

Facilitated by Patt Schroeder, ESC's SCWW Program Specialist



Special Interest

Growing an Elder Community

Mondays, 7/10 - 9/11

10:00am - 12:00pm

By speaking with others, older people discover what is beautiful about the latter stages of life, and how getting older, especially as a disabled or homebound person, can contribute positively to our culture-at-large. This is an opportunity to experience what is noble about being human in this world.

Facilitated by David "Lucky" Goff, Ph.D., Radio Host, and author



Get Fit With Darlene

Mondays, 7/10 - 10/2

4:15pm - 4:45pm

Join us for a moderate exercise class for older adults and have some fun along the way! *Please consult your healthcare provider before completing these exercises.*

Facilitated by Darlene King

HANDOUTS

Across the Miles

Tuesdays, 8/8 & 10/3

12:15pm - 1:15pm

Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations throughout the United States and Canada.

Facilitated by Rachel Sutcliffe, Seniors' Centre Without Walls (Ottawa) Coordinator (8/8), and Heather Drouin, Edmonton Southside Senior Centre Without Walls Project Manager (10/3)



State of Senior Center Without Walls

Tuesday, 9/19

9:30am - 10:30am

Join us to discuss recent and upcoming changes to SCWW, including how the program is expanding with new activities and participants from all over North America!

Facilitated by the ESC's SCWW staff



Tombstone Talk

Tuesdays, 7/25 & 8/1

3:00pm - 4:00pm

Designed to provide an opportunity to talk about death, not only of others, but our own. In sharing our thoughts and fears about dying - where, when, and how - it just might lead us to share what we would like to have written on our own tombstones.

Facilitated by Patt Schroeder, ESC's SCWW Program Specialist



HANDOUTS

Getting Through the Night

Wednesdays, 7/12 - 8/16

5:00pm - 5:45pm

Having trouble connecting with sleep? There are endless things you can do with your mind or your body to take up the slack. Come and tell us how you pass the time and pick up a pointer or two.

Facilitated by Lynn Rayburn



Open Mic

Thursdays, 7/13 - 10/5

6:30pm - 7:00pm

All are welcome to call in and perform, big talent not required. Singing, spoken word, stand-up comedy, play your favorite instrument, read a poem or more. Enthusiastic spectators are also welcome to join. Joke telling is reserved for the last ten minutes.

Facilitated by Kathleen Torres

SCWW Memorial Service

Thursday, 8/3

1:00pm - 1:45pm

Join us to remember the members of the SCWW community who touched the lives of all of us.

Facilitated by Rev. Laura Darling, ESC's Senior Director of Communications



Special Interest



Noggin Joggin'

Thursdays, 7/13 - 9/14

2:30pm - 3:00pm

Let's get those dendrites going and spice up our brains! We will have exercises that may not always be easy but will be a fun way of Joggin' our Noggins. We're sure to have a great time along the way. Please join us!

Facilitated by Nicolette Noyes

Cultural Literacy Meltdown

Fridays, 7/14 - 10/6

5:00pm - 5:45pm

Cultural literacy is the term used to describe a body of knowledge held in common by members of a society. Each week, we will pick subjects from the Dictionary of Cultural Literacy to see what we know as a group. Participants are encouraged to bring their own topics as well.

Facilitated by Lynn Rayburn

Pet Tales

Saturdays, 7/15 - 9/16

11:00am - 11:30am

Share stories about your animal companions, past or present, with others who also appreciate furry, feathered, and gilled friends.

Facilitated by Anne Sanabria and her dogs, Ringo, Butchie, Freddie, and Stevie

Bird Talk

Saturdays, 7/15 - 10/7

2:00pm - 2:30pm

Join fellow bird lovers for this informal group to share our admiration and memories of our diverse family of feathered friends.

Facilitated by Kaevalya Banks

Доступно о Медикерэ

Каждый четверг, 7/13 - 8/17

3:00pm - 3:30pm

Кто и когда получает страховку Медикерэ

Что Медикерэ покрывает

Как Медикерэ работает с другими программами

(602) 241-6118

Maryna.Sachs@aaaphx.org



Все группы находятся в
тихоокеанском времени

Подготовка к тесту на Гражданство

Каждый четверг, 8/24 - 9/28

3:00pm - 3:30pm

Раз в неделю мы обсуждаем вопросы по тесту на Американское гражданство и что ожидать от интервью. Коментарии приветствуются.

(602) 241-6118

Maryna.Sachs@aaaphx.org

Grupo de Español

Gratitud

Martes, 7/11 - 9/12

10:00am - 10:30am

Llame nuestra línea de Gratitud y comparta por qué se siente agradecido en un espacio seguro y acogedor. Escuche a otros compartir también de una manera inspiradora para iniciar cada día.

Facilitado por Manuel Martinez en Openhouse

Llame ahora para registrarse:

(415) 347-8509



Todos los grupos están en
tiempo del Pacífico



MOST HEALTH & WELLNESS HAVE HANDOUTS. IF YOU WOULD LIKE TO RECEIVE

Aging Mindfully for Wisdom and Serenity

7/11



The aging process can be stressful for both seniors and their families. Join us to learn how to increase wisdom and serenity with Mindfulness Practices. We'll learn how to shift to a higher perspective, resulting in more mental clarity, physical vitality, and emotional equanimity.

Presented by Monique Martineau, Speaker, Consultant, & Coach

Clearing the Way

7/18



When is a mess more than just a mess? Join us to discuss the difference between clutter and hoarding. We'll learn how hoarding behaviors develop, and how to best help yourself or loved ones who are dealing with this concern.

Presented by Joyce Martin, MA, PsyD, Contra Costa Behavioral Health

Forgetfulness Friendly

7/25



"Forgetfulness" is an inclusive term and a gentle alternative to Alzheimer's disease, dementia, or cognitive impairment that generates less stigma and fear. Learn tips for how we can each be part of creating forgetfulness friendly interactions and communities.

Presented by Patricia Ris and Debora Tingley, Memory Care Cafe

Breathe and Reflect: Nutrition and Self-Care Journey

8/1



After years of intense, stressful living and burn-out, a potentially fatal illness brought everything to a terrifying halt. We'll talk about how this turning point led Vanessa to embrace self-care, holistic healing options, healthy eating, and gratitude for each and every day.

Presented by Vanessa Sacks, ESC's Director of ElderWISE

A-lo-ha

8/8



Hula Noho is a form of hula dancing performed while seated. This dance form brings joy to the heart and strength and flexibility to your arms, shoulders, and fingers. Adorn yourself with a lei and join us for an hour of seated dance fun!

Presented by Sylvia Bombay, Hula Dancer for 11 years



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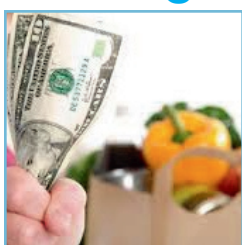
Scams, I Thought That Only Happened to Others! 8/15



We always hear stories of new financial scams targeting older adults and they often seem far away from our own reality. In truth, we are all vulnerable to the skillful tactics of scammers. Join us to learn lessons from the latest scams, including the recent “Blessing Scam.”

Presented by Melissa McNair, Victim Services, San Francisco

Feeding a Family of 10 on \$50 Per Week 8/22



Tami took on a challenge to reduce her grocery budget from \$500 to \$50 a week - and still manages to create healthy, tasty meals for her entire family. Hear tips and strategies for budgeting, meal planning, getting deals, and making food last.

Presented by Tami Rossell, Pastry Chef

Reading the Signs 8/29



Do you know the signs of serious medical issues that affect older adults, such as heart attacks, strokes, and diabetic emergencies? You don't have to be Superman to save the day - with a few simple tips, we can all learn how to respond appropriately to these concerns.

Presented by Audrey Demmitt, R.N., BSN

Sex and Aging 9/5



Join us for a sex-positive, candid conversation about sexuality and intimacy in later life. We'll consider age-related physical and emotional changes, ideas for creating intimacy, and tips for better sex or masturbation as you age.

Presented by Dr. Carol Queen, Staff Sexologist at Good Vibrations

Pain Awareness 9/12



Did you know that 40% of American adults suffer from chronic pain? In honor of Pain Awareness Month, we'll discuss some misconceptions about pain, the foundational principles of managing pain, and how to find support through the American Chronic Pain Association.

Presented by Penney Cowen, Founder & CEO, ACPA



MOST MUSEUMS AT HOME HAVE HANDOUTS. IF YOU WOULD LIKE TO RECEIVE

New Hampshire Historical Society

7/12

Discovering New Hampshire

The Granite State has a rich and diverse history. From a magical Indian chieftain to a “railway to the moon,” explore the unique people, places, and events that have shaped history and created the Yankee character for which New Hampshire is famous.

Presented by Elizabeth Dubrulle, Director of Education & Public Programs

South Carolina State Museum

7/19

Sauntering Through South Carolina

Hear shots fired in the American Revolution before the Declaration of Independence was signed; ride on America’s first steam locomotive, and blast off with South Carolina’s very own astronauts for an out of this world experience!

Presented by the South Carolina State Museum

Commonwealth Museum

7/26

The Development of American Rights

Join us for a description of rare historical documents, such as the Declaration of Independence and the 1789 Bill of Rights. Through these foundation documents, we’ll trace the development of rights from colonial times to today.

Presented by Stephen Kenney, Director

Wyoming State Museum

8/2

Wyoming and the West

From Plains Indians and Mountain Men to the Frontier Army, Ranching, and Natural Resources, we’ll explore a few exhibits at the Wyoming State Museum and you’ll discover some of the Equality State’s past and present.

Presented by Nathan Doerr, Curator of Education

Museum of Work and Culture, Rhode Island

8/9

Farm to Factory: The 18th & 19th Century Immigrant Story

Recreate the turn-of-the-century immigrant journey to Woonsocket, RI, once the jewel of the textile industry. Together we will explore the people who lived, worked, and worshiped there while struggling to maintain their culture in a new nation.

Presented by the Museum of Work and Culture, Rhode Island



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Montana Historical Society

8/16

Doing Our Bit: Montana's Homefront During the Great War

In 1918, Governor Stewart wrote, "The women of the West are certainly doing their share in bearing the burdens of the war, and we cannot be too eloquent in our praise of their efforts." Join us for a look at how these women merited recognition by "doing their bit."

Presented by Bobi Harris, Lead Tour Guide

California Museum

8/23

Uprooted: Japanese Americans during WWII

Join a formerly interned docent to learn what life was like for Japanese-Americans interned during WWII. This powerful program will explore the causes and consequences of the internment camps and well as concepts such as redress, citizenship, and constitutionality.

Presented by the California Museum

Montana Historical Society

8/30

I Do: A Cultural History of Montana Weddings

We'll glimpse into the lives of ordinary Montanans through stories celebrating the weddings of yesteryear. Through each story, *I Do* highlights similarities and differences in wedding traditions and shows how traditions have changed over more than a century.

Presented by Martha Kohl, Historical Specialist

Arizona State Museum

9/6

Pottery Project

Join us for a tour of the world's most comprehensive collection of Southwest Indian pottery. This collection tells the story of 2,000 years of life in the desert and represents the traditions of every ancient, historic, and contemporary Native culture in the region.

Presented by the Arizona State Museum

Oakland Museum of California

9/13

Dorothea Lange: Politics of Seeing

Lange documented American life with intimate photographs that showed the issues of the times. Hear of the emotional and political impact of her work in this exhibition, which coincides with the 50th anniversary of the artist's gift of her personal archive to OMCA.

Presented by the Oakland Museum of California



MOST CANDID CREATIVES HAVE HANDOUTS. IF YOU WOULD LIKE TO RECEIVE

Remembered Experiences

7/12

Jon's imagery is drawn from family relationships, places, and remembered experiences using a process of reconciling the relationships between line, mass, color, value, and subject. Join us for an exploration of Jon's playful experimentations with a variety of media.

Presented by Jon Neuse, Artist

Cosmic Rainbow Hearts

7/19

Shannon's recent project, Cosmic Rainbow Hearts, combines meditation and art to create a tool for expressing love in your mind, words, and actions. She invites you to join her in sharing love with yourself or someone else by creating your own version of a cosmic rainbow heart.

Presented by Shannon Bronson, Artist and Yogini

Beadworking

7/26

Annette will share her process for creating lovely beaded jewelry with gemstones, pearls, and seed beads. Learn how earrings, bracelets, and necklaces unfold through a variety of techniques, such as wire wrapping, stringing, and bead-weaving.

Presented by Annette Balter, ESC's Director of Senior Resources (Contra Costa)

For the Love of Hearts

8/2

Tracy shares her lifelong love of hearts. She makes them out of clay, paints them with watercolors, finds them in nature, roads, and buildings. In addition to making her own, she collects an abundance of hearts rendered by other artists. Celebrate hearts and the love they represent!

Presented by Tracy Powell, ESC's VP of Home and Community Based Services

Walking Into My Collage

8/9

Changing over time, the vignettes of home, like collages, represent Alane's keen artistic eye. Join us for a personal home tour that includes a rich collection of handmade woven clothing, paper collages, paintings, memorabilia, and other interior delights.

Presented by Alane Spight, Artist



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Medical Clowning

8/16

Through the therapeutic art of play and humor, medical clowns help patients and their families reduce fear and anxiety while increasing their strength and motivation to cope with illness. Calvin will share his background as an accomplished variety performer, and discuss the fascinating work of being a medical clown.

Presented by Calvin Kai Ku, Medical Clown Project

Container Gardening

8/23

Ed and Doug will share their affinity for gardening and some of the tips they've learned along the way. We'll hear about a variety of container gardening options, including the recently popularized square foot gardening, raised beds, and even water gardens.

Presented by Doug Rose, Lighthouse for the Blind and Ed Haines, Hadley Institute

Participatory Art

8/30

Emma is a performance artist who creates participatory contemporary works in urban and rural areas. Join us to hear about Emma's art practice, including theater and interactive performances. Her primary interest lies in inviting others to join in the process and enjoy an active participatory experience.

Presented by Emma Che Raethke, Artist

Stories of a Stylist

9/6

As a hair stylist for 17 years, Alisha's spot behind the chair has given her an inside look into the very personal ways we interpret society's beauty standards for ourselves. Through storytelling, we'll hear of the ongoing battle between women and their hair.

Presented by Alisha Banham, Stylist

Textile Art

9/13

On the outskirts of Sebastopol, CA, acclaimed weaver and embroiderer Alexandra Hart works in a quaint sewing studio filled with decades of her hand-woven tapestries and embellished garments, transforming the space into a shrine to texture and color. Join us to hear about Alexandra's enchanting adventures in textile art.

Presented by Alexandra Hart, Textile Artist



MOST SPECIAL EVENTS HAVE HANDOUTS. IF YOU WOULD LIKE TO RECEIVE

Memory and Aging: Evidenced-Based Good News 7/14



Despite decades of effort, there is still no pill, tonic, or single cure for Alzheimer's and other dementia. That's the bad news. The evidenced-based good news is that we can do a lot to prevent memory challenges! Learn how to build a better future for your brain.

Presented by Roger Anunsen, Brain Health Educator

Applied Brain Science: From Knowledge to Action 7/21



New Applied Brain Science research has revealed both "WHAT" we need to do to delay or even prevent cognitive decline and "HOW" to do it. Learn how to apply this brain health knowledge to design a tailored blueprint for your brain's future.

Presented by Roger Anunsen, Brain Health Educator

AXIS Dance Company 7/28



AXIS Dance Company exists to change the face of dance and disability through artistry, engagement, and advocacy. AXIS is the nation's leading ensemble of dancers with and without disabilities. Join us to hear about AXIS's groundbreaking work.

Presented by Judith Smith, AXIS Founder and Director

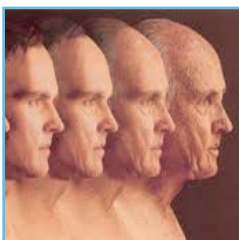
News and Wisdom 8/4



Senior Correspondent is a digital news venture that features the reporting of veteran journalists plus essays and poetry by older adults. The mission is to amplify the voices of older adults for the good of society. Anyone who seeks a seasoned view of the world is welcome!

Presented by Daniel Pryfogle, Founder of Senior Correspondent

The Science of Aging 8/11



By 2050, one in four humans will be over 60. Learn how scientists are designing therapeutics that aim to prevent, halt, or even reverse diseases of aging. These promising medical advances will potentially expand the amount of time we will be able to live in good health.

Presented by Jamie Dananberg, M.D., CMO, Unity Biotechnology



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Classic Foods of New England

8/18



New England's proximity to the ocean lends itself to the mouth-watering seafood dishes, while its rural farms produce a variety of sweet treats. From lobster rolls and popovers, to apple pan dowdy and maple butter. Join us as we explore the foods of New England.

Presented by Amy Brokering, ESC's Senior Resource Director (SF)

SF Tech Council's Tech Story Project

8/25



The Tech Story Project aims to showcase real-life examples of how technology has impacted positive change and opportunity in your life. Join us (by computer or tablet if possible) to record your personal tech story to be archived and featured on www.TheHistoryProject.com.

Presented by Kate Eppler, Program Manager, The Bridge, SFPL

"S" Connection: Seniors, Sex, Sensuality & Satisfaction

9/1



Be a part of a focus group to collect information for a video project celebrating the pleasure life of seniors. Come ready to discuss your experiences and perceptions of how intimacy, sexual expression, and connection are achieved. *This group will NOT be recorded.*

Presented by Ayanna U'Dongo, Filmmaker

Southern Adventures

9/8



Join Roger for highlights of his recent South Pacific cruise from Bali to Fiji and tour South America by way of Peru, Chili, and Columbia. Our exploration will take us much closer to the equator, where we'll indulge in delicious dishes, interesting people, and fascinating experiences.

Presented by Roger Cormier

Writers Read

9/15



Writers Read showcases SCWW writers reading personal selections from the past session. Poetry, short stories, and more! Join to listen and enjoy the many talents within our community. *To share your story, let us know by 9/1.*

Presented by Patt Schroeder ESC's SCWW Program Specialist

SCWW Champion



"The attitude of gratitude has changed my attitude"
~Wendy Ward, 2017

Wendy Ward

Wendy's involvement in SCWW infuses the program with heart, compassion, and humor. Over the last twelve years, she has facilitated innumerable groups. Currently, as a regular and frequent participant, she checks in with her SCWW "family", and encourages new members. She says very honestly, "anyone who keeps connecting with SCWW will find their lives feeling and being more positive!" She is a living testimony to that reality as she shares her own life and health challenges with honesty and a humor!

All of us who hear Wendy talk or laugh, appreciate having her in our lives! She helps SCWW create a safe place of acceptance for each and every person who calls into the program and is, indeed, a champion for all of us!

Without Walls Network

There are a number of Without Walls programs throughout the world providing older adults with endless opportunities to participate in activities and classes over the phone. For more information, please contact:



DOROT University Without Walls

(877) 819-9147
dorotusa.org



Lifetime Connections Without Walls

(512) 626-1508
familyeldercare.org



Mather Lifeways

(847) 492-7500
matherlifeways.com



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SENIOR CENTER WITHOUT WALLS
881 TURK ST | SAN FRANCISCO, CA 94102



SUMMER 2017