



Senior Center Without Walls

An ESC Senior Resources Program

A Telephone Community for California Elders

An Award Winning Program

Summer Session 2015

May 25 - August 16



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.



Senior Center Without Walls

An ESC Senior Resources Program

Welcome to Senior Center Without Walls!

Senior Center Without Walls (SCWW), a non-denominational program of Episcopal Senior Communities, offers telephone activities, friendly conversation, and an assortment of classes and support groups to older adults in California who find it difficult to participate in activities in their community. Seniors participate in the free activities using their own telephones in the comfort of their homes.

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

SCWW is largely a volunteer driven program with over 90 volunteers, many of them seniors, donating their time and expertise to develop and facilitate groups.

SCWW works with community partners to identify and serve older adults who are isolated. Last year, SCWW served over 800 older adults across California and plans to serve a greater number of older adults through use of online technologies and expanded outreach to language diverse, LGBT seniors, and traditionally isolated/underserved communities.

How can I support Senior Center Without Walls?

Donate - SCWW is a community outreach 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. If you would like to donate, please make checks payable to "Episcopal Senior Communities" and note "SCWW" on the check. Mail to Senior Center Without Walls - 114 Montecito Ave, Oakland, CA 94610.

Volunteer - We are grateful to our caring team of volunteer facilitators and presenters, outreach representatives and office helpers. If you would like to discuss volunteering with SCWW, please contact Amy Schaible at (510) 444-5974 or aschaible@jtm-esc.org.

Thank you to our funders - Episcopal Senior Communities, St. Paul's Episcopal Church, and all the individual contributors. We could not do our work without you!

Senior Center Without Walls uses a telephone conference format, which should be considered a public forum. Although we do our utmost to secure privacy and confidentiality for each participant, we cannot guarantee it. The content material presented in each group is selected by the facilitator.

The views and opinions expressed by our facilitators and participants are their own and do not necessarily reflect the views of Senior Center Without Walls or Episcopal Senior Communities.

EPISCOPAL SENIOR COMMUNITIES

Episcopal Senior Communities (ESC) cultivates and builds healthy communities with a continuum of residential and innovative aging services that actively promote intellectual, physical, social, and spiritual wellbeing. Through retirement communities, affordable housing, and home and community based services, ESC provides supportive services to seniors of all economic means.

Senior Resources Offered by Episcopal Senior Communities

Available in the greater San Francisco Bay Area

- Senior Produce Markets
Tracy Powell, 925-956-7397 or tpowell@jtm-esc.org
- Senior Resources Information and Referral Programs
Laura Darling, 925-956-7427 or ldarling@jtm-esc.org
- ElderWISE Friendly Visitor Program
Vanessa Sacks, 415.563.8143 or vsacks@jtm-esc.org

Telephone Reassurance for San Francisco Bay Area Residents

A free telephone reassurance program is now offered by Episcopal Senior Communities. Trained volunteers call three mornings per week to determine client's safety and wellbeing, and direct client to any necessary resources.

If you live in the San Francisco Bay Area and would like to sign up for this program, contact Leslie Klor at (415) 456-9062 *132 or lklor@jtm-esc.org

Additional Resources

Friendship Line and Crisis Support

If you are feeling distressed and need to talk to someone, 24-hour support is available. Call Institute on Aging's Friendship Line at 1-800-971-0016 or the Crisis Support Services Line at 1-800-309-2131 for help. Most communities also have telephone reassurance programs that will call to check in with you every day. Call your local Area Agency on Aging at 1-800-510-2020 for referrals to these and other senior resources.

Adapted Telephones

Free adapted phones are available from California Telephone Access Program (CTAP) to assist people with vision, hearing, speech, and mobility difficulties. Call them at 1-800-806-1191 for more information.

Talking Books

Northern California: 1-800-952-5666

(California State Library, Braille and Talking Book Library)

Southern California: 1-800-808-2555

(Braille Institute)

ALL participants must re-register for each new session!



Call 1-877-797-7299
or complete and mail the enclosed registration form to:
Senior Center Without Walls
114 Montecito Ave.
Oakland, CA 94610

Schedules are available in both Braille and audio versions for registered participants.

Volunteer!



Have an interest or skill that you would like to share?
Become a Volunteer Facilitator for Senior Center Without Walls! Make a difference in the lives of older adults all over California - all from the comfort of your own home!
Contact Amy Schaible at
(510) 444 - 5974 or info@seniorcenterwithoutwalls.org

What is RESOLV?

Recreation, Education, and Socialization for Older Learning Veterans (RESOLV) is a collaboration between Senior Center Without Walls and the VA Geriatric Research, Education and Clinical Center (GRECC) to provide telephone activities to older Veterans across California who are 65 years or older. Veterans are able to participate in SCWW groups as well as RESOLV/SCWW special presentations and we hope to grow our Veteran community large enough to offer Veteran only groups in the future. If you are interested in learning more about RESOLV, please contact SCWW at 877-797-7299.



Fun & Conversation

Coffee Break

Sundays 11:00 - 11:30am
Wednesdays 10:00 - 10:30am
Looking for a little friendly conversation? Grab a cup of coffee or tea, relax and join this twice-weekly social group. Meet some new folks and exchange ideas!
Sunday Host: Vi
Wednesday Host: Andy Andersen

This Life

Sundays 2:00 - 2:30pm
Eric King takes us on a stroll down Memory Lane as we share our past experiences. What was your favorite Saturday activity when you were a child? What kind of music did you most enjoy as a young adult? Make new friends and enjoy the differences as well as the similarities of your life stories.

RESOLV Chat Room

Mondays 1:00 - 2:00pm
June 8, July 3, August 10
New to RESOLV? Have burning questions or comments about what groups you would like to see offered? We invite you to call in and get to know RESOLV and for us to get to know you! With Christine Gould.
RESOLV participants only

Men's Group

Mondays 3:00 - 3:45pm
For men only! A weekly opportunity for our male population to build community and find friendship with one another.
Hosted by Andy Andersen

Funny Bones

Mondays 6:30 - 7:00pm
Let's hear it for some Monday evening funnies! Host Kathleen Torres will get you going with a selection of jokes, and invite you to share your own. Laughter is the best medicine!

Conversation Starters

Tuesdays 3:00 - 3:45pm
Come one, come all, and share your reminiscences with Rich Gerston and your other endearing SCWW friends. We'll share the mic and our memories on topics such as: If you could live anywhere else in the world, where would it be? Are you a cat or a dog person? What are your favorite charities? Guaranteed to entertain!

If I Had my Druthers

Tuesdays 5:00 - 5:30pm
Would you rather be a hammer or a nail? An oak or an apple tree? Would you rather be plain and intelligent or pretty and a bit dim? We will have fun and learn about the way we think. With Lynn Rayburn.

Chat Room

Thursdays 4:00 - 5:00pm
We invite new members of our community to call into "Chat Room". Barbara Britton hosts this informal group to give an opportunity for you to get to know Senior Center Without Walls - and for us to get to know you!

Hobbies & Interests

Movie Madness

Mondays *2:00 - 2:45pm*
If you are a fan of the silver screen and you love movie and TV trivia, join us for film and TV quizzes, fun critiques, and discussions about your favorite actors, movie genres, and classic quotes.
With host and film aficionado, Kathleen Torres

Meet Me in the Kitchen

Tuesdays *10:00 - 10:30am*
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 Harla



Norman in the kitchen, where we will share stories and memories of our favorite foods, meals and celebrations and create new food experiences together!



Rekindling Spanish

Thursdays *9:45 - 10:30am*
For participants whose knowledge of Spanish is at an advanced-beginning or intermediate level, and who want to brush up a bit. Instructor Rich Gerston's goal is to create a feeling of comfort, enjoyment and stimulation. This is an ongoing program, so you are welcome to join at any time.

Pet Tales

Saturdays *11:00 - 11:30am*
Share stories of your animal companions, past or present, with others who also appreciate furry, feathered, and gilled friends. Facilitator Anne Sanabria enjoys the company of her three dogs, Ringo, Butchie, Freddie.

All groups listed in this catalog take place over the telephone. You may call in to groups toll - free from anywhere in the state of California!

The Hidden Japan

Wednesdays *11:00 - 11:45am*
June 3 - 24
In the land of the rising sun, we will visit a number of heritage sites in parts of Japan that are less well traveled. As we do so we will also explore the rich history of Japan and discuss the roller coaster ride of the boom and bust of its economic development over the last two centuries. Hosted by Doug Jensen.

Nature Club

Fridays 9:45 - 10:30am

May 29 - July 10

This event, presented by Geographer-Naturalist Rich Gerston, is the first nature-themed program that he has ever hosted that will be virtually unstructured: no guest speakers, special organizations, or order of events. We will sit around camp, go hiking or backpacking, cook our meals, explore plants and animals, and enjoy breathing the outdoor's fresh air. We can talk about reptiles, birds, insects, redwoods or Joshua trees, or, well – you name it!

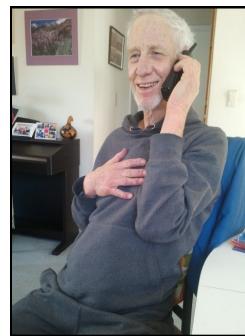
National Parks Honoring

Pre-Columbian People

Fridays 9:45 - 10:30am

July 17 - August 14

For this set of "fireside chats" by national park rangers, Rich Gerston has arranged to have a variety of enlightening presentations on parks throughout the United States that honor Native Americans from pre-Columbian times. Please join in and have fun interacting with the rangers.



Fun & Games

Trivia Night

Wednesdays 5:00 - 5:45pm

We have spent our lifetimes collecting information, some of it more useful than others! Here is your chance to test your knowledge of names, places, facts and figures. Eric King hosts.

Bingo!

Saturdays 10:00 - 10:45am

Bingo? On the telephone? You bet!

Gloria Flores will operate this all-time favorite game of lucky chance!

Bingo sheets are available from the office

Bingo for Newcomers!

Saturdays 9:00 - 9:45am

Our favorite Bingo host Gloria Flores now offers a Saturday morning group for participants who are new to telephone bingo.



Boggle

Saturdays 1:00 - 1:45pm

Please note new time!

Boggle fans! Have fun finding as many words as you can in a grid of letters in this fun and brain-stimulating classic game, hosted by Janice Rooker.

Boggle grids are available from the office

Mystery Melody

Saturdays 11:30am - 12:00noon

Clue #1: Our Weekly Theme

Clue #2: Have fun humming, singing "La La La", or give us a hint.

We've guessed the melody!

Mystery solved!

Facilitator, Jan Knowles

On the Internet

DJ Jeff's All Request Show

Thursdays 3:00 - 3:30pm

With his computer in front of him, Jeff has a world of music at his fingertips to play for you! 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!

Curiosity Club

Wednesdays 6:30 - 7:30pm

Marla Kaufman will hop on her computer and search the internet high and low for the answers to all of your burning questions that keep you awake at night. Why do dog's bury bones? Whatever became of the actors from "The Love Boat"? How do you remove super glue? Who is "Ant-Man"? Inquiring minds want to know!

No computer is necessary to call in and enjoy these fun groups!

Talent!

Improvisation

Mondays 10:00 - 10:30am

Improvisation is a form of live theatre in which the plot, characters and dialogue of a game, scene or story are made up in the moment. Experienced improv actress Terry Englehart will direct us as we put our wits together and come up with outrageous characters, imaginative scenes and spontaneous stories.

Open Mic

Thursdays 6:30 - 7:00pm

All are welcome to call in and perform, big talent not required. Singing, spoken word, standup comedy, play your favorite instrument, read a poem or more. Enthusiastic spectators are also welcome to join.

Hosted by Lynn Rayburn.

Sing!

Saturdays 2:30 - 3:00pm

Singing is not about being a star or knowing how to do it well. It's about enjoying the gift of our voices and sharing them with others. We were born to sing. It's primal and it's tribal. Voice is the language of our hearts. It's how we express ourselves. And it's very important to our mental, physical and social well-being.

Join host Toni Tompkins and the SCWW Singers for a fun half hour singing Broadway show tunes, folk songs, and other favorites acapella. All voices are welcome!

Reflections & Meditations

Morning Gratitude

Daily 9:00 - 9:30am

Mid-Day Gratitude

Monday - Friday 12:00 - 12:30pm

Saturday 4:00 - 4:30pm

Sunday 1:00 - 1:30pm.

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

Facilitators: Kaevalya, Kathleen, Lynn, Rose, Tom, Vi, Amy & Susan

The purpose of SCWW's Gratitude groups is to provide a safe and welcoming space for participants to share and hear other's share their gratitude, promoting health and well-being and strengthening the bonds of our telephone community.

Meditation

Thursdays 11:00 - 11:30am

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. No experience is necessary for this group led by Tom White.

Socrates Café

Mondays 1:00 - 2:00pm

June 8, July 13, August 10

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 in the SCWW Socrates Café.

Linda Greenberg, PhD, is a former English teacher and Social Worker who has facilitated a Socrates Café in San Francisco for ten years.

Keys to Joy

Saturdays & Sundays 5:00 - 5:45pm

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.

Facilitator: Lynn Rayburn

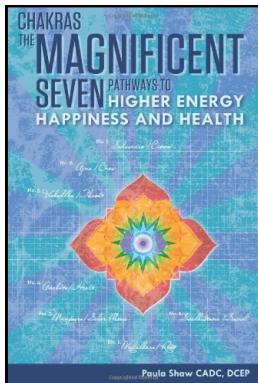
Senior Center Without Walls Policy on Religion and Spirituality

SCWW participants are a diverse group, holding many different opinions and beliefs. While it is okay to mention your own religious or spiritual beliefs are related to your personal experience at appropriate times, proselytizing of any kind is never permitted, nor is shaming or rejecting any individual based on their religious beliefs. Doing so will be grounds for dismissal from the program.

SUNDAY	MONDAY	TUESDAY	WEDNE
9:00 - 9:30am Gratitude	9:00 - 9:30am Gratitude	9:00 - 9:30am Gratitude	9:00 - 9:30am Gratitude
10:00 -10:30am Poetry	10:00 - 10:30am Improvisation	10:00 - 10:30am Meet Me in the Kitchen	10:00 - 10:30am Coffee Break
11:00 - 11:30am Coffee Break	12:00 - 12:30 Mid-day Gratitude	11:00am -12noon Health & Well-Being Presentations See pages 18 &19 .	10:30 - 11:00am Diabetes
1:00 - 1:30pm Mid-day Gratitude	1:00 - 2:00pm RESOLV Chat Room <i>June 1, July 6, August 3</i>	12:00 - 12:30pm Mid-day Gratitude	11:00 - 11:45am Hidden Japan <i>June 3 - 24</i>
2:00 - 2:30pm This Life	1:00 - 2:00pm Socrates Café <i>June 8, July 13, August 10</i>	1:00 -1:45pm Support / Discussion Group for the Blind Call for Code	12:00 - 12:30 Mid-day Grati
3:00 - 4:00 pm Writing Workshop	2:00 - 2:45pm Movie Madness	2:00 - 3:00pm Adventures in Writing	1:00 - 1:45pm Low Vision S
5:00 - 5:45pm Keys to Joy	3:00 - 3:30pm Chakras: The Magnificent Seven <i>July 6 - 27</i>	3:00 - 3:45pm Conversation Starters	2:00 - 2:30pm Poetically Sp
	3:00 - 3:45pm Men's Group	5:00 - 5:30pm If I Had My Druthers	4:00 - 4:30pm When Mother and Aesop Co
	4:00 - 5:00pm Living with Vision Loss		5:00 - 5:45pm Trivia Night!
	6:30 - 7:00 Funny Bones		6:30 - 7:30pm Curiosity Clu

ESDAY	THURSDAY	FRIDAY	SATURDAY
am	<p>9:00 - 9:30am Gratitude</p> <p>9:45 - 10:30am Rekindling Spanish</p> <p>11:00 - 11:30am Meditation</p> <p>11:00am - 12noon Avoiding Hospital Readmission <i>July 16</i></p> <p>12:00 - 12:30pm Mid-day Gratitude</p> <p>1:00 - 2:00 “Cognitive Crew” <i>June 4, 11</i></p> <p>2:00 - 2:30pm Living with Chronic Pain <i>No group July 2 - 30</i></p> <p>3:00 - 3:30pm DJ Jeff’s All Request Show</p> <p>4:00 - 5:00pm Chat Room</p> <p>6:30 - 7:00pm Open Mic</p>	<p>9:00 - 9:30am Gratitude</p> <p>9:45 - 10:30am Nature Club <i>May 29 - July 10</i></p> <p>National Parks Honoring Pre-Colombian People <i>July 17 - August 14</i></p> <p>10:00 - 11:00am Emergency Preparedness <i>June 5, July 3, August 7</i></p> <p>11:30 - 12:30pm Emergency Preparedness Spanish <i>June 5, July 3, August 7</i></p> <p>12:00 - 12:30 Mid-day Gratitude</p> <p>1:00 - 2:00 “Cognitive Crew” <i>June 5, 12</i></p> <p>3:00 - 4:00pm Special Events <i>See pages 16 - 17</i></p>	<p>9:00 - 9:30am Gratitude</p> <p>9:00 - 9:45am Bingo for Newcomers! <i>Beginning June 6</i></p> <p>10:00 - 10:45am Bingo! <i>Beginning June 6</i></p> <p>11:00 - 11:30am Pet Tales</p> <p>11:30 - 12:00noon Mystery Melody</p> <p>1:00 - 1:45pm Boggle</p> <p>2:30 - 3:00pm Sing!</p> <p>3:00 - 4:00pm Book Appreciation and Discussion <i>June 6 & 20</i> <i>July 4 & 18</i> <i>August 1 & 15</i></p> <p>4:00 - 4:30pm Mid-day Gratitude</p> <p>5:00 - 5:45pm Keys to Joy</p>
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Book Lovers



Book Reading: Chakras, The Magnificent Seven

Mondays 3:00 - 3:30pm
July 6 - 27

Chakras are defined as the seven main centers of the human energy system. It is believed that having balanced Chakras is essential for vibrant health and optimal well-being. Judith Pruess-Mellow, Ph.D., M. Div., reads from this concise guide to understanding and balancing your Chakras to create your healthiest, most joyful life possible.

Book Appreciation & Discussion

Now twice a month!

1st & 3rd Saturdays 3:00 - 4:00pm

Book lovers unite! Call in to share your favorite books and authors with other book lovers. Raquel de Knust and Andy Andersen facilitating.

Poetry

Sunday Morning Poetry

Sundays 10:00 - 10:30am

Share with others poetry that you have written or that you admire and join in a discussion about the poems. Facilitator: Anne Allen

Poetically Speaking

Wednesdays 2:00 - 2:30pm

Poetry has been proven to inspire, challenge, console, inform, and help heal the body and soul. Please join us Wednesday afternoons to hear Bay Area poet Greg Pond share his selections of celebrated and contemporary poems.

ACCEPTANCE

*I seem to always want to be whatever I'm not today.
Is the weather warm and sunny?
I want fireside, cocoa, bread and honey.*

*Is my hair short, curly, brown?
I long for straight blonde tresses tumbling down.*

*Why do I wear flat, leather sandals,
Comfortable in the extreme,
When I really want five-inch heels with pointed toes though they'd make we want to scream!*

*Why wasn't I named Ophelia, Cordelia or even Jane?
Why did they tag me "Frances"
Such an ordinary, old-fashioned name?*

*When it's Monday, I want Tuesday,
or Thursday, Friday, Saturday.
How hard to be content to live in just today.
To love or accept everything as it is,
should be,
Myself as I am, you as you are,
this moment as it is.*

Frances, SCWW Participant

Meet Senior Center Without Walls Champion Andy Andersen!



Andy and his wife Marta

Andy has been a facilitator with SCWW since March of 2012, hosting several weekly groups including Men's Group, Diabetes Support, Book Club and more. In addition, Andy has referred many fantastic professionals from his community to present for our Health & Well Being series, he distributes SCWW materials at local events, and has most recently been interviewed about his experience with SCWW on local radio station, KPIV.

"We all need one another to make this journey a little bit more pleasant and meaningful. A joke to make someone smile or a compliment to make their day; they all help to build bridges and validate one another. The 'sunset' years of our lives can be more productive and meaningful when we know someone cares. And a phone call with SCWW does just that."

We thank you Andy for your years of enthusiastic service to our telephone community!

Writing Groups

Writing Workshop

Sundays 3:00 - 4:00pm

Join this peer facilitated group for supportive discussions and invite suggestions and feedback about what you are writing. Plus exercises to get those creative juices going! Participants are invited to offer ideas for writing exercises.

Adventures in Writing

Tuesdays 2:00 - 3:00pm

Join our informal weekday wordsmith encouragement gathering. Poetry, journaling, autobiography, and more! Give and receive support, whether you're an experienced writer or just starting out. Unfurl your creative wings with Bonnie Rennie.

Writers Read

Friday, August 14, 3:00 - 4:00pm

Whether or not you are a writer, all are invited to join us on Writers Ready, our highly anticipated showcase of SCWW authors which takes place at the end of each session!

When Mother Goose and Aesop Collide

Wednesdays 4:00 - 4:30pm

A charming little rhyme, a funny little fable. What happens when the hardworking (and moralistic) Ant and the happy-go-lucky (devil-may-care) Grasshopper are squashed when Jack and Jill come tumbling down the hill? Can you imagine? Join the fun and wisdom shared as we create our own written versions of rhymes and parables, complete with moral lessons to be learned (or unlearned). Writers, philosophers, punsters, and cerebral artists are welcome! With Amy Schaible

Supportive Groups

Living with Vision Loss

Mondays 4:00 - 5:00pm

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 Anne Allen and Andy Andersen.

Support/Discussion Group for the Blind

Tuesdays 1:00 - 1:45pm

This Support/Discussion Group offers a confidential environment in which completely blind participants can share the challenges they face and the successes they experience. We will create a safe place to share our joys, fears, tears, and laughter. This group is co-facilitated by Bonnie Rennie and Andy Andersen.

Diabetes

Wednesdays 10:30 - 11:00am

Have you been diagnosed with, or have questions about symptoms, treatment, and prevention of Diabetes? Facilitator Andy Andersen has had Diabetes for 67 years and has experienced many challenges associated with it. He has an M.S. degree in Agency Guidance and Counseling.

Low Vision Support

“The Eyes Have It”

Wednesdays 1:00 - 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. Facilitator Doug Rose works with Lighthouse for the Blind and the California State Department of Rehabilitation, training people with low vision to live independently.



Living with Chronic Pain

Thursdays 2:00 - 2:30pm

No Group July 2 - 30

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 success with others dealing with chronic pain in a supportive, caring environment. Facilitator Tom Norris is a retired United States Air Force Lieutenant Colonel who has been living with chronic pain for over twenty-three years. Tom has previously facilitated support groups for the American Chronic Pain Association (ACPA).

The support groups are meant to offer support in a safe, nurturing environment. However, they are not intended to replace individual medical or psychotherapy sessions.

Cognitive Activity Design

**Join Roger Anunsen's
“Cognitive Crew”!**

Thursdays, June 4 & 11

1:00 - 2:00pm

Fridays, June 5 & 12

1:00 - 2:00pm



“Cognitive Activity Design” explores the potential of applying emerging, evidence-based research in memory and aging to address real-life cognitive challenges. In each half-hour program, a gerontology student from Roger Anunsen’s new course will introduce their design and provide a demonstration of an innovative cognitive activity that is supported by recent brain science findings. SCWW participants, Roger’s “Cognitive Crew” will have the opportunity to learn about emerging research in neuroscience and provide valuable feedback to the students!

These programs may be recorded for student review purposes only.

Roger Anunsen is co-founder and Principal at MINDRAMP Consulting and director of MINDRAMP’s Brain Health Initiative.

Celebrating Diversity

Celebrating Pride



Friday, June 26 3:00 - 4:00PM

June is LGBT Pride month, please join D’Anne Bruetsch as we come together as a community to honor the experience of LGBT seniors through their own voices. This event is open to all LGBT individuals, friends, family members and allies.

Practical Training

Personal Emergency Preparedness Training

Fridays 10:00 - 11:00am (English), 11:30 - 12:30pm (Spanish)

June 5, July 3, August 7

Learn simple things you can do to prepare for an emergency, such as what items need to go into your basic emergency kit at home, safety tips, tools, and other health considerations. Presented by Community Resources for Independent Living and sponsored by Alameda County Public Health.

Special Events

Every Friday, 3:00 - 4:00pm

May 29



Remembrance

In honor of those who have passed on this year. Share stories and memories of friends, family, and members of our SCWW community.

June 5



Amigos de las Américas

Envisioning a world where each young person becomes a life-long catalyst for social change, Amigos de las Américas mission is to inspire and build young leaders through collaborative community development and immersion in cross-cultural experiences. Join Amigos staff member Lauren Hauser and colleagues to learn about the programs and experiences of this group of individuals working to inspire young people worldwide. *Handout available.*

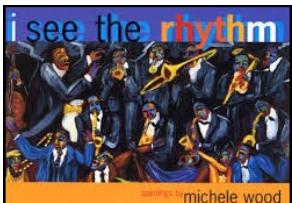
June 12



State of Senior Center Without Walls

An opportunity each session for all, participants, facilitators, and staff, to get together and discuss what's new, answer questions, and invite your thoughts and feedback.

June 19



I See the Rhythm

Beginning with the roots of black music in Africa and continuing on to contemporary hip hop, "I See the Rhythm" us on a musical journey through time. Join us to admire the stunning artwork and stories of musical history that impact so much of the music we appreciate today. *Handout available.*

June 26



Celebrating Pride

June is LGBT Pride month, please oin D'Anne Bruetsch as we come together as a community to honor the experience of LGBT seniors through their own voices. This event is open to all LGBT individuals, friends, family members and allies.

July 3



Independence Day

Otherwise known as the "Fourth of July"! A day of parades, barbeques, fireworks and friends, Independence Day commemorates the United State's freedom from Great Brittan with the adoption of the Declaration of Independence on July 4, 1776. Let's celebrate and honor our nations rich and diverse history together!

July 10



Impressionists

An opportunity to appreciate the universal and timeless qualities that identify all great art. During this event, we'll visit the Impressionists, and as we explore their work, we'll increase our understanding of pictorial elements, such as composition and technique, and enhance our personal enjoyment of their paintings. *Handout available.*

July 17



Costa Rica

Join Susan as she explores Costa Rica, a rich and vibrant south American country whose name translates to “rich coast”, and where all trails seem to lead to waterfalls, misty crater lakes, or jungle-fringed deserted beaches. From Monte Verde to Puerto Viejo, Immerse yourself in the diversity and rich history of this popular eco and adventure travel destination. *Handout Available*

July 24



Oakland Museum of California: Pacific Worlds

Celebrating the vibrant historic and cultural relationships, past and present, between the Pacific Islands and California, *Pacific Worlds* examines the deep and many-layered histories of this region's interactions with the Pacific , and explores the on-going connections between Pacific Islanders and native Hawaiians, along with Filipinos, native Californians, and American collectors and colonists. *Handout available*

July 31

Wherever we are,
it is our friends
that make our
world.

Friendship Day

A true friendship is having another human being who you feel you can trust completely. Someone with whom you can share both the joys and the traumas of change and growth. Join us to celebrate friendships old and new, as well as the friendships we cherish with one another at Senior Center Without Walls.

August 7



Arabian Gulf: Abu Dhabi, Bahrain, and Qatar

Pete and Michele return once again to take us along on another fascinating adventure - this time to the Arabian Gulf. Abu Dhabi, Bahrain, and Qatar. *Handout Available*

August 14



Writers Read

The final special event of each session, Writers Read is our highly anticipated showcase of the SCWW writers, reading selections that they have worked on during the session. Poetry, short stories, and more. Sign up as a reader, or join in to listen to and enjoy the many talents within our community.

Health & Well Being

**Every Tuesday 11:00am - 12:00noon
unless otherwise noted**

We welcome professionals and colleagues in the aging community to present on various topics at our weekly Health & Well Being Presentations. These programs include an informative presentation as well as time for questions and discussion.

Please note these are intended for informational purposes only, please consult with your medical provider if you have specific questions about your personal health and safety. Consult your physician before beginning any exercise program.

May 26 Prospective Memory: “Remembering to Remember”

Prospective memory is the type of memory that helps us complete planned actions or intentions at some point in the future -- for example, remembering to return a phone call or making it to appointments on time. Dr. Joshua McKeever, Postdoctoral Fellow in Rehabilitation Psychology, will discuss how we “remember to remember,” how getting older can affect this ability, and how we can learn to do it better.

An SCWW/RESOLV Presentation

June 2 Breathe & Stretch

Breathe. We're always breathing, but *how* we breathe can make a difference in our state of well-being. Join us for a session of gentle stretching and breath work to help improve blood flow and muscle health. Acupuncturist Erin Reilly, L.Ac. will guide us through a simple session to help revitalize the body and clear the mind.

June 9 Better Your Blood Pressure

Blood pressure is the measure of the force of blood pushing against the blood pressure walls. High blood pressure can be dangerous because it forces the heart to work harder to pump blood to the body. This presentation provides basic information on high blood pressure, why it's important, and what to do if diagnosed with this condition. Presented by Classroom in the Community, a community health education program of SCAN Health Plan.

June 16 Age Friendly Communities

Creating age-friendly communities is a movement motivating a better understanding of how the environment alters and broadens the ways health and social care are provided, including how people may live well across the life span and age in places of their choice, such as their homes, neighborhoods, and cities. Join Jarmin Yeh, doctoral student at the University of California, San Francisco, for a presentation on age-friendly communities, a conversation about the spaces and places you live, and the things you find to be “age-friendly”, or not, in your community. **An SCWW/RESOLV Presentation**

June 23 Self-Care Tips

Good self-care is like a three-legged stool. The three legs are nutrition, physical activity and a healthy mental state of mind. Let's talk about how to balance these three areas of our lives! Leading this discussion is Amy Brokering, Occupational Therapist and Director of Senior Resources, San Francisco. *Handout available*

June 30 Seniors Have a Voice

How many times have you thought this to yourself? How many times have you wished you knew how to advocate for those issues that are near and dear to you? You can now learn how to make your voice heard. Shirley Krohn is serving her second four-year term as a Senior Assembly Member with the California Senior Legislature. She is a strong advocate for aging issues, and also serves on the Contra Costa Advisory Council on Aging.

July 7 Physical Fitness

No matter what our current level of activity, it is essential for all of us to maintain our best level of fitness to benefit our overall health and well-being. Physical Therapist Brian Johnson will discuss the importance of regular physical activity, and talk us through some simple seated exercises designed to improve our strength, flexibility and balance.

Handout Available

THURSDAY

July 16 Avoiding Hospital Readmission

You have just been in the hospital for an illness or surgery and the last thing you want is to have to go back to the hospital because of a problem or complication. Readmission to the hospital is disappointing and sometimes it can't be avoided. Elizabeth (Beth) Bauer, MS, RN, Adult-Gerontology Clinical Nurse Specialist will discuss what you can do to prevent an unplanned return to the hospital. **An SCWW/RESOLV Presentation**

July 21 Across the Miles

Participants in three other telephone activities programs, Elders at Home in New York, Lifetime Connections Without Walls in Texas, and Senior Centre Without Walls in Manitoba, Canada, will join us to share stories and talk about life in our different locations.

July 28 Arthritis

Arthritis is the inflammation of one or more joints, causing pain or stiffness that unfortunately can worsen with age. Jaclyn Wright joins us from the Arthritis Foundation of Northern California, for an informative discussion on the prevention, control and cure of arthritis and related diseases. *Handout available*

August 4 Communication with your Adult Children

Learn how to address such challenging topics as independence, money, health and romance, with your adult children, through soft skills and strategies. Kenny Ramirez, Director of Senior Resources, Santa Clara County answer questions such as, How do you tell your adult children you want to stay in your own home rather than going to a nursing home? What do you say when you are ready to date again after the loss of your spouse? How do you explain that you are becoming forgetful without sending your family into a panic? Join us for an informative discussion.

August 11 Caring for your Spirit

What is spirituality? And what does spiritual health look like? Laura Darling, Director of Spiritual Care for Episcopal Senior Communities, will offer an overview of spiritual wellness and give some ideas on how we can take care of our spirit, just as we take care of our body and mind.



Senior Center Without Walls

An ESC Senior Resources Program

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