



AgeFriendly



CRANBROOK



Seniors' Center Without Walls

Are you someone who...?

- Is experiencing difficulties getting out of your home for activities?
- Would like to stay socially connected and enjoys talking with other people?
- Would like to participate in fun activities and/or educational health and wellness programs?

Welcome to the Seniors' Centre Without Walls (SCWW)! Here, you can enjoy all sorts of engaging activities and talks from the comfort of your own home.

How does SCWW work?

1. You need to register for the program you wish to attend by emailing us at cranbrookagefriendly@gmail.com or calling 778-517-5448.
 2. You will receive a reminder call 30-40 minutes before any program you are signed up for to confirm your attendance
 3. A few minutes before the program starts, you will receive a phone call from the SCWW program
 4. Press "1" to join the call and enjoy!
- * You will be mailed or emailed new program guides when they are published. The program guide is also available for download online.

What is the Seniors' Centre Without Walls (SCWW)?

SCWW is a **free** interactive **telephone-based** program that connects **seniors 55+** in all sorts of:

- Recreational Activities
- Health and Wellness Talks
- Friendly conversations

The program is available for any senior 55+ living in Cranbrook and who may find it difficult to join community activities in person.



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East Kootenay

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• Does it cost anything to participate in the SCWW?

⇒ No! Its completely free!

• Do I have to talk?

⇒ You don't have to talk/participate.

But do know that all participants will be introduced by name at the beginning of a session so that people know who is in the call

• Will the other participants know who I am?

⇒ You'll just be a voice and a name on the phone! Nobody will know what you look like, where you live, or even your phone number!

• What if I want to chat more with another participant?

⇒ Great! We are glad that you are making friends through the program. However, to protect people's privacy, please contact the SCWW Coordinator, who will help mediate your request with the other person.

• I want to join but I don't see any programs that interest me.

⇒ The SCWW greatly values your feedback. Please call the SCWW Coordinator directly or join the **Feedback Discussion Group!**

Group Conduct and Etiquette

- Please allow the facilitator(s) to guide the group.
- Please respect all group members and their opinions, even if you may disagree with them.
- Allow everybody to contribute and do not dominate the conversation.
- No disrespectful comments allowed
- Promote a positive and inclusive environment.
- If you are unable to abide by these guidelines, you may be removed from the session by the moderator.
- If you have an issue with a group member, please contact the SCWW Facilitator.

A list of on-going SCWW programs can be found on our website at www.cranbrookagefriendly.ca or contact us by email at cranbrookagefriendly@gmail.com or phone at 778-517-5448.

Remember you need to register with us to join the fun!



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