Free Telephone Group Activities for Elders throughout the Greater San Francisco Bay Area

WINTER/SPRING 2008 SESSION    February 4 through April 26

New groups this session include a daily Gratitude drop-in group, several new support groups, Movie Madness, Guided Autobiography, Curiosity Club, Astronomy, and more! Check out pages 12 and 13 for some fun special events.

Senior Center Without Walls offers activities, friendly conversation, and an assortment of classes and support groups to elders who find it difficult to go to a community senior center. From the comfort of your own home, you connect to our activities using your own phone. And it’s free!

Here’s what you need to do:
1. Read through this schedule of upcoming classes and presentations.
2. Register for your selected sessions either by filling out and mailing in the form or by calling us at our toll-free number:
   1-877-797-7299
3. Before the session starts, you will receive information about your chosen group(s) and instructions about how to connect to them.

   No charge is added to your phone bills. The groups are completely free.

NEWS FLASH! Senior Center Without Walls wins the 2008 MindAlert Award presented by the American Society on Aging, in collaboration with the MetLife Foundation, in the category of programs designed to enhance mental fitness for the general population of older adults. The award will be presented in March at the 2008 Conference of the National Council on Aging and the American Society on Aging. We are grateful to our wonderful community of participants, staff, donors, facilitators, presenters, and other volunteers for their help in making SCWW possible.

This non-denominational, non-profit program is sponsored by Senior Resources at St. Paul’s Episcopal Church in Oakland and Episcopal Senior Communities.
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#### Gratitude

*DAILY 9:00—9:15am*

Start your day with gratitude. Join our SCWW community on the telephone every morning, seven days a week, or however often you wish, and talk about what you feel grateful for. Silent participants are also welcome and may feel inspired by others’ reflections.
BRAIN SPARKS

Ignite your brain cells! Exercise your gray matter with quizzes, trivia questions, word games, and various puzzles. There is scientific evidence that new brain challenges cause growth of dendrites, the branches of a brain neuron that receive impulses. And it’s fun!

BOGGLE Monday 10:00—10:30am
Some of us even prefer it to Scrabble! Very easy to learn and loads of fun, this word game is a great brain exercise and easily adapted to playing on the telephone. Be forewarned—this diversion can be habit-forming! Facilitator: Anita Goldstein

MEMORY TIPS & TRICKS Wednesday 1:30—2:30pm
Make the most of what you’ve got! Join us to learn some great strategies to help you remember the names of people you just met, where you put your keys, and other bits of information. Facilitator is Heather Gray, MA, Family Support Coordinator for the East Bay office of the Alzheimer’s Association.

A to Z OUTBURST Wednesday 3:00—3:30pm
Celebrate the alphabet with list-making, trivia questions, and letter games. We tailor the program to your interests. Facilitators: Lynn Rayburn and Jennifer Cancino.

NUMBERS CHALLENGE Thursday 11:30—12:00noon
You don’t need to be a math whiz, but a love of probability, sequences, and logic will help in this group. Have paper and pencil ready and count yourself in for a half hour of numbers games. Facilitator: Fay Hintzen

MINI MYSTERIES Thursday 5:00—5:30pm
Put your detective skills to work and help our group of gumshoes come up with solutions to a series of baffling whodunits. Careful observation of the clues and logical thinking will help you solve the mysteries. Facilitator: Jennifer Cancino

BRAIN AEROBICS Friday 10:00—10:30am
An assortment of fun brain twisters, word scrambles, and puzzling riddles to really get you thinking. Get ready for some neuron calisthenics! Facilitator: Terry Englehart

IMPROVISATION Friday 2:30—3:00pm
Let’s put our wits together and come up with outrageous characters, imaginative scenes, and spontaneous stories. No experience necessary, just be ready for a good time. Facilitator: Terry Englehart
FUN & CONVERSATION

FUNNY BONES
Tuesday 3:00—3:30pm
Join us for a half hour of funny stories, jokes, and riddles as we aim to prove that laughter really is the best (or at least next best!) medicine. Facilitator: Amy Schaible

LGBT LUNCH BUNCH
First Wednesday of the month  11:30am—12:30pm
Can’t get out to your local monthly potluck? Well, grab a sandwich or salad and call in to this telephone network for LGBT (Lesbian, Gay, Bisexual, Transgender) elders. Make new friends, share laughter, and talk about whatever comes up.

REMINISCENCE  BACK!
Wednesday 1:00—1:30pm
Stroll with us down Memory Lane as we share our past experiences. What was your favorite Saturday activity when you were a child? Do you remember your grandparents? 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. Facilitator: Clarissa Salter

KOFFEE KLATCH
Thursday 9:30—10:15am
Remember getting together with other women at work and in the neighborhood to talk about everything under the sun? Relive those days every Thursday morning. Drop-ins welcome. Facilitator: Anne Allen

PET TALES
Thursday 10:00—10:30am
Share stories of your animal companions, past or present, with others who also appreciate furry, feathered, and gilled friends. Facilitator is Laura Beach, whose beloved pussycat, Eli, lived to be 21 years old (that’s 100 in human years!).

NEEDLE ARTS
Thursday 1:00—1:30pm
Join this group to talk to others who share enjoyment of one of your favorite hobbies be it sewing, quilting, embroidery, needlepoint, knitting, crocheting, or any other creative needle art. Facilitator Zee Guiney, designer and costume maker, is interested in all areas of needle arts.

EAT, DRINK, & BE MERRY!: FOOD TALK
Friday 11:30—12noon
If you like to talk about food almost as much as you like to eat, this group is for you! We will share stories and recipes and have some mouth-watering discussions. Facilitator Amy Schaible enjoys her food!

MOVIE MADNESS  NEW!
Friday 4:00—4:30pm
If you’re a fan of the silver screen and you love movie trivia, join us for film quizzes, fun critiques, and discussions about your favorite actors, movie genres, and classic quotes. Go ahead, make my day. Facilitator: Kathleen Torres

BINGO
Saturday 10:00—10:45am
Bingo? On the telephone? You bet! Gloria Flores will operate this all-time favorite lucky-chance game. Join us for fun and prizes!
READING & WRITING

WRITING WORKSHOP  
Sunday 4:00—4:45pm
We will do writing exercises and share the results, read homework (optional), and do other writing as time permits. Lynn Rayburn is a veteran of many writing groups and has published “Pieces of Eighty”, a monthly column in the Tri-Center News.

SCWW THEATER  
Monday 11:00—11:45am
Join our group of thespians as we read aloud pages from a variety of popular plays. You are welcome to listen in as an audience member or release your inner actor and join the cast. Facilitator: Jennifer Cancino

HISTORY/HERSTORY: A Personal Timeline  
Monday 2:30—3:15pm
Take this opportunity to talk about and perhaps to write about the interesting experiences you’ve had in your life and to share your reminiscences with others in the group. Facilitator: Rita Goldhor

GUIDED AUTOBIOGRAPHY  
NEW!  
Wednesday 10:30—11:15am
Tell the story of your life through this structured approach to life review. Participants write about their lives, guided by a different theme each week, and then share their writings in weekly sessions. Themes are provided beforehand. The process allows for reflection and forming unique connections with other participants. Facilitator: Hope Levy, MA Gerontology

BOOK GROUP  
Thursday 3:00—3:45pm
Each week we will discuss a short story we have all read on our own during the preceding week. The book we will use, The Best American Short Stories 2005, contains stories selected by Michael Chabon by authors Alice Monro, Edward P. Jones, Joyce Carol Oates, and others. Books will be mailed to regular participants by Senior Center Without Walls. Those with low vision will have an opportunity to hear the selected story read aloud on the phone at a mutually convenient time each week. Facilitator: Beth Hayes

SATURDAY MORNING POETRY  
Saturday 9:30—10:00am
Sit down with a cup of coffee or tea while reading and listening to poetry. Each week we'll have a different theme such as love, nature, firsts, etc., and it is up to you to provide your favorite poem within the theme. Everyone is encouraged to contribute to the reading as well as to be an active listener. Each reading should be no more than three minutes long. For the first class please come prepared with a favorite poem and a short description on why you chose the poem. Facilitator: Erik Whitaker, Graduate Student of Gerontology, San Francisco State University
SUPPORT GROUPS

CHALLENGES of AGING:

Discussing challenges you’ve encountered as you age can elicit suggestions for coping with difficult situations and bring you comfort. You may also be able to share your insights with others in similar situations and find that giving help can be as beneficial as receiving it.

Section 1: Monday 10:00—10:45am  Facilitator: Amy Schaible, MA Gerontology
Section 2: Wednesdays 9:30—10:15am  Facilitator: Nancy Rothschild, MS, LMFT, Aging and Family Services, City of Fremont.

VISION SUPPORT  Fourth Tuesday of the month  3:00—3:45pm

The purpose of this support group is to guide participants to become more independent and to share their lives’ experiences regarding vision loss. Facilitators are Gerry Newell, Rehabilitation Teacher for the Blind, and Anna Ortiz, Title VII Program Manager, at Lions Center for the Blind in Oakland.

BLUES BUSTERS  NEW!  Tuesday 4:00—5:00pm

Drop-in anti-depression group. Call once or call every week. We take each others’ pain seriously, but we still like to get a few laughs. Is this a paradox? Call and judge for yourself. Facilitators: Lynn Rayburn and Kathleen Torres

COPING with LOSS  NEW!  Thursday 2:00—2:30pm

Losing someone or something you love is very painful—and it’s something that almost everyone will experience at some point in their lives. Loss that goes unacknowledged or unattended can burden the heart, but grief that is expressed and experienced has the potential to strengthen and enrich life. There is no time limit for or right or wrong way to grieve. This class offers a safe place to be supported and supportive. Facilitator: Amy Schaible, MA Gerontology

WOMEN’S DEPRESSION SUPPORT  BACK!  Friday 3:00—3:45pm

Depression is a serious yet treatable illness that can affect your physical health, your thinking and concentration, and your mood. Without treatment, symptoms may last for weeks, months, or years. This support group is designed to help women who already have a diagnosis of depression, or who think they may be depressed, learn ways to cope with their illness and get support from others. Facilitator Maureen Kelly, EdD, LCSW, is the Elder Care Counselor providing care services for faculty and staff at the University of California, Berkeley.
MORE GREAT GROUPS!

LIVING with CHRONIC PAIN  NEW!  Wednesday 6:30—7:15pm
The purpose of this group is to discover additional ways to manage chronic pain and increase your participation in activities that you enjoy. We will learn techniques for increasing muscle relaxation and a calm focus of attention. With the help of our imagination, we will generate and share ideas about how to cope.
Facilitator: Beth Krackov, PhD

SPIRITUALITY through AGING  BACK!  2nd and 4th Thursdays  10:30—11:00am
Friendship is a sacred connection. Through the sharing of our prayers, hopes, fears, and laughter, God’s presence becomes known. Come journey with us.
Facilitator: Sue Ann Yarbrough, M.Div./DASD

YOGA BREATHING & RELAXATION for Stress Reduction  Friday 11:00—11:30am
What could be more gentle, calming, and energizing than Yoga breathing and relaxation without any Yoga exercises? Take a half hour vacation with us and emerge renewed, relaxed, and peaceful. This class is offered by Nancy Freedom who has taught numerous Yoga classes at community centers, adult schools, and other venues since 1970. She has a California Adult Teaching Certificate in Yoga.

DREAMWORK  6 Thursdays starting February 21  6:00—7:15pm
Dreams offer us insights into our non-conscious understandings of our lives. Through the exploration of our dreams and their meanings, we can bring those understandings into conscious awareness, allowing us to lead fuller, more aware lives. This six-week course will offer an introduction to group dream work through reading, discussion, and the sharing of our dreams. Class size is limited to a small number of participants. Facilitator Suzanne Brunetti is in the graduate program for Gerontology at San Francisco State University, and she has been an active participant in dream groups for many years.

CURIOSITY CLUB  NEW!  Friday 10:30—11:00am
What’s a flibbertigibbet? When did the Crusades take place? How many languages are spoken in India? Do you have a question about something, but no convenient way to find out the answer? Call in to our new Curiosity Club, and we will immediately get you the information you seek by looking it up on the Internet. And stay on the phone to hear questions from other participants. Facilitators are SCWW staff.

BRAIN AEROBICS in MANDARIN  NEW!
1st & 3rd Thursdays  10:30-11am  Facilitator: Sarah Chan
Fun quizzes, trivia, and other brain games will be presented to Mandarin speaking participants twice a month. Contact us for a flyer in Mandarin.
DISCUSSION GROUPS

SOCRATES CAFÉ
Third Monday of each month 1:00—1:45pm
Call in and join other thoughtful people for an informal exploration of such questions as: What is truth? What is humor? What is community? What is an authentic life? Linda Greenberg, PhD, is a former English teacher and Social Worker who has facilitated a Socrates Café in San Francisco for three years.

BIBLE STUDY
Monday 3:30—4:15pm
Carolyn Bolton, Deacon at St. Augustine’s Episcopal Church and Service Coordinator at Oak Center Towers Senior Housing, will lead a discussion on stories of the Old and New Testaments.

WHAT’S THE VERDICT?
Tuesday 10:00—10:45am
You can be judge, jury, and lawyer in a fascinating discussion of real-life, but very unusual law cases. The facts and the evidence will be presented, and all input and ideas are welcome. Facilitator: Laura Beach

CURRENT EVENTS
Thursday 4:00—4:45pm
Add your two cents (inflated in 2008 to two dollars!) to our current events discussion. National, state, and local politics spoken here. Joe Como is a retired high school teacher who has argued about politics for 40 years. He meets with seniors regularly to discuss current events.

ASTRONOMY  NEW!
2 Wednesdays April 2 and 9 4:00—4:45pm
Paul Luersen will introduce you to the history of astronomy, highlighting discoveries by Copernicus, Kepler, Galileo, and Sir Isaac Newton.

ARMCHAIR TRAVELERS
Four Wednesdays 4:00—4:45pm
February 13, March 5, March 26, and April 16
Join your guide, Mark Johnson, a world traveler with an avid curiosity about just about everything, as he takes you on tours to fascinating distant destinations such as Europe and the Far East as well as local treasures including the Berkeley Botanic Gardens. Materials will be mailed to you before the tours begin. All aboard!
SCWW SPOTLIGHT
Tuesdays from 1:00—1:30pm

Maggie Britton will conduct lively telephone interviews with participants and facilitators. Listen to some great stories and then talk to the person interviewed.

February 5 Anna Leonor loves her kitty companion, Amy, and enjoys spending time in creative needlework pursuits, including crewel work, embroidery, and appliqué.

February 12 Grace Caminada, mother of four and grandmother of four, arrived in California from New Jersey in 1940. She was a school secretary for many years, loves embroidery and knobby, and is famous for her spaghetti sauce.

February 19 Anita Goldstein is a marvelous storyteller, a Boggle-meister, and the co-leader of Brain Exchange, a San Francisco Bay Area women’s brainstorming group.

February 26 Kathleen Torres, facilitator of the new Movie Madness group and co-facilitator of Blues Busters, was born in Oakland and lived all over the west before retiring in Clear Lake. She is a self-taught oil painter.

March 4 Gloria Flores, our Bingo caller, came to the U.S. from Nicaragua in 1965. She has a great appreciation for all she has learned from elders and loves hearing about the experiences they’ve lived.

March 11 Dick Alexander is an experienced writer who has had articles published in the San Francisco Examiner and various magazines. He was a bass player and had his own band in Florida.

March 18 Gerry Newell, facilitator of the monthly SCWW Vision Support group since Summer 2006, is a Rehabilitation Teacher for the Blind at Lions Center for the Blind in Oakland.

March 25 Mia Statter worked as a professional model before embarking on a photography career. She is also a painter and has recently sold her paintings through a gallery in New York City.

April 1 Rita Goldhor, facilitator of the History/Herstory group, has enjoyed autobiographical writing for many years. As a child in the Kindertransport Program during WWII, she left her home in Austria to live with a family in England.

April 8 Carolyn Bolton, teacher of the Bible Study class, is a Deacon at St. Augustine’s Episcopal Church and Service Coordinator at Oak Center Towers Senior Housing.

April 15 Endre Balint, born and raised in Hungary, remembers skating as a teenager on the frozen Danube River between Buda, his home city, and Pest on the opposite riverbank.

April 22 Mark Johnson, host of our Armchair Travelers group, is a train lover and a volunteer docent at the Sierra Nevada Logging Museum located near Arnold, California where he lives.
SPECIAL EVENTS

VALENTINE’S DAY PARTY
Thursday, February 14  12noon—1:00pm
Let’s get together by phone on this special friendship day and exchange verbal valentines. Share favorite quotations, poems, reminiscences, and loving thoughts with our SCWW community of friends.

SPRING FLING
Friday, March 21  1:00—2:00pm
Ah, springtime! Flowers blooming, trees budding, grasses growing, and maybe a few noses sneezing! What do you like best about this season?

EARTH DAY OBSERVANCE
Tuesday, April 22  2:00—3:00pm
Let’s talk about ways we can all show Mother Earth how much we love and respect her. Going green isn’t just for St. Patrick’s Day!
BIRTHDAY PARTIES

Early in the month participants with a birthday that month are invited to a special telephone birthday party. Let’s celebrate together! You will receive a personal invitation prior to the event.

MEET THE AUTHOR

Wednesday, March 12  4:00—5:00pm
Joseph Illick, Emeritus Professor of History San Francisco State University, will discuss his book, American Childhoods, which considers growing up in the various cultures of North America from the 17th century to the present. It also discusses the primary sources drawn upon. Professor Illick has three children and four grandchildren. Interviewer: Maggie Britton

TV WATCHERS’ FOCUS GROUP

Wednesday, February 20  4:00—5:00pm
Cash Cab? PBS Specials? American Idol? Other television programs? Tired of watching your favorite shows by yourself? Want a buddy to watch with or to rehash the program with afterwards? Call in to this special group to discuss the possibilities.
SPECIAL PRESENTATIONS on the TELEPHONE

We are pleased to offer a series of special presentations with the help of several programs serving seniors in our community. Don’t miss this opportunity to learn about valuable resources and healthful information from the comfort of your own home. Phone presentations will include a discussion session, so you can get all of your questions answered. Moderator: Maggie Britton

All special presentations are scheduled from 11:00am—12noon, every Tuesday.

February 5  SHARING JOY and COMMUNITY  To begin our new session, let’s discuss the meaning of community, send blessings to one another, and talk about what we are grateful for. Amy Schaible, MA in Gerontology, will facilitate this special phone gathering.

February 12  EMERGENCY PREPARATION  Being prepared for an emergency is easy to do and can provide peace of mind. Discuss steps you can take to keep yourself safe. Presenter is Mary Louise Zernicke, MS, MPH, RD, Nutrition and Dietetics Instructor, Merritt College.

February 19  NURTURING the BRAIN  Alvaro Fernandez, Co-founder and CEO of SharpBrains.com, a leading source of information for brain fitness, will present exciting information about brain plasticity, recent research, and ways in which you can maintain and improve your brain’s functioning.

February 26  HOSPICE  Julie Schnitter, BSN, MSN, Medical Outreach Coordinator of Hope Hospice, will discuss this type of very special care, which includes a comprehensive package of services to keep you comfortable if the time comes that your doctor says you have an illness that cannot be cured. Information about the Medicare Hospice benefit will be included.

March 4  SLEEP  Shamah Hasan, RpsgT, Clinical Manager of the Sleep Disorders Clinic of Doctors Medical Center in San Pablo, will discuss the diagnosis and treatment of sleep-related problems, including snoring, insomnia, sleep apnea, and others.
March 11  ARTHRITIS  Did you know that arthritis is the #1 cause of disability in the United States? Learn more in our discussion with Victoria Bruno, Community Programs Manager, Arthritis Foundation, Northern California Chapter.

March 18  LAUGHING for the HEALTH of It!  Bev Bender, MA in Gerontology and Certified Laugh Leader, will talk about laughing exercises that research has proven promote health and reduce stress.

March 25  VITAMINS  What exactly are vitamins, and how important are they? Can we get what we need from foods, or should we take supplements? These questions and others will be addressed in this discussion with Mary Louise Zernicke, MS, MPH, RD, Nutrition and Dietetics Instructor, Merritt College.

April 1  CONSUMER PROTECTION  Jess Strange, Community Education Advocate for LAS and HICAP, will offer this presentation about common scams by telemarketers, mail, door-to-door solicitors, and the internet and will explain ways to help stop financial abuse, harassments, and threats by debt collectors.

April 8  SYMPTOM MANAGEMENT at End of Life  Join us for a discussion of palliative, or comfort, care available if needed. Julie Schnitter, BSN, MSN, Medical Outreach Coordinator of Hope Hospice, will answer all your questions.

April 15  MINDALERT AWARD REPORT  Just back from the American Society on Aging/National Council on Aging conference in Washington, D.C., SCWW staff will tell you all about the happenings there, including the presentation of our MindAlert 2008 Award! Photos too!

April 22  ACUPRESSURE  is an ancient healing art that uses the fingers to stimulate key points on the skin to activate the body’s natural healing process. This session discusses its origin, uses, and how it works. Presenter Amy Schaible, MA in Gerontology, has led many acupressure discussion groups with elders over the years.
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Interested in volunteering for Senior Center Without Walls?
Please contact us at 1-877-797-7299.

In addition to funding from Episcopal Senior Communities and St. Paul’s Episcopal Church, grants have been awarded by the Darby Betts Fund, True North Foundation, The Fund, Spring Lake Village, and Y & H Soda Foundation. We are very grateful to all of the individuals who have made donations to Senior Center Without Walls. We couldn’t have done it without you!

Senior Center Without Walls
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Email: srresources@yahoo.com       www.SeniorCenterWithoutWalls.org
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<td>1-1:30pm</td>
<td>(2nd and 4th)</td>
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<td>4-4:45pm</td>
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<td>Thursdays)</td>
<td>Depression Support</td>
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<td>Writing</td>
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<td>Coping with Loss</td>
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<td>Workshop</td>
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<td>Book Group</td>
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<td>4-4:45pm</td>
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<td>Movie Madness</td>
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<td>Current Events</td>
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<td>Mini Mysteries</td>
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<td>Dreamwork</td>
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Senior Center Without Walls       REGISTRATION

To register, call toll-free **1-877-797-7299** or fill out the form below and mail it to:
**Senior Center Without Walls, 114 Montecito Ave., Oakland, CA  94610.**

Before the groups start, you will receive information about your chosen group(s) and instructions about how to connect to them.

Name_________________________________ Telephone_______ Birthdate______

Address_________________________________________________________________

Group sizes are limited. You may check off as many as you like, but **please circle your 5 favorite selections.**

**BRAIN SPARKS**
___ Boggle  
___ Memory Tips & Tricks  
___ A to Z Outburst  
___ Numbers Challenge  
___ Mini Mysteries  
___ Brain Aerobics  
___ Improvisation  
___ Brain Aerobics in Mandarin

**MORE GREAT GROUPS**
___ Living with Chronic Pain  
___ Spirituality through Aging  
___ Yoga Breathing & Relaxation  
___ Dreamwork  
___ Curiosity Club  
___ Astronomy  
___ Armchair Travelers  
___ SCWW Spotlight

**FUN & CONVERSATION**
___ Funny Bones  
___ LGBT Lunch Bunch  
___ Reminiscence  
___ Koffee Klatch  
___ Pet Tales  
___ Needle Arts  
___ Eat, Drink, & Be Merry!  
___ Movie Madness  
___ Bingo

**DISCUSSION GROUPS**
___ Socrates Café  
___ Bible Study  
___ What’s the Verdict?  
___ Current Events

**READING & WRITING**
___ Writing Workshop  
___ SCWW Theater  
___ History/Herstory  
___ Guided Autobiography  
___ Book Group  
___ Saturday Morning Poetry

**SUPPORT GROUPS**
___ Challenges of Aging 1  
___ Challenges of Aging 2  
___ Vision Support  
___ Coping with Loss  
___ Women’s Depression Support

**SPECIAL PRESENTATIONS**
___ Sharing Joy and Community  
___ Emergency Preparation  
___ Nurturing the Brain  
___ Hospice  
___ Sleep  
___ Arthritis  
___ Laughing for the Health of It!  
___ Vitamins  
___ Consumer Protection  
___ Symptom Management  
___ MindAlert Award Report  
___ Acupressure

*Information on connecting to the drop-in groups—Gratitude, Blues Busters, Parties, and Special Events—will be provided to all who register for any of the SCWW groups.*