



Senior Center Without Walls offers activities, friendly conversation, and an assortment of classes and support groups to adults aged 60+ in California who find it difficult to participate in activities in their communities. From the comfort of their homes, they connect to our program using their own telephones.

And it's FREE!

Award-Winning Program

2010 Jefferson Award for Public Service, San Francisco Bay Area

2009 Citation of Honor from the International Association of Homes and Services for the Ageing

2008 MindAlert Award from the American Society on Aging and MetLife Foundation

2008 Gold and Silver Award from the City of Oakland, California

Activities Include:



BOOK GROUP

Join a group discussion of stories and novels by your favorite authors.



ARMCHAIR TRAVELERS

Take guided trips on the phone to local as well as faraway places.



HEALTH DISCUSSIONS

Learn about valuable resources and healthful information.



BRAIN AEROBICS

Exercise your gray matter with quizzes, word games, and more.



SUPPORT GROUPS

Find comfort in groups on low vision, anxiety, depression, and other topics.



BIRD WATCHING

Identify the birds you see from your window with the help of our guide.

AND MANY MORE!

Here's how it works:

1. A schedule of upcoming classes and groups is distributed to prospective participants.
2. Participants register for their selected sessions either by telephone or by mail.
3. If appropriate, a packet of class materials is mailed to each participant prior to the start of the class.
4. Participants are given the conference call number and a code number to connect them to the chosen classes at the scheduled times. No charge is added to their phone bills.

Many groups, including Parties, Interviews, Talent Shows, Chat Sessions, and Gratitude Expressions, are offered as "Drop-In" groups to all participants.



Quotes from SCWW Participants:

“It jump-starts the batteries in my brain!”

“I find this program very stimulating and with a wide variety of subjects from which to choose.”

“It gives me something to look forward to.”

“You get isolated when you’re homebound. But now I have a contact with the world again, and I’m developing interests I never knew I had.”

“It’s the best thing that ever happened to me!”

“Senior Center Without Walls is really about removing the walls between us—creating connections on the phone with people who would otherwise not know each other. This is what SCWW has done for me and others.”

CONTACT SCWW:

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-or-

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SENIOR CENTER

Without Walls

A Telephone Community for California Elders



Interested in volunteering for
Senior Center Without Walls?
Please contact us at the above
phone numbers or by email.

Your tax-deductible donations
to this 501(c)(3) organization
are very welcome!

*SCWW is a non-denominational
community outreach program of*

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SENIOR COMMUNITIES

SENIOR CENTER

Without Walls