



Seniors Centre Without Walls (SCWW) is just like attending a fitness class, seminar or playing a game at the Centre but from the safety of your home. Join us over the phone to connect with us or, beginning on Tuesday, September 8 you will also be able to connect to our Chair Exercise and Stretch and Relax programs using ZOOM video conferencing. You can see Brandie!

All SCWW Programs are FREE to join, 30 minutes long and occur 6 days a week.

Regular programs include:

Chair Exercise: Light cardio and strength exercises. Weights and resistance bands are optional.

Fun & Games: Activities to make us laugh and stay connected.

Stories & Games: Stories from a variety of genres.

Stretch & Relax: Light movement to feel better and reduce stress.

FULL September 2020 schedule on next page

Contact Information:

For further information or if you have questions, you can reach us via:

Telephone: 905-727-3123 ext. 3614

Tips on a good call

Here are some ways to make the most of your SCWW calls.

LET THE FACILITATOR LEAD: To reduce confusion on the phone it is important to let the facilitator or guest speaker guide the conversation or activity.

USE THE ME/NOT ME RULE: Remember to give everyone a chance to speak. This includes making sure to not talk over or disrupt someone while they are speaking. This also includes being mindful that every time you comment on something, it might not be giving space for someone else, or allowing the program to continue.

BE MINDFUL: Be mindful that everyone has a story, a background, and a different way of looking at the world, and/or different communication styles.

REDUCE BACKGROUND NOISE: Plan to be in a location with reduced background noise. Turn off anything that might make noise (television, radios, or pets.) Be aware that the facilitator may mute your line if there is too much background noise.

September 2020 SCWW Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
	1 10:15 ZOOM Help (Z) 3:15 Stretch & Relax (T)	2 10:15 Chair Exercise (T) 3:15 Stories & Games (T)	3 10:15 ZOOM Help (Z) 3:15 Stretch & Relax (T)	4 10:15 Stretch & Relax (T) 3:15 Fun & Games (T)	6 12:30 Chair Exercise (T)
7 Labour Day—No Calls	8 3:15 Stretch & Relax (Z/T)	9 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	10 3:15 Stretch & Relax (Z/T)	11 10:15 Stretch & Relax (Z/T) 3:15 Fun & Games (T)	13 12:30 Chair Exercise (Z)
14 3:15 Fun & Games (T)	15 3:15 Stretch & Relax (Z/T)	16 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	17 3:15 Stretch & Relax (Z/T)	18 10:15 Stretch & Relax (Z/T) 3:15 Fun & Games (T)	20 12:30 Chair Exercise (Z)
21 3:15 Fun & Games (T)	22 3:15 Stretch & Relax (Z/T)	23 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	24 3:15 Stretch & Relax (Z/T)	25 10:15 Stretch & Relax (Z/T) 3:15 Fun & Games (T)	27 12:30 Chair Exercise (Z)
28 3:15 Fun & Games (T)	29 3:15 Stretch & Relax (Z/T)	30 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)			

Aurora SCWW will now be available through ZOOM and teleconference!

T—Teleconference Z—offered through Zoom Z/T—offered through Zoom & Teleconference

Interested in Trying ZOOM? Need some help?

We will be offering two ZOOM help lessons on Tuesday, September 1 and Thursday, September 3 at 10:15am to assist anyone, who would like to try to join our SCWW program through ZOOM.

Please email scww@aurora.ca for more details or to sign-up