



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, and with Chair Exercise, Stretch and Relax, Chair Yoga, and Chair Zumba programs, also on ZOOM video conferencing. You can see Brandie and Cris!

All SCWW Programs are FREE to join, 30 minutes long and occur 7 days a week. Regular programs include:

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

**Chair Yoga:** A gentle practice that relaxes your body and mind.

**Chair Zumba:** A fun and versatile routine that leaves a smile on your face.

**Coffee Chat over ZOOM:** An informal chat with the group, bring your coffee.

**Deep Breathing:** A session of deep breathing exercise for relaxation.

**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.

***We are excited to offer a Name that Tune session over ZOOM this month as well as another installment of Card Bingo, Jeopardy and an Arm Chair Traveler talk on Ireland with Joe Scott from Year Round Travel!***

**FULL March 2021 schedule with dates and times are on the next page.**

**Contact Information:**

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

Telephone: 905-727-3123 ext. 3614

Email: [scww@aurora.ca](mailto:scww@aurora.ca)

### 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.

### Interested in Trying ZOOM? Need some help?

We will be offering a ZOOM help lesson on Thursday, March 11 at 10:15 a.m.

Let us help you get started.

Please email [abailey@aurora.ca](mailto:abailey@aurora.ca) for more details or to sign-up.



# March 2021 SCWW Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3:15 Fun & Games (T)	2 3:15 Stretch & Relax (Z/T)	3 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	4 12:30 Deep Breathing (Z/T) 3:15 Stretch & Relax (Z/T)	5 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)	6 10:15 Chair Zumba (Z)
7 12:30 Chair Exercise (Z)	8 3:15 Card Bingo (Z/T)	9 12:30 Coffee Chat (Z) 3:15 Stretch & Relax (Z/T)	10 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	11 10:15 Zoom Help Session (Z) 12:30 Feet Fitness (Z/T) 3:15 Stretch & Relax (Z/T)	12 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)	13 10:15 Chair Zumba (Z)
14 12:30 Chair Exercise (Z)	15 3:15 Jeopardy (Z/T)	16 3:15 Stretch & Relax (Z/T)	17 10:15 Chair Exercise (Z/T) 3:00 St. Patrick's Day Event (Z)	18 12:30 Deep Breathing (Z/T) 3:15 Stretch & Relax (Z/T)	19 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)	20 10:15 Chair Zumba (Z)
21 12:30 Chair Exercise (Z)	22 3:15 Card Bingo (Z/T)	23 3:15 Stretch & Relax (Z/T)	24 10:15 Chair Exercise (Z/T) 3:15 Arm Chair Traveler (T)	25 12:30 Hydration (Z/T) 3:15 Stretch & Relax (Z/T)	26 10:15 Chair Yoga (Z/T) 3:15 Fun & Games (T)	27 10:15 Chair Zumba (Z)
28 11:30 Name That Tune (Z) 12:30 Chair Exercise (Z)	29 3:15 Fun & Games (T)	30 12:30 Coffee Chat (Z) 3:15 Stretch & Relax (Z/T)	31 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	<p><b>*ASA St. Patrick's Day Event</b></p> <p>Join us Wednesday, March 17 at 3 p.m. This event will be offered over Zoom. Musician David Wildsmith will be playing a St. Patrick themed set list.</p> <p>*This event requires pre-registration, please email <a href="mailto:seniorscentre@aurora.ca">seniorscentre@aurora.ca</a></p>		

We are pleased to be offering the following Wellness seminars on Thursdays at 12:30 p.m. in March:

Thursday, March 11 – Feet Fitness

Thursday, March 25 – Hydration