



SENIORS CENTRE WITHOUT WALLS (S.C.W.W)

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 another installment of Card Bingo, Jeopardy and Name that Tune.

FULL April 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

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, April 15 at 10:15 a.m.

Let us help you get started.

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

APRIL 2021 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				April 1 12:30 Deep Breathing (Z/T) 3:15 Stretch and Relax (Z/T)	April 2 Good Friday (No Programs)	April 3 10:15 Chair Zumba (Z)
April 4 Easter Sunday (No Programs)	April 5 3:15 Fun and Games (T)	April 6 12:30 Coffee Chat (Z) 3:15 Stretch and Relax (Z/T)	April 7 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	April 8 12:30 Effective Walking (Z/T) 3:15 Stretch and Relax (Z/T)	April 9 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	April 10 10:15 Chair Zumba (Z)
April 11 12:30 Chair Exercise (Z)	April 12 3:15 Card Bingo (Z/T)	April 13 3:15 Stretch and Relax (Z/T)	April 14 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	April 15 10:15 Zoom Help Session (Z) 3:15 Stretch and Relax (Z/T)	April 16 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	April 17 10:15 Chair Zumba (Z)
April 18 12:30 Chair Exercise (Z)	April 19 3:15 Fun and Games (T)	April 20 3:15 Stretch and Relax (Z/T)	April 21 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	April 22 3:15 Stretch and Relax (Z/T)	April 23 10:15 Chair Yoga (Z) 1:00 Alzheimer NHL Pro-Am Event* (Z)	April 24 10:15 Chair Zumba (Z)
April 25 11:30 Name that Tune (Z) 12:30 Chair Exercise (Z)	April 26 3:15 Jeopardy (Z/T)	April 27 3:15 Stretch and Relax (Z/T)	April 28 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	April 29 3:15 Stretch and Relax (Z/T)	April 30 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	

*Alzheimer Pro-Am with Maple Leaf Alum guest speaker event requires pre-registration.

Please email seniorscentre@aurora.ca or call 905 727 3123 ext. 3611 for more details.