



TOWN OF AURORA  
**SENIORS' CENTRE**  
WITHOUT WALLS

### **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.

**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 Name that Tune session over ZOOM this month as well as Card Bingo, Jeopardy.***

**FULL May 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, May 20 at 10:15 a.m.

Let us help you get started in learning the basics on explaining key icons and other aspects to assist you in feeling more comfortable using Zoom

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

# MAY 2021 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						May 1 10:15 Chair Zumba (Z)
May 2 12:30 Chair Exercise (Z)	May 3 3:15 Fun & Games (T)	May 4 3:15 Stretch & Relax (Z/T)	May 5 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	May 6 3:15 Stretch & Relax (Z/T)	May 7 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)	May 8 10:15 Chair Zumba (Z)
May 9 12:30 Chair Exercise (Z)	May 10 3:15 Card Bingo (Z/T)	May 11 3:15 Stretch & Relax (Z/T)	May 12 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	May 13 12:30 Coffee Chat (Z) 3:15 Stretch & Relax (Z/T)	May 14 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)	May 15 10:15 Chair Zumba (Z)
May 16 12:30 Chair Exercise (Z)	May 17 3:15 Fun & Games (T)	May 18 12:30 Medical Cannabis Seminar* (Z) 3:15 Stretch & Relax (Z/T)	May 19 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	May 20 10:15 Zoom Help Session (Z) 3:15 Stretch & Relax (Z/T)	May 21 10:15 Chair Yoga (Z) 1:00 Spring Has Spring Event* (Z)	May 22 10:15 Chair Zumba (Z)
May 23 11:30 Name that Tune (Z) 12:30 Chair Exercise (Z)	May 24 <b>No Program (Victoria Day)</b>	May 25 3:15 Stretch & Relax (Z/T)	May 26 10:15 Chair Exercise (Z/T) 3:15 Stories & Games (T)	May 27 3:15 Stretch & Tone "Try-it" (Z/T)	May 28 10:15 Chair Yoga (Z) 3:15 Fun & Games (T)	May 29 10:15 Chair Zumba (Z)
May 30 12:30 Chair Exercise (Z)	May 31 3:15 Jeopardy (Z/T)					

\*Medical Cannabis Seminar (May 18) and Spring has Sprung event (May 21) requires pre-registration. Please email [scww@aurora.ca](mailto:scww@aurora.ca) or call 905-727-3123 ext. 3614 to register or for more details.

**Keep and eye out in June for additional programming for Seniors Month.**