



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.

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 Basic Cardio try-it exercise program as well as another installment of Card Bingo and Jeopardy.

FULL July 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.



JULY 2021 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				July 1 Canada Day (No Programs)	July 2 (No Programs)	July 3 10:15 Chair Zumba (Z)
July 4 12:30 Chair Exercise (Z)	July 5 3:15 Fun and Games (T)	July 6 3:15 Stretch and Relax (Z/T)	July 7 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	July 8 3:15 Stretch and Relax (Z/T)	July 9 10:15 Basic Cardio Try-it (Z) 3:15 Fun and Games (T)	July 10 (No Programs)
July 11 12:30 Chair Exercise (Z)	July 12 3:15 Card Bingo (Z/T)	July 13 3:15 Stretch and Relax (Z/T)	July 14 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	July 15 3:15 Stretch and Relax (Z/T)	July 16 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	July 17 10:15 Chair Zumba (Z)
July 18 12:30 Chair Exercise (Z)	July 19 3:15 Fun and Games (T)	July 20 3:15 Stretch and Relax (Z/T)	July 21 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	July 22 3:15 Stretch and Relax (Z/T)	July 23 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	July 24 10:15 Chair Zumba (Z)
July 25 12:30 Chair Exercise (Z)	July 26 3:15 Jeopardy (Z/T)	July 27 3:15 Stretch and Relax (Z/T)	July 28 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	July 29 3:15 Stretch and Relax (Z/T)	July 30 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	July 31 10:15 Chair Zumba (Z)

Need help with Zoom videoconferencing?
Let us know and we would be happy to assist.

