



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 Seniors 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 your instructor!

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 well as another installment of Card Bingo and Jeopardy.

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.



OCTOBER 2021 S.C.W.W PROGRAMS

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

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

