



### **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 Balance Improvement Try-it as well as another installment of Card Bingo and Family Feud.***

### **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)

**\*We listened to your Feedback\***

**See our NEW September 2021 schedule with dates and times for our weekly programs on the next page.**

## **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.



## SEPTEMBER 2021 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*We will now offer our Stretch and Relax program on Mondays at 3:15 p.m. and Fun and Games themed programs on Tuesdays at 3:15 p.m.			September 1 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	September 2 3:15 Stretch and Relax (Z/T)	September 3 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	September 4 10:15 Chair Zumba (Z)
September 5 12:30 Chair Exercise (Z)	September 6 (No Programs)	September 7 3:15 Fun and Games (T)	September 8 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	September 9 3:15 Stretch and Relax (Z/T)	September 10 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	September 11 10:15 Chair Zumba (Z)
September 12 12:30 Balance Improvement Try-it (Z)	September 13 3:15 Stretch and Relax (Z/T)	September 14 3:15 Card Bingo (Z/T)	September 15 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	September 16 3:15 Stretch and Relax (Z/T)	September 17 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	September 18 10:15 Chair Zumba (Z)
September 19 12:30 Chair Exercise (Z)	September 20 3:15 Stretch and Relax (Z/T)	September 21 3:15 Fun and Games (T)	September 22 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	September 23 3:15 Stretch and Relax (Z/T)	September 24 10:15 Chair Yoga (Z) 1:00 ASA Trivia Challenge (Z)	September 25 10:15 Chair Zumba (Z)
September 26 12:30 Chair Exercise (Z)	September 27 3:15 Stretch and Relax (Z/T)	September 28 3:15 Family Feud (T)	September 29 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	September 30 3:15 Stretch and Relax (Z/T)		

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

