



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 & Breathe: Full body stretch with deep breathing.

We are excited to offer additional programming for November's Fall prevention month including the following seminars:

How to get up & Balance Tips on Tuesday, November 16 at 10:45 a.m. (Z)

This Zoom seminar will teach you how to safely get up from a fall along with tips and exercises you can do at home to improve your balance.

Fall Prevention on Tuesday, November 23 10:45 a.m. (Z/T)

This Jam packed session will be offered over Zoom and the Telephone. Learn what you can do to Prevent Falls.

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.



NOVEMBER 2021 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	November 1 3:15 Stretch and Relax (Z/T)	November 2 3:15 Fun and Games (T)	November 3 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	November 4 3:15 Stretch and Breathe (Z/T)	November 5 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	November 6 10:15 Chair Zumba (Z)
November 7 12:30 Chair Exercise (Z)	November 8 3:15 Stretch and Relax (Z/T)	November 9 3:15 Card Bingo (Z/T)	November 10 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	November 11 3:15 Stretch and Breathe (Z/T)	November 12 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	November 13 10:15 Chair Zumba (Z)
November 14 12:30 Chair Exercise (Z)	November 15 3:15 Stretch and Relax (Z/T)	November 16 10:45 How to get up & Balance Tips (Z) 3:15 Fun and Games (T)	November 17 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	November 18 3:15 Stretch and Breathe (Z/T)	November 19 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	November 20 10:15 Chair Zumba (Z)
November 21 12:30 Chair Exercise (Z)	November 22 3:15 Stretch and Relax (Z/T)	November 23 10:45 Fall Prevention (Z/T) 3:15 Fun and Games (T)	November 24 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	November 25 3:15 Stretch and Breathe (Z/T)	November 26 10:15 Chair Yoga (Z) 3:15 Fun and Games (T)	November 27 10:15 Chair Zumba (Z)
November 28 12:30 Chair Exercise (Z)	November 29 3:15 Stretch and Relax (Z/T)	November 30 3:15 Jeopardy (Z/T)	This legend indicates how each SCWW program will be available for this month! T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference			

Contact information:

For Further information or if you have any questions, you can reach us via:

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