



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 Regular programs include:

**Chair Exercise:** Light cardio and strength exercises. Weights are optional.

**Fun & Games:** Activities to make us laugh and stay connected.

**Stories & Games:** Stories from a variety of genres.

**Stretch & Relax:** Full body stretch with deep breathing.

**See January Calendar for Additional programming this month as well as the following Wellness Seminars at 12:30 p.m. every Wednesday.**

These will be offered over Zoom and the Telephone:

**"DEEP BREATHING & RELAXATION"** on Wednesday, January 5 and 19

Learn the benefits and techniques of proper deep breathing to lower stress, high blood pressure and help you fall and stay asleep longer. Enjoy a short, guided meditation at the end.

**"MOVEMENT IS MEDICINE"** on Wednesday, January 12

Have you heard the saying Motion is Lotion and Rest is Rust?

this seminar will teach you simple movements you can do daily to decrease pain, lower stress, breath better and give you an overall feeling of wellness.

**"FEET FITNESS"** on Wednesday, January 26

Our feet are so important and are so forgotten! They hold our entire bodies up – how well we walk, squat, sit all have to do with our ankle and foot strength.

Learn some simple daily exercises to keep your ankles and feet strong and happy!

## **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.



# JANUARY 2022 S.C.W.W PROGRAMS

## COVID LOCKDOWN EDITION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
January 2 12:30 Chair Exercise (Z)	January 3 No programs	January 4 3:15 Fun and Games (T)	January 5 10:15 Chair Exercise (Z/T) 3:15 Stories and Games (T)	January 6 3:15 Stretch and Relax (Z/T)	January 7 3:15 Fun and Games (T)
January 9 12:30 Chair Exercise (Z)	January 10 3:15 Chair Exercise (Z/T)	January 11 12:30 Name That Tune (Z) 3:15 Fun and Games (T)	January 12 10:15 Stretch and Relax (Z/T) 3:15 Stories and Games (T)	January 13 12:30 Zoom Help (Z) 3:15 Chair Exercise (Z/T)	January 14 10:15 Chair Stretch (Z/T) 3:15 Fun and Games (T)
January 16 12:30 Chair Exercise (Z)	January 17 3:15 Chair Exercise (Z/T)	January 18 10:15 Zoom Help (Z) 3:15 Jeopardy (Z/T)	January 19 10:15 Stretch and Relax (Z/T) 3:15 Stories and Games (T)	January 20 3:15 Chair Exercise (Z/T)	January 21 10:15 Chair Stretch (Z/T) 3:15 Card Bingo (Z/T)
January 23 12:30 Chair Exercise (Z)	January 24 3:15 Chair Exercise (Z/T)	January 25 3:15 Fun and Games (T)	January 26 10:15 Stretch and Relax (Z/T) 3:15 Stories and Games (T)	January 27 3:15 Chair Exercise (Z/T)	January 28 10:15 Chair Stretch (Z/T) 3:15 Fun and Games (T)
January 30 12:30 Chair Exercise (Z)	January 31 3:15 Chair Exercise (Z/T)	<b>This legend indicates how each SCWW program will be available for this month!</b> 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:

Telephone: 905 727 3123 ext. 3614

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