



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 comfort of your home. Join us over the phone, and with Chair Exercise and Stretch and Relax 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.

We are pleased to offer another installment of Card Bingo and Jeopardy.

SCWW programs are offered 6 days a week.

**If you know someone who may be interested in this program,
Let us know, and a member of our Team will be happy to reach out to
make the first connection.**

Contact Information:

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

Telephone: 365 500 3161

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.



MAY 2022 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
May 1 12:30 Chair Exercise (Z)	May 2 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	May 3 3:15 Chair Exercise (Z/T)	May 4 3:15 Stories and Games (T)	May 5 3:15 Stretch and Relax (Z/T)	May 6 3:15 Fun and Games (T)
May 8 12:30 Chair Exercise (Z)	May 9 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	May 10 3:15 Chair Exercise (Z/T)	May 11 3:15 Stories and Games (T)	May 12 3:15 Stretch and Relax (Z/T)	May 13 3:15 Fun and Games (T)
May 15 12:30 Chair Exercise (Z)	May 16 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	May 17 3:15 Chair Exercise (Z/T)	May 18 3:15 Stories and Games (T)	May 19 3:15 Stretch and Relax (Z/T)	May 20 3:15 Fun and Games (T)
May 22 12:30 Chair Exercise (Z)	May 23 No Programs (Victoria Day)	May 24 3:15 Chair Exercise (Z/T)	May 25 3:15 Stories and Games (T)	May 26 3:15 Stretch and Relax (Z/T)	May 27 3:15 Fun and Games (T)
May 29 12:30 Chair Exercise (Z)	May 30 10:15 Stretch and Relax (Z/T) 3:15 Jeopardy (Z/T)	May 31 3:15 Chair Exercise (Z/T)	<u>This legend indicates how each SCWW program will be available for this month!</u> T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference		

ZOOM HELP

Interested in Trying ZOOM? Need some help?

Please email abailey@aurora.ca, and we would be happy to assist.

