



SENIORS CENTRE WITHOUT WALLS (SCWW)

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 Name That Tune, Card Bingo and Jeopardy as well as Celebration calls. This month we celebrate Italy and Canada.

**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.**

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.



JUNE 2022 SCWW PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
This legend indicates how each SCWW program will be available. T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference			June 1 3:15 Stories and Games (T)	June 2 3:15 Stretch and Relax (Z/T)	June 3 3:15 Fun and Games (T)
June 5 12:30 Chair Exercise (Z)	June 6 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	June 7 3:15 Chair Exercise (Z/T)	June 8 3:15 Celebrate Italy (T)	June 9 3:15 Stretch and Relax (Z/T)	June 10 3:15 Fun and Games (T)
June 12 11:30 Name That Tune (Z) 12:30 Chair Exercise (Z)	June 13 10:15 Stretch and Relax (Z/T) 3:15 Fun and Games (T)	June 14 3:15 Chair Exercise (Z/T)	June 15 3:15 Stories and Games (T)	June 16 3:15 Stretch and Relax (Z/T)	June 17 3:15 Fun and Games (T)
June 19 12:30 Chair Exercise (Z)	June 20 10:15 Stretch and Relax (Z/T) 3:15 Fun and Games (T)	June 21 3:15 Chair Exercise (Z/T)	June 22 3:15 Stories and Games (T)	June 23 3:15 Stretch and Relax (Z/T)	June 24 3:15 Fun and Games (T)
June 26 12:30 Chair Exercise (Z)	June 27 10:15 Stretch and Relax (Z/T) 3:15 Jeopardy (Z/T)	June 28 3:15 Chair Exercise (Z/T)	June 29 3:15 Celebrate Canada (T)	June 30 3:15 Stretch and Relax (Z/T)	

Seniors Centre in the mail program

The Town of Aurora is excited to offer our Seniors Centre in the Mail program. Packages are mailed out to residents or can be picked up at the Seniors Centre twice a month (1st and 3rd Friday of the month). The packages are filled with activities that will keep you entertained and will boost brain function, memory, and focus. **Interested in Participating?** Reach out to Brandie either via email byorg@aurora.ca or by phone 365 500 3161.

