



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 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 Card Bingo and Jeopardy as well as Celebration calls. This month we celebrate *Cats, Elvis and India*.

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.



AUGUST 2022 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	August 1 No Programs (Civic Holiday)	August 2 3:15 Chair Exercise (Z/T)	August 3 3:15 Celebrate Cats (T)	August 4 3:15 Stretch and Relax (Z/T)	August 5 3:15 Fun and Games (T)
August 7 12:30 Chair Exercise (Z)	August 8 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	August 9 3:15 Chair Exercise (Z/T)	August 10 3:15 Stories and Games (T)	August 11 3:15 Stretch and Relax (Z/T)	August 12 3:15 Fun and Games (T)
August 14 12:30 Chair Exercise (Z)	August 15 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	August 16 3:15 Chair Exercise (Z/T)	August 17 3:15 Celebrate Elvis (T)	August 18 3:15 Stretch and Relax (Z/T)	August 19 3:15 Fun and Games (T)
August 21 12:30 Chair Exercise (Z)	August 22 10:15 Stretch and Relax (Z/T) 3:15 Fun and Games (T)	August 23 3:15 Chair Exercise (Z/T)	August 24 3:15 Stories and Games (T)	August 25 3:15 Stretch and Relax (Z/T)	August 26 3:15 Fun and Games (T)
August 28 12:30 Chair Exercise (Z)	August 29 10:15 Stretch and Relax (Z/T) 3:15 Jeopardy (Z/T)	August 30 3:15 Chair Exercise (Z/T)	August 31 3:15 Celebrate India (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	

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.

