



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 *Yukon and Oktoberfest*.

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.



SEPTEMBER 2022 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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				September 1 3:15 Stretch and Relax (Z/T)	September 2 3:15 Fun and Games (T)
September 4 No Programs	September 5 Closed No Programs Happy Labour Day	September 6 3:15 Chair Exercise (Z/T)	September 7 3:15 Stories and Games (T)	September 8 3:15 Stretch and Relax (Z/T)	September 9 3:15 Fun and Games (T)
September 11 12:30 Chair Exercise (Z)	September 12 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	September 13 3:15 Chair Exercise (Z/T)	September 14 3:15 Celebrate YUKON (T)	September 15 3:15 Stretch and Relax (Z/T)	September 16 3:15 Fun and Games (T)
September 18 12:30 Chair Exercise (Z)	September 19 10:15 Stretch and Relax (Z/T) 3:15 Fun and Games (T)	September 20 3:15 Chair Exercise (Z/T)	September 21 3:15 Stories and Games (T)	September 22 3:15 Stretch and Relax (Z/T)	September 23 *1:00 Old Time Piano (T) 3:15 Fun and Games (T)
September 25 12:30 Chair Exercise (Z)	September 26 10:15 Stretch and Relax (Z/T) 3:15 Jeopardy (Z/T)	September 27 3:15 Chair Exercise (Z/T)	September 28 3:15 Celebrate OKTOBERFEST (T)	September 29 3:15 Stretch and Relax (Z/T)	September 30 *1:00 Old Time Piano (T) 3:15 Fun and Games (T)

*NEW Starting Friday, September 23 from 1 to 2 p.m. our SCWW friends in Saskatchewan have invited us to join in Old Time Piano music with Lorne Jackson. If you would like to join in you **must** pre-register at scww@aurora.ca or 365-500-3161