



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.

NEW Old Time Piano with Lorne Jackson: Hear the history of every song before he plays it, how it was written, who wrote it, etc. then sit back and enjoy the song.

We are pleased to offer Card Bingo and Jeopardy. For Card Bingo all you need is a standard deck of cards, for Jeopardy you need pen and paper.

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.



OCTOBER 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 29 3:15 Stretch and Relax (Z/T)	September 30 12:00 Old Time Piano (T) 3:15 Fun and Games (T)
October 2 12:30 Chair Exercise (Z)	October 3 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	October 4 3:15 Chair Exercise (Z/T)	October 5 3:15 Stories and Games (T)	October 6 3:15 Stretch and Relax (Z/T)	October 7 12:00 Old Time Piano (T) 3:15 Fun and Games (T)
October 9 12:30 Chair Exercise (Z)	October 10 NO PROGRAMS Happy Thanksgiving	October 11 3:15 Chair Exercise (Z/T)	October 12 3:15 Stories and Games (T)	October 13 3:15 Stretch and Relax (Z/T)	October 14 12:00 Old Time Piano (T) 3:15 Fun and Games (T)
October 16 NO CLASS	October 17 10:15 Stretch and Relax (Z/T) 3:15 Jeopardy (Z/T)	October 18 3:15 Chair Exercise (Z/T)	October 19 3:15 Stories and Games (T)	October 20 3:15 Stretch and Relax (Z/T)	October 21 12:00 Old Time Piano (T) 3:15 Fun and Games (T)
October 23/30 12:30 Chair Exercise (Z)	October 24/31 10:15 Stretch and Relax (Z/T) 3:15 Fun and Games (T)	October 25 3:15 Chair Exercise (Z/T)	October 26 3:15 Stories and Games (T)	October 27 3:15 Stretch and Relax (Z/T)	October 28 12:00 Old Time Piano (T) 3:15 Fun and Games (T)



Packages are mailed out to residents or can be picked up at the Seniors Centre twice a month. The packages are filled with activities that will keep you entertained and will boost brain function, memory, and focus. Interested? Contact Brandie either via email byorg@aurora.ca or by phone 365 500 3161