



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.

Card Bingo: All you need is a standard deck of cards

Jeopardy: Trivia questions "Jeopardy" style, all you need is pen and paper

Wellness Seminar: Join in these jam packed seminars with a different topic every week.

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.



MARCH 2023 S.C.W.W PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			March 1 3:15 Stories and Games 1:00 Wellness (Z)	March 2 3:15 Stretch and Relax (Z/T)	March 3 3:15 Fun and Games (T)
March 5 12:30 Chair Exercise (Z)	March 6 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	March 7 3:15 Chair Exercise (Z/T)	March 8 3:15 Stories and Games (T) 1:00 Wellness (Z)	March 9 3:15 Stretch and Relax (Z/T)	March 10 3:15 Fun and Games (T)
March 12 12:30 Chair Exercise (Z)	March 13 10:15 Stretch and Relax (Z/T) 3:15 Card Bingo (Z/T)	March 14 3:15 Chair Exercise (Z/T)	March 15 3:15 Stories and Games (T) 1:00 Wellness (Z)	March 16 3:15 Stretch and Relax (Z/T)	March 17 3:15 Celebrate St. Patrick's Day (T)
March 19 12:30 Chair Exercise (Z)	March 6 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	March 21 3:15 Chair Exercise (Z/T)	March 22 3:15 Stories and Games (T) 1:00 Wellness (Z)	March 23 3:15 Stretch and Relax (Z/T)	March 24 3:15 Fun and Games (T)
March 26 12:30 Chair Exercise (Z)	March 27 10:15 Stretch and Relax (Z/T) 3:15 Jeopardy (Z/T)	March 28 3:15 Chair Exercise (Z/T)	March 22 3:15 Stories and Games (T) 1:00 Wellness (Z)	March 23 3:15 Stretch and Relax (Z/T)	March 24 3:15 Fun and Games (T)

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