



**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.

All SCWW Programs are FREE to join, our offered 6 days a week, 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 and music 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

**If you know someone who may be interested in this program, please let us know, a member of our team will be happy to reach out to make the first connection.**

**Contact Information:**

**For further information please contact:**

Telephone: 365 500 3161 or Email: [scww@aurora.ca](mailto:scww@aurora.ca)

**TOWN OF AURORA**  
**SENIORS' CENTRE**  
WITHOUT WALLS

**Thanks for voting us**  
**#1 Adult Day Services for Aurora!**

Seniors' Centre Without Walls (SCWW) is a free community outreach program that allows adults and older adults to participate in seminars, fitness classes and games over the phone or through Zoom.

For more information, please visit  
[aurora.ca/scww](http://aurora.ca/scww) or call 365-500-3161

**READERS' CHOICE 2022**  
DIAMOND WINNER

**AURORA**

# MAY 2023 S.C.W.W Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	May 1 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	May 2 3:15 Chair Exercise (Z/T)	May 3 3:15 Stories and Games (T)	May 4 3:15 Stretch and Relax (Z/T)	April 14 3:15 Fun & Games (T)
May 7 12:30 Chair Exercise (Z)	May 8 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	May 9 3:15 Chair Exercise (Z/T)	May 10 3:15 Stories and Games (T)	May 11 3:15 Stretch and Relax (Z/T)	May 12 3:15 Fun & Games (T)
May 14 12:30 Chair Exercise (Z)	May 15 10:15 Stretch and Relax(Z/T) 3:15 Card Bingo (Z/T)	May 16 3:15 Chair Exercise (Z/T)	May 17 3:15 Stories and Games (T)	May 18 3:15 Stretch and Relax (Z/T)	May 19 3:15 Fun & Games (T)
May 21 NO PROGRAM	May 22 NO PROGRAMS VICTORIA DAY	May 23 3:15 Chair Exercise (Z/T)	May 24 3:15 Stories and Games (T)	May 25 3:15 Stretch and Relax (Z/T)	May 26 3:15 Fun and Games (T)
May 28 12:30 Chair Exercise (Z)	May 29 10:15 Stretch and Relax(Z/T) 3:15 Jeopardy (Z/T)	May 30 3:15 Chair Exercise (Z/T)	May 31 3:15 Stories 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