



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: Gentle Seated full body stretch.

Breathe & Stretch: Using breathing techniques for relaxation and a seated stretch

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

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

Telephone Tapestry:

Tuesday September 12 at 1:30-2:45 CANADIAN MUSEUM FOR HUMAN RIGHTS

Listen in on a tour of their exhibits and powerful human rights stories. We'll be led by our own guide through the Museums' amazing galleries and leave feeling inspired.

Tuesday September 19 at 1:30-2:15 BACKSTAGE AT THE VINYL CAFÉ

This features our favourite Vinyl Café stories and is narrated by the long-time producer, Jess Milton. Jess shares rare, behind-the-scenes stories from her 15 years touring, travelling, laughing, and recording with her close friend Stuart.

Tuesday September 26 at 1:30-2:15 SABLE ISLE: ISLE OF WONDER with Zoe Lucas President of Sable Island

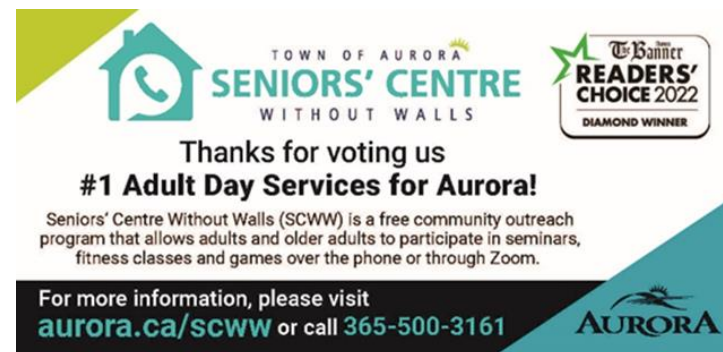
Zoe has been working on Sable Island for almost 50 years conducting research on its marine life, unique geography, and its long-time residents: the Wild Horses!

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



SEPTEMBER 2023 S.C.W.W Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					September 1 3:15 Fun & Games (T)
September 3 No Class	September 4 Closed for Labour Day No Class	September 5 3:15 Breathe & Stretch (Z/T)	September 6 3:15 Stories and Games (T)	September 7 3:15 Stretch and Relax (Z/T)	September 8 3:15 Fun & Games (T)
September 10 12:30 Chair Exercise (Z)	September 11 10:15 Stretch and Relax(Z/T) 3:15 Card Bingo (Z/T)	September 12 3:15 Breathe & Stretch (Z/T) 1:30 Telephone Tapestry	September 13 3:15 Stories and Games (T)	September 14 3:15 Stretch and Relax (Z/T)	September 15 3:15 Fun & Games (T)
September 17 12:30 Chair Exercise (Z)	September 18 10:15 Stretch and Relax(Z/T) 3:15 Fun and Games (T)	September 19 3:15 Breathe & Stretch (Z/T) 1:30 Telephone Tapestry	September 20 3:15 Stories and Games (T)	September 21 3:15 Stretch and Relax (Z/T)	September 22 3:15 Fun and Games (T)
September 24 12:30 Chair Exercise (Z)	September 25 10:15 Stretch and Relax(Z/T) 3:15 Jeopardy (Z/T)	September 26 3:15 Breathe & Stretch (Z/T) 1:30 Telephone Tapestry	September 27 3:15 Stories and Games (T)	September 28 3:15 Stretch and Relax (Z/T)	September 29 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

Telephone Tapestry see other side for description. Pre-registration required.