



TOWN OF AURORA
WITHOUT WALLS

Without Walls (WOW) 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 WOW Programs are FREE to join, our offered 6 days a week, 30 minutes regular programs include:

All Age Fun:

We will be connecting with the Mississippi Mills Youth Centre for some inter-generational fun and chatting!

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

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

Chair Exercise: Light cardio and strength exercises. Weights are optional.

Chair Yoga: Simple yoga moves anyone can do from a chair

Fall Prevention: Learn how to “Fall Proof” your home.

Fun & Games: Activities to make us laugh and stay connected.

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

Stories & Games: Stories and music from a variety of genres.

Stretch & Relax: Gentle Seated full body stretch.

Telephone Tapestry:

Tuesday November 7 at 1:30-2:30 HAMILTON PHILHARMONIC ORCHESTRA (HPO)

Join Composer-in-Residence Abigail Richardson-Schulte as she takes listeners on a journey through the life and music of celebrated Czech composer Antonin Dvorak. Learn about his personal and musical influences and hear his stunning String Quintet No. 2 recorded by HPO

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: wow@aurora.ca

November 2023 WithOutWalls Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			November 1 3:15 Stories and Games (T)	November 2 3:15 Stretch and Relax (Z/T)	November 3 3:15 Fun & Games (T)
November 5 12:30 Chair Exercise (Z)	November 6 10:15 Breathe & Stretch (Z/T) 3:15 Fun and Games (T)	November 7 10:15 Stretch & Relax (Z/T) 1:30 Telephone Tapestry	November 8 3:15 Stories and Games (T)	November 9 3:15 Stretch and Relax (Z/T)	November 10 3:15 Fun & Games (T)
November 12 12:30 Chair Exercise (Z)	November 13 10:15 Breathe & Stretch (Z/T) **4:00 All Ages Fun with Mississippi Mills Youth Centre (T)	November 14 10:15 Stretch & Relax (Z/T)	November 15 3:15 Stories and Games (T)	November 16 3:15 Stretch and Relax (Z/T)	November 17 3:15 Fun & Games (T)
November 19 12:30 Chair Exercise (Z)	November 20 10:15 Breathe & Stretch (Z/T) 3:15 Fun and Games (T)	November 21 10:15 Chair Yoga (Z/T)	November 22 3:15 Stories and Games (T)	November 23 3:15 Chair Yoga (Z/T)	November 24 3:15 Fun and Games (T)
November 26 12:30 Chair Exercise (Z)	November 27 10:15 Breathe & Stretch(Z/T) 3:15 Jeopardy (Z/T)	November 28 10:15 Chair Yoga (Z/T)	November 29 3:15 Fall Proof Your Home (T)	November 30 3:15 Chair Yoga (Z/T)	

This legend indicates how each WOW program will be available for this month!

** - Time Change

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.

