



TOWN OF AURORA

## WITHOUT WALLS

**February 2024**

FREE PROGRAMS FOR ADULTS &  
OLDER ADULTS



### **WITHOUT WALLS**

Telephone and zoom based programs that connect adults and older adults who find it difficult to leave home

### **FITNESS & SOCIAL ACTIVITIES:**

Chair exercise, chair stretch, trivia, lectures, discussion groups, music and more.

- [aurora.ca/wow](http://aurora.ca/wow)
- 365 500 3161

**Join Us Now!**



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.

All WOW Programs are FREE to join, our offered 6 days a week, 30 minutes regular programs include:

**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

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

**Jeopardy:** Trivia questions “Jeopardy” style, grab a pen and some paper

**Stories & Games:** Stories, Biographies, Arm Chair Traveler and Music.

**Stretch & Strong:** Full body stretch with movements to strengthen entire body

**Contact Information:**

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

***It is a Community Centre from the comfort of home!***

## **Tips on Having a Successful Phone Call**

- **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 smoothly.
- **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 any thing that might make noise (televisions or radios), also consider pets. Be aware that the facilitator may mute your line if there is too much background noise.

# TELEPHONE February 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				<b>February 1</b> 3:15 Chair Yoga	<b>February 2</b> 3:15 Fun & Games (T)
<b>February 4</b>	<b>February 5</b> 10:15 Stretch & Strong  3:15 Fun and Games	<b>February 6</b> 10:15 Chair Yoga	<b>February 7</b> 3:15 Stories and Games	<b>February 8</b> 3:15 Chair Yoga	<b>February 9</b> 3:15 Fun & Games (T)
<b>February 11</b>	<b>February 12</b> 10:15 Stretch & Strong  3:15 Card Bingo	<b>February 13</b> 10:15 Chair Yoga	<b>February 14</b> 3:15 Stories and Games	<b>February 15</b> 3:15 Chair Yoga	<b>February 16</b> 3:15 Fun & Games (T)
<b>February 18</b>	<b>February 19</b> Closed No Programs	<b>February 20</b> 10:15 Chair Yoga	<b>February 21</b> 3:15 Stories and Games	<b>February 22</b> 3:15 Chair Yoga	<b>February 23</b> 3:15 Fun and Games (T)
<b>February 25</b>	<b>February 26</b> 10:15 Stretch & Strong  3:15 Jeopardy	<b>February 27</b> 10:15 Chair Yoga	<b>February 28</b> 3:15 Stories and Games	<b>February 29</b> 3:15 Chair Yoga	

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.

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We are excited to be partnered with Baycrest@home.

To receive the zoom links please contact:

wow@aurora.ca

365-500-3161

**Artist Explorations:** Join Art Therapist, Bailey, while she guides you through an exploration of artist and their art.

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

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

**Music Circle:** Join us to hear beautiful music that is customized to you each week!

**Seated Exercise with Bands:** This seated session includes core awareness, cardio fitness and optional resistance band exercises to increase muscular strength and improve your activities for daily living. Movements offered can be performed with or without a resistance band.

**Seated Exercise and Lower Mobility & Strength:** Seated exercises designed work on core awareness, cardio fitness, and includes a 10-minute mobility and strengthening section for your lower body using optional light dumbbells

**Stretch & Strong:** Full body stretch with movements to strengthen entire body

**Story Telling Club:** Join Dan and Eden for a telling of age-old stories from cultures across the world.

**Trivia:** Designed to entertain, educate, and stimulate the mind, this program allows for socialization and friendly competition.

**Wisdom of Folktales:** The lessons taught by folktales are timeless and applicable. Our guest Rabbi Rena will regale us with a folktale and facilitate group discussion about the lessons we can learn. Your participation is what makes this a fascinating program!

**Therapeutic Singing:** Led by certified music therapist Bethany Horsley

**Toronto Symphony Orchestra:** Join guest Toronto Symphony Orchestra musician to play a selection of music for us and tell us about themselves and their artistic journey!

# ZOOM February 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				<b>February 1</b> 1:00 Music Circle  3:15 Chair Yoga	<b>February 2</b> 1:00 Mind Body Mood
<b>February 4</b> 12:30 Chair Exercise	<b>February 5</b> 10:15 Stretch & Strong	<b>February 6</b> 10:15 Chair Yoga  1:00 Triva	<b>February 7</b> 10:00 Seated Exercise with Bands  2:00 Artist Explorations	<b>February 8</b> 2:00 Wisdom of Folktales  3:15 Chair Yoga	<b>February 9</b> 10:00 Seated Exercise with Lower Body Mobility and Stretch
<b>February 11</b> 12:30 Chair Exercise	<b>February 12</b> 10:15 Stretch & Strong  3:15 Card Bingo	<b>February 13</b> 10:15 Chair Yoga  11:00 Story Telling Club	<b>February 14</b> 10:00 Seated Exercise with Bands  11:00 Therapeutic Singing	<b>February 15</b> 11:00 Toronto Sympathy Orchestra  3:15 Chair Yoga	<b>February 16</b> 10:00 Seated Exercise with Lower Body Mobility and Stretch  1:00 Mind Body Mood
<b>February 18</b> 12:30 Chair Exercise	<b>February 19</b> No Programs Closed	<b>February 20</b> 10:15 Chair Yoga  1:00 Triva	<b>February 21</b> 10:00 Seated Exercise with Bands  2:00 Artist Explorations	<b>February 22</b> 1:00 Music Circle  3:15 Chair Yoga	<b>February 23</b> 10:00 Seated Exercise with Lower Body Mobility and Stretch  1:00 Mind Body Mood
<b>February 25</b> 12:30 Chair Exercise	<b>February 26</b> 10:15 Stretch & Strong  3:15 Jeopardy	<b>February 27</b> 10:15 Chair Yoga  11:00 Story Telling Club	<b>February 28</b> 10:00 Seated Exercise with Bands  11:00 Therapeutic Singing	<b>February 29</b> 2:00 Wisdom of Folktales  3:15 Chair Yoga	

To have your own access to the full line up of Baycrest@home for free until March please register at:  
[info@baycrestathome.ca](mailto:info@baycrestathome.ca) or 647-567-4663





## HOW TO REGISTER:

To register for the telephone programs to receive a call, join in any of the zoom sessions or to speak to anyone on the team please contact:

**wow@aurora.ca**

**365-500-3161**

Visit [aurora.ca/wow](http://aurora.ca/wow) for our most updated schedule



### Seniors' Centre in the Mail

**Seniors' Centre in the Mail is a free program.**

Twice a month activity kits are mailed to you or picked up at the Centre. Each package will include something different from puzzles and sudoku to trivia and recipes.

This package is full of so many fun activities, your only challenge may be deciding which activity to start with.

**Contact us:**

 365-500-3161

 [wow@aurora.ca](mailto:wow@aurora.ca)

