



TOWN OF AURORA

## WITHOUT WALLS

**April 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 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, Celebration days, Music and more.

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

**Vinyl Café:** Join special guest, Jess Milton, long-time producer of the Vinyl Cafe and host of Backstage at the Vinyl Cafe! Together, we'll share why we love the Vinyl Cafe, our favourite stories and acts of kindnesses.

#### **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 APRIL 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 31</b>	<b>April 1</b> <b>10:15</b> Stretch & Strong  <b>3:15</b> Fun and Games	<b>April 2</b> <b>10:15</b> Chair Yoga  <b>1:30</b> Vinyl Café with Special Guest Jess Milton	<b>April 3</b> <b>3:15</b> Stories & Games	<b>April 4</b> <b>3:15</b> Chair Yoga	<b>April 5</b> <b>3:15</b> Fun & Games
<b>April 7</b>	<b>April 8</b> <b>10:15</b> Stretch & Strong  <b>3:15</b> Fun and Games	<b>April 9</b> <b>10:15</b> Chair Yoga  <b>1:30</b> Sleuthing with Sherlock	<b>April 10</b> <b>3:15</b> Stories & Games	<b>April 11</b> <b>3:15</b> Chair Yoga	<b>April 12</b> <b>3:15</b> Fun & Games
<b>April 14</b>	<b>April 15</b> <b>10:15</b> Stretch & Strong  <b>3:15</b> Card Bingo	<b>April 16</b> <b>10:15</b> Chair Yoga  <b>1:30</b> Museum Tour	<b>April 17</b> <b>3:15</b> Stories & Games	<b>April 18</b> <b>3:15</b> Chair Yoga	<b>April 19</b> <b>3:15</b> Fun & Games
<b>April 21</b>	<b>April 22</b> <b>10:15</b> Stretch & Strong  <b>3:15</b> Fun and Games	<b>April 23</b> <b>10:15</b> Chair Yoga	<b>April 24</b> <b>3:15</b> Stories & Games	<b>April 25</b> <b>3:15</b> Chair Yoga	<b>April 26</b> <b>3:15</b> Fun & Games
<b>April 28</b>	<b>April 29</b> <b>10:15</b> Stretch & Strong  <b>3:15</b> Jeopardy	<b>April 30</b> <b>10:15</b> Chair Yoga			

**Contact Information:**

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



**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.

We are excited to be partnered with Baycrest@home.  
To receive the weekly zoom links please contact:  
wow@aurora.ca  
365-500-3161

**Active Brains:** Healthy Brain Fitness includes computation, critical thinking, word games and discussion as we solve the problems together.

**Art Explorations:** An Art therapist will guide 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.

**Discover Dance with Nova Dance:** Explore how Dance can inject energy and creativity into daily life.

**Keep On Moving:** Exercise that combines principles of dance and martial arts, in a low impact work out that focuses on strength, flexibility and body positivity.

**Mind Body Mood:** Mindfulness practices for calming anxiety, increasing gratitude and improving mood.

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

**Name That Tune:** Listen to music from various genres and decades and see if you can name that tune

**Power of Music:** The music content varies and is diverse.

**Seated Exercise with Bands:** This seated session includes core, cardio fitness and optional resistance band exercises to increase muscular strength and improve your activities for daily living.

**Seated Exercise and Lower Mobility & Strength:** Seated exercises designed work on core awareness, cardio fitness, mobility and strength, 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.

**Travelogue:** This unique program aims to transport you to various destinations around the globe.

**Trivia:** Stimulate the mind, this program allows for socialization and friendly competition.

**Toronto Zoo to You:** Live streamed presentation, interactive exhibits, and guided tours led by knowledgeable Toronto Zoo educators.

**Wellness Education Series:** We will explore interesting topics together where you learn what it means to live well and maybe even make some small changes to improve you overall well-being!

**Wisdom of Folktales:** Our guest Rabbi Rena will regale us with a folktale and facilitate group discussion about the lessons we can learn.

**Tech Lab:** Learn digital skills to thrive in the digital age also play a fun stimulating game of bingo that improves memory, attention and problem solving.

**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!

*Do you LOVE to play Bingo? Baycrest offers Bingo every Monday at 2:00. You must register with Baycrest@home directly to receive the link and the free bingo cards:  
info@baycrestathome.ca or 647-567-4663*



# ZOOM APRIL 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 31</b> <b>12:30</b> No Class	<b>April 1</b> <b>10:15</b> Stretch & Strong <b>1:00</b> Power of Music <b>2:00</b> Tech Lab	<b>April 2</b> <b>10:15</b> Chair Yoga <b>11:00</b> Story Telling Club <b>1:00</b> Trivia <b>2:00</b> Discover Dance	<b>April 3</b> <b>10:00</b> *Seated Exercise <b>11:00</b> Therapeutic Singing <b>1:00</b> Travelogue <b>2:00</b> Art Explorations	<b>April 4</b> <b>10:00</b> Keep on Moving <b>11:00</b> Active Brains <b>1:00</b> Music Circle <b>3:15</b> Chair Yoga	<b>April 5</b> <b>10:00</b> Seated Exercise with Lower Body Mobility & Stretch <b>1:00</b> Mind Body Mood
<b>April 7</b> <b>12:30</b> Chair Exercise	<b>April 8</b> <b>10:15</b> Stretch & Strong <b>1:00</b> Power of Music <b>2:00</b> Tech Lab <b>3:15</b> Card Bingo	<b>April 9</b> <b>10:15</b> Chair Yoga <b>11:00</b> Story Telling Club <b>1:00</b> Trivia <b>3:00</b> Classical DJ	<b>April 10</b> <b>10:00</b> *Seated Exercise <b>11:00</b> Therapeutic Singing <b>1:00</b> Toronto Zoo <b>2:00</b> Art Explorations	<b>April 11</b> <b>10:00</b> Keep on Moving <b>11:00</b> TSO <b>1:00</b> Music Circle <b>2:00</b> Wisdom of Folktales <b>3:15</b> Chair Yoga	<b>April 12</b> <b>10:00</b> Seated Exercise with Lower Body Mobility & Stretch <b>1:00</b> Mind Body Mood
<b>April 14</b> <b>12:30</b> Chair Exercise	<b>April 15</b> <b>10:15</b> Stretch & Strong <b>11:00</b> TSO <b>1:00</b> Power of Music <b>2:00</b> Tech Lab/Bingo	<b>April 16</b> <b>10:15</b> Chair Yoga <b>11:00</b> Story Telling Club <b>1:00</b> Trivia <b>2:00</b> Classical DJ	<b>April 17</b> <b>10:00</b> *Seated Exercise <b>11:00</b> Therapeutic Singing <b>2:00</b> Wellness Lecture	<b>April 18</b> <b>10:00</b> Keep on Moving <b>11:00</b> Active Brains <b>1:00</b> Music Circle <b>3:15</b> Chair Yoga	<b>April 19</b> <b>10:00</b> Seated Exercise with Lower Body Mobility & Stretch <b>1:00</b> Mind Body Mood
<b>April 21</b> <b>12:30</b> Chair Exercise	<b>April 22</b> <b>10:15</b> Stretch & Strong <b>1:00</b> Power of Music <b>2:00</b> Tech Lab	<b>April 23</b> <b>10:15</b> Chair Yoga	<b>April 24</b> <b>10:15</b> Chair Exercise <b>1:00</b> Name That Tune	<b>April 25</b> <b>10:00</b> Keep on Moving <b>1:00</b> Music Circle <b>2:00</b> Wisdom of Folktales <b>3:15</b> Chair Yoga	<b>April 26</b> <b>10:00</b> Seated Exercise with Lower Body Mobility & Stretch <b>1:00</b> Mind Body Mood
<b>April 28</b> <b>12:30</b> Chair Exercise	<b>April 29</b> <b>10:15</b> Stretch & Strong <b>3:15</b> Jeopardy	<b>April 30</b> <b>10:15</b> Chair Yoga	To have your own access to the full line up of Baycrest@home for free until the end of June please register at: <a href="mailto:info@baycrestathome.ca">info@baycrestathome.ca</a> 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)

