



TOWN OF AURORA

WITHOUT WALLS

OCTOBER 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
- 365 500 3161

Join Us Now!



TOWN OF AURORA
WITHOUT WALLS



Without Walls (WOW):

- Completely free program.
- You do not need to be a member of The Aurora Seniors Centre.
- Programs are multi-person phone conversations (or conference calls).
- No special equipment needed – just your average phone!
- Call yourself in to the program, or we can call you – it's your choice!
- Each phone session lasts between 30-45 minutes on the phone.
- Each phone session averages 10-20 people on the call.
- You are able to hear each other, talk to one another, learn, and/or just have fun!

Breathe & Stretch: Emphasizing breathing for stress and relaxation while stretching the whole body.

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

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

Chair Yoga: Join our Yoga instructor for simple movements and breath work anyone can do from a chair

Coffee Chat: Grab your favourite beverage and join us for a conversation

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

Jeopardy: Trivia questions "Jeopardy" style, grab a pen and paper

Stories & Games: Stories, Biographies, Travelogue, Celebration days, Music and more.

Stretch & Strong: Exercises to strengthen and stretch the entire body. Exercise band optional

Contact Information:

Telephone: 365 500 3161 or Email: wow@aurora.ca

It is a Community Centre from the comfort of home!

I love the exercise calls, they keep me moving and motivated

I look forward to receiving the calls, they are fun and make me feel connected to other people.

The trivia games, stories and questions help to keep our minds sharp and thinking as well being entertained.

TELEPHONE OCTOBER 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		October 1 10:15 Chair Yoga	October 2 3:15 Stories & Games	October 3 3:15 Chair Yoga	October 4 3:15 Fun & Games
October 6	October 7 10:15 Stretch & Strong 3:15 Card Bingo	October 8 10:15 Chair Yoga	October 9 3:15 Stories & Games	October 10 3:15 Chair Yoga	October 11 3:15 Fun & Games
October 13	October 14 Closed No Programs	October 15 10:15 Chair Yoga	October 16 3:15 Stories & Games	October 17 3:15 Chair Yoga	October 18 3:15 Fun & Games
October 20	October 21 10:15 Stretch & Strong 3:15 Fun & Games	October 22 10:15 Chair Yoga 3:15 Coffee Chat	October 23 3:15 Stories & Games	October 24 3:15 Chair Yoga	October 25 3:15 Fun & Games
October 27	October 28 3:15 Jeopardy	October 29 10:15 Chair Yoga	October 30 3:15 Stories & Games	October 31 3:15 Chair Yoga	

Contact Information:

Telephone: 365 500 3161 or Email: wow@aurora.ca



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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:

Breathe & Stretch: Emphasizing breathing for stress and relaxation while stretching the whole body.

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

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

Jeopardy: Trivia questions "Jeopardy" style, grab a pen and paper

Sit, Stand & Balance: Seated and standing exercises designed to strengthen and improve core, strength and balance.

Stretch & Strong: Exercises to strengthen and stretch the entire body. Exercise band optional

Virtual Fun & Games: Various trivia and quizzes

Contact Information:

Telephone: 365 500 3161 or Email: wow@aurora.ca

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ZOOM OCTOBER 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		October 1 10:15 Chair Yoga	October 2 11:30 Sit, Stand & Balance	October 3 3:15 Chair Yoga	October 4
October 6 12:30 Chair Exercise	October 7 10:15 Stretch & Strong 3:15 Card Bingo	October 8 10:15 Chair Yoga	October 9 11:30 Sit, Stand & Balance	October 10 3:15 Chair Yoga	October 11
October 13 12:30 No Class	October 14 Closed No programs	October 15 10:15 Chair Yoga 3:15 Virtual Fun & Games	October 16 11:30 Sit, Stand & Balance	October 17 3:15 Chair Yoga	October 18
October 20 12:30 Chair Exercise	October 21 10:15 Stretch & Strong	October 22 10:15 Chair Yoga	October 23 11:30 Sit, Stand & Balance	October 24 3:15 Chair Yoga	October 25
October 27 12:30 Chair Exercise	October 28 10:15 No Class 3:15 Jeopardy	October 29 10:15 Chair Yoga	October 30 11:30 Sit, Stand & Balance	October 31 3:15 Chair Yoga	



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 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

