

FEBRUARY 2025 WOW CALENDAR



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|--|
| February 2 12:30 Chair Exercise (Z) | February 3 10:15 Stretch & Strong (Z/T) 11:15 Delight (T) 3:15 Fun & Games (T) | February 4 10:15 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Virtual Fun & Games (Z) | February 5 11:30 Sit, Stand & Balance (Z) 3:15 3:15 Short Stories & Games (T) | February 6 10:15 Sit & Strong (Z) 11:15 Delight (T) 3:15 Chair Yoga (Z/T) | February 7 3:15 Fun & Games (T) |
| February 9 12:30 Chair Exercise (Z) | February 10 10:15 Stretch & Strong (Z/T) 11:15 Delight (T) 3:15 Card Bingo (Z/T) | February 11 10:15 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Coffee Chat (T) | February 12 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | February 13 10:15 Sit & Strong (Z) 11:15 Delight (T) 3:15 Chair Yoga (Z/T) | February 14 3:15 Fun & Games (T) |
| February 16 NO PROGRAMS | February 17 NO PROGRAMS HAPPY FAMILY DAY! | February 18 10:15 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Virtual Fun & Games (Z) | February 19 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | February 20 10:15 Sit & Strong (Z) 11:15 Delight (T) 3:15 Chair Yoga (Z/T) | February 21 3:15 Fun & Games (T) |
| February 23 12:30 Chair Exercise (Z) | February 24 10:15 Stretch & Strong (Z/T) 11:15 Delight (T) 3:15 Jeopardy (Z/T) | February 25 10:15 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Coffee Chat (T) | 3:15 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | February 27 10:15 Sit & Strong (Z) 11:15 Delight (T) 3:15 Chair Yoga (Z/T) | February 28 3:15 Fun & Games (T) |

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

T— offered through Teleconference

Z—offered through Zoom

Z/T—offered through both Zoom & Teleconference



TOWN OF AURORA

WITHOUT WALLS

Without Walls (WOW):

- Completely free program.
- You do not need to be a member of The Aurora Seniors Centre
- Zoom & Teleconference program options
- Telephone programs are multi-person phone conversations
- Offered 6 days a week, 30 minute programs.

It is a Community Centre from the comfort of home!

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 friendly conversation

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

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

Sit & Strong: Working on total body strength all from your chair, having fun along the way. Exercise band and weights optional

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

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

Virtual Fun & Games: Various trivia and quizzes

Walking Club Seminar: Different seminar weekly, please see walking club poster for monthly line up

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.

Contact Information:

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