

# MARCH 2025 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 2</b> <b>12:30</b> Chair Exercise (Z)	<b>March 3</b> <b>10:15</b> Stretch & Strong (Z/T) <b>3:15</b> Fun & Games (T)	<b>March 4</b> <b>10:00 *New Time</b> Chair Yoga (Z/T) <b>2:00</b> Walking Club Seminar (Z) <b>3:15</b> Virtual Fun & Games (Z)	<b>March 5</b> <b>11:30</b> Sit, Stand & Balance (Z) 3:15 <b>3:15</b> Short Stories & Games (T)	<b>March 6</b> <b>10:15</b> Sit & Strong (Z) Chair Yoga (Z/T)	<b>March 7</b> <b>3:15</b> Fun & Games (T)
<b>March 9</b> <b>12:30</b> Chair Exercise (Z)	<b>March 10</b> <b>10:15</b> Stretch & Strong (Z/T) <b>3:15</b> Card Bingo (Z/T)	<b>March 11</b> <b>10:00 *New Time</b> Chair Yoga (Z/T) <b>3:15</b> Coffee Chat (T)	<b>March 12</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>March 13</b> <b>10:15</b> Sit & Strong (Z) Chair Yoga (Z/T)	<b>March 14</b> <b>3:15</b> Fun & Games (T)
<b>March 16</b> Chair Exercise (Z)	<b>March 17</b> <b>10:15</b> Stretch & Strong (Z/T) <b>3:15</b> Fun & Games (T)	<b>March 18</b> <b>10:00 *New Time</b> Chair Yoga (Z/T) <b>2:00</b> Walking Club Seminar (Z) <b>3:15</b> Virtual Fun & Games (Z)	<b>March 19</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>March 20</b> <b>10:15</b> Sit & Strong (Z) Chair Yoga (Z/T)	<b>March 21</b> <b>3:15</b> Fun & Games (T)
<b>March 23</b> <b>12:30</b> Chair Exercise (Z)	<b>March 24</b> <b>10:15</b> Stretch & Strong (Z/T) <b>3:15</b> Fun & Games (T)	<b>March 25</b> <b>10:00 *New Time</b> Chair Yoga (Z/T) <b>2:00</b> Walking Club Seminar (Z) <b>3:15</b> Coffee Chat (T)	<b>March 26</b> <b>3:15</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>March 27</b> <b>10:15</b> Sit & Strong (Z) Chair Yoga (Z/T)	<b>March 28</b> <b>3:15</b> Fun & Games (T)
<b>March 23</b> <b>12:30</b> Chair Exercise (Z)	<b>March 24</b> <b>10:15</b> Stretch & Strong (Z/T) <b>3:15</b> Jeopardy (Z/T)	<p><b><u>This legend indicates how each WOW program will be available for this month!</u></b></p> <p>T— offered through Teleconference                      Z—offered through Zoom                      Z/T—offered through both Zoom &amp; Teleconference</p> <p>Questions or to register:                      email <a href="mailto:wow@aurora.ca">wow@aurora.ca</a> or phone 365-500-3161</p>			



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](mailto:wow@aurora.ca)

