



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

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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.

### **Contact Information:**

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

# MAY 2025 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>This legend indicates how each WOW program will be available for this month!</b></p> <p>T— offered through Teleconference                      Z—offered through Zoom                      Z/T—offered through both Zoom &amp; Teleconference</p>				<p><b>May 1</b>  <b>10:15</b>                      Sit &amp; Strong (Z)  <b>3:15</b>                      Chair Yoga (Z/T)</p>	<p><b>May 2</b>  <b>3:15</b>                      Fun &amp; Games (T)</p>
<p><b>May 4</b>  <b>12:30</b>                      Chair Exercise (Z)</p>	<p><b>May 5</b>  <b>10:15</b>                      Stretch &amp; Strong (Z/T)  <b>3:15</b>                      Fun &amp; Games (T)</p>	<p><b>May 6</b>  <b>10:00</b>                      Chair Yoga (Z/T)</p>	<p><b>May 7</b>  <b>11:30</b>                      Sit, Stand &amp; Balance (Z)  <b>3:15</b>                      Short Stories &amp; Games (T)</p>	<p><b>May 8</b>  <b>10:15</b>                      Sit &amp; Strong (Z)  <b>3:15</b>                      Chair Yoga (Z/T)</p>	<p><b>May 9</b>  <b>3:15</b>                      Fun &amp; Games (T)</p>
<p><b>May 11</b>                      Chair Exercise (Z)</p>	<p><b>May 12</b>  <b>10:15</b>                      Stretch &amp; Strong (Z/T)  <b>3:15</b>                      Card Bingo (Z/T)</p>	<p><b>May 13</b>  <b>10:00</b>                      Chair Yoga (Z/T)  <b>3:15</b>                      Coffee Chat (T)</p>	<p><b>May 14</b>  <b>11:30</b>                      Sit, Stand &amp; Balance (Z)  <b>3:15</b>                      Short Stories &amp; Games (T)</p>	<p><b>May 15</b>  <b>10:15</b>                      Sit &amp; Strong (Z)  <b>3:15</b>                      Chair Yoga (Z/T)</p>	<p><b>May 16</b>  <b>3:15</b>                      Fun &amp; Games (T)</p>
<p><b>May 18</b>                       NO PROGRAMS</p>	<p><b>May 19</b>                       NO PROGRAMS                      Happy Victoria Day</p>	<p><b>May 20</b>  <b>10:00</b>                      Chair Yoga (Z/T)</p>	<p><b>May 21</b>  <b>3:15</b>  <b>11:30</b>                      Sit, Stand &amp; Balance (Z)  <b>3:15</b>                      Short Stories &amp; Games (T)</p>	<p><b>May 22</b>  <b>10:15</b>                      Sit &amp; Strong (Z)  <b>3:15</b>                      Chair Yoga (Z/T)</p>	<p><b>May 23</b>  <b>3:15</b>                      Fun &amp; Games (T)</p>
<p><b>May 25</b>  <b>12:30</b>                      Chair Exercise (Z)</p>	<p><b>May 26</b>  <b>10:15</b>                      Stretch &amp; Strong (Z/T)  <b>3:15</b>                      Jeopardy (Z/T)</p>	<p><b>May 27</b>  <b>10:00</b>                      Chair Yoga (Z/T)  <b>3:15</b>                      Virtual Fun &amp; Games (Z)</p>	<p><b>May 28</b>  <b>3:15</b>  <b>11:30</b>                      Sit, Stand &amp; Balance (Z)  <b>3:15</b>                      Short Stories &amp; Games (T)</p>	<p><b>May 29</b>  <b>10:15</b>                      Sit &amp; Strong (Z)  <b>3:15</b>                      Chair Yoga (Z/T)</p>	<p><b>May 30</b>  <b>3:15</b>                      Fun &amp; Games (T)</p>