



TOWN OF AURORA
WITHOUT WALLS



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.

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!

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 JULY 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	July 1 No Programs Happy Canada Day	July 2 10:15 Stretch & Strong	July 3 3:15 Stories & Games	July 4 3:15 Stretch & Strong	July 5 3:15 Fun & Games
July 7	July 8 10:15 Breathe & Stretch 3:15 NO CALL	July 9 10:15 Stretch & Strong	July 10 3:15 Stories & Games	July 11 3:15 Stretch & Strong	July 12 3:15 Fun & Games
July 14	July 15 10:15 Breathe & Stretch 3:15 Card Bingo	July 16 10:15 Stretch & Strong	July 17 3:15 Stories & Games	July 18 3:15 Stretch & Strong	July 19 3:15 Fun & Games
July 21	July 22 10:15 Breathe & Stretch 3:15 Fun & Games	July 23 10:15 Stretch & Strong	July 24 3:15 Stories & Games	July 25 3:15 Stretch & Strong	July 26 3:15 Fun & Games
July 28	July 29 10:15 Breathe & Stretch 3:15 Jeopardy	July 30 10:15 Stretch & Strong	July 31 3:15 Stories & Games		

Contact Information:

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





TOWN OF AURORA
WITHOUT WALLS



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

Contact Information:

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

It is a Community Centre from the comfort of home!

ZOOM JULY 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
June 30 NO CLASSES	July 1 No Classes Happy Canada Day	July 2 10:15 Stretch & Strong	July 3	July 4 3:15 Stretch & Strong	July 5
July 7 12:30 Chair Exercise	July 8 10:15 Breathe & Stretch	July 9 10:15 Stretch & Strong	July 10 11:30 Sit, Stand & Balance	July 11 3:15 Stretch & Strong	July 12
July 14 12:30 Chair Exercise	July 15 10:15 Breathe & Stretch 3:15 Card Bingo	July 16 10:15 Stretch & Strong	July 17 11:30 Sit, Stand & Balance	July 18 3:15 Stretch & Strong	July 19
July 21 12:30 Chair Exercise	July 22 10:15 Breathe & Stretch	July 23 10:15 Stretch & Strong	July 24 11:30 Sit, Stand & Balance	July 25 3:15 Stretch & Strong	July 26
July 28 12:30 Chair Exercise	July 29 10:15 Breathe & Stretch 3:15 Jeopardy	July 30 10:15 Stretch & Strong	July 31 11:30 Sit, Stand & Balance		



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

