



TOWN OF AURORA

WITHOUT WALLS

NOVEMBER 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.

Hamilton Philharmonic Orchestra: Composer-in- Residence, Abigail Richardson-Schulte, takes listeners on an Autumnal journey from Baroque-era Italy to 20th Century Argentina! Listeners will hear stories about the life and work of Antonio Vivaldi, most known for his famous piece, The Four Seasons. We'll hear the HPO's recording of the third movement, Autumn. Abigail then takes us to the 20th Century with Argentinian composer, Astor Piazzolla, including the orchestra's recording of Otoño Porteño (Autumn) from his work, The Four Seasons of Buenos Aires, inspired by Vivaldi's iconic piece.

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!

TELEPHONE NOVEMBER 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					November 1 3:15 Fun & Games
November 3	November 4 10:15 Stretch & Strong 3:15 Card Bingo	November 5 10:15 Chair Yoga	November 6 3:15 Stories & Games	November 7 3:15 Chair Yoga	November 8 3:15 Fun & Games
November 10	November 11 10:15 Stretch & Strong 3:15 Fun & Games	November 12 10:15 Chair Yoga	November 13 3:15 Stories & Games	November 14 3:15 Chair Yoga	November 15 3:15 Fun & Games
November 17	November 18 10:15 Stretch & Strong 3:15 Jeopardy	November 19 10:15 Chair Yoga 1:30 Hamilton Philharmonic Orchestra	November 20 3:15 Stories & Games	November 21 3:15 Chair Yoga	November 22 3:15 Fun & Games
November 24	November 25 3:15 Fun & Games	November 26 10:15 Chair Yoga 3:15 Coffee Chat	November 27 3:15 Stories & Games	November 28 3:15 Chair Yoga	November 29 3:15 Fun & Games

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

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ZOOM NOVEMBER 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					November 1
November 3 12:30 Chair Exercise	November 4 10:15 Stretch & Strong 3:15 Card Bingo	November 5 10:15 Chair Yoga	November 6 11:30 Sit, Stand & Balance	November 7 3:15 Chair Yoga	November 8
November 10 12:30 Chair Exercise	November 11 10:15 Stretch & Strong	November 12 10:15 Chair Yoga 3:15 Virtual Fun & Games	November 13 11:30 Sit, Stand & Balance	November 14 3:15 Chair Yoga	November 15
November 17 12:30 Chair Exercise	November 18 10:15 Stretch & Strong 3:15 Jeopardy	November 19 10:15 Chair Yoga	November 20 11:30 Sit, Stand & Balance	November 21 3:15 Chair Yoga	November 22
November 24 12:30 Chair Exercise	November 25 10:15 Stretch & Strong	November 26 10:15 Chair Yoga	November 27 11:30 Sit, Stand & Balance	November 28 3:15 Chair Yoga	November 29



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

