



TOWN OF AURORA

WITHOUT WALLS

MAY 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) is just like attending a fitness class, seminar or playing a game from the comfort of your home.

All WOW Programs are FREE to join, our offered 6 days a week, 30 minutes regular programs include:

Card Bingo: All you need is a standard deck of cards.

Chair Exercise: Light cardio and strength exercises. Weights are optional.

Chair Yoga: Simple yoga moves anyone can do from a chair

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

Jeopardy: Trivia questions “Jeopardy” style, grab a pen and some paper

Stories & Games: Stories, Biographies, Arm Chair Traveler, Celebration days, Music and more.

Stretch & Strong: Full body stretch with movements to strengthen your entire body

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 MAY 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			May 1 3:15 Stories & Games	May 2 3:15 Chair Yoga	May 3 3:15 Fun & Games
May 5	May 6 10:15 Stretch & Strong 3:15 Fun and Games	May 7 10:15 Chair Yoga	May 8 3:15 Stories & Games	May 9 3:15 Chair Yoga	May 10 3:15 Fun & Games
May 12	May 13 10:15 Stretch & Strong 3:15 Card Bingo	May 14 10:15 Chair Yoga	May 15 3:15 Stories & Games	May 16 3:15 Chair Yoga	May 17 3:15 Fun & Games
May 19	May 20 No Programs Closed for Victoria Day	May 21 10:15 Chair Yoga	May 22 3:15 Stories & Games	May 23 3:15 Chair Yoga	May 24 3:15 Fun & Games
May 26	May 27 10:15 Stretch & Strong 3:15 Jeopardy	May 28 10:15 Chair Yoga	May 29 10:15 Chair Yoga	May 30 3:15 Chair Yoga	May 30 3:15 Fun & Games

Contact Information:

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



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.

We are excited to be partnered with Baycrest@home.
To receive the weekly zoom links please contact:
wow@aurora.ca
365-500-3161

Active Brains: Healthy Brain Fitness includes computation, critical thinking, word games and discussion as we solve the problems together.

Art Explorations: An Art therapist will guide you through an exploration of artist and their art.

Chair Exercise: Light cardio and strength exercises. Weights are optional.

Chair Yoga: Simple yoga moves anyone can do from a chair.

Keep On Moving: Exercise that combines principles of dance and martial arts, in a low impact work out that focuses on strength, flexibility and body positivity.

Mind Body Mood: Mindfulness practices for calming anxiety, increasing gratitude and improving mood.

Music Circle: Join us to hear beautiful music that is customized to you each week!

Name That Tune: Listen to music from various genres and decades and see if you can name that tune

Power of Music: The music content varies and is diverse.

ROM 4 You: The Royal Ontario Museum displays art culture and nature from around the world.

Seated Exercise with Bands: This seated session includes core, cardio fitness and optional resistance band exercises to increase muscular strength and improve your activities for daily living.

Seated Exercise and Lower Mobility & Strength: Seated exercises designed work on core awareness, cardio fitness, mobility and strength, optional light dumbbells.

Singing: Led by certified music therapist Bethany Horsley

Stretch & Strong: Full body stretch with movements to strengthen entire body.

Story Telling Club: Join Dan and Eden for a telling of age-old stories from cultures across the world.

Travelogue: This unique program aims to transport you to various destinations around the globe.

Trivia: Stimulate the mind, this program allows for socialization and friendly competition.

Toronto Zoo to You: Live streamed presentation, interactive exhibits, and guided tours led by knowledgeable Toronto Zoo educators.

Wisdom of Folktales: Our guest Rabbi Rena will regale us with a folktale and facilitate group discussion about the lessons we can learn.

Tech Lab: Learn digital skills to thrive in the digital age also play a fun stimulating game of bingo that improves memory, attention and problem solving.

Toronto Symphony Orchestra: Join guest Toronto Symphony Orchestra musician to play a selection of music for us and tell us about themselves and their artistic journey!

*Do you LOVE to play Bingo? Baycrest offers Bingo every Monday at 2:00. You must register with Baycrest@home directly to receive the link and the free bingo cards:
info@baycrestathome.ca or 647-567-4663*

ZOOM MAY 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>To have your own access to the full line up of Baycrest@home for free until the end of June please register at: info@baycrestathome.ca or 647-567-4663</p>			<p>May 1 10:00 *Seated Exercise 11:00 Singing 1:00 Travelogue 2:00 Art Explorations</p>	<p>May 2 10:00 Keep on Moving 1:00 Music Circle 2:00 Wisdom of Folktales 3:15 Chair Yoga</p>	<p>May 3 10:00 Seated Exercise with Lower Body Mobility & Stretch 1:00 Mind Body Mood</p>
<p>May 5 12:30 Chair Exercise</p>	<p>May 6 10:15 Stretch & Strong 11:00 TSO 1:00 Power of Music 2:00 Tech Lab 3:15 Card Bingo</p>	<p>May 7 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Trivia 3:00 Classical DJ 7:00 Concert</p>	<p>May 8 10:00 *Seated Exercise 11:00 Singing 1:00 Toronto Zoo 2:00 Art Explorations</p>	<p>May 9 10:00 Keep on Moving 11:00 Active Brains 1:00 History of the Hatikvah 3:15 Chair Yoga</p>	<p>May 10 10:00 Seated Exercise with Lower Body Mobility & Stretch 1:00 Mind Body Mood</p>
<p>May 12 12:30 Chair Exercise</p>	<p>May 13 10:15 Stretch & Strong 11:00 TSO 1:00 Power of Music 2:00 Tech Lab/Bingo 3:15 Card Bingo</p>	<p>May 14 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Trivia 2:00 Seated Exercise</p>	<p>May 15 10:00 *Seated Exercise 11:00 Forest Bathing 1:00 Travelogue 2:00 Art & Cultural Explorations</p>	<p>May 16 10:00 Keep on Moving 11:00 Active Brains 1:00 Music Circle 3:15 Chair Yoga</p>	<p>May 17 10:00 Seated Exercise with Lower Body Mobility & Stretch 1:00 Mind Body Mood</p>
<p>May 19 No Programs</p>	<p>May 20 No Programs Closed for Victoria Day</p>	<p>May 21 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Trivia 2:00 Seated Exercise</p>	<p>May 22 10:00 *Seated Exercise 11:00 Singing 1:00 ROM 4 You 2:00 Art Explorations</p>	<p>May 23 10:00 Keep on Moving 11:00 Active Brains 1:00 Music Circle 3:15 Chair Yoga</p>	<p>May 24 10:00 Seated Exercise with Lower Body Mobility & Stretch 1:00 Mind Body Mood</p>
<p>May 26 12:30 Chair Exercise</p>	<p>May 27 10:15 Stretch & Strong 3:15 Jeopardy</p>	<p>May 28 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Trivia</p>	<p>May 29 10:00 *Seated Exercise 11:00 Singing 2:00 Art Explorations</p>	<p>May 30 10:00 Keep on Moving 11:00 Active Brains 1:00 Music Circle 3:15 Chair Yoga</p>	<p>May 30 10:00 Seated Exercise with Lower Body Mobility & Stretch 1:00 Mind Body Mood</p>



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

