



TOWN OF AURORA

WITHOUT WALLS

March 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 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:

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

Museum Tour: Join in to hear how the Mississippi Valley Textile Museum became the first Rainbow Registered Museum in Canada. Listen about exhibits which range from historical displays detailing everyday life for millworkers, to textile art that tackles contemporary issues.

Sleuthing with Sherlock: A whodunnit style mystery. Join in to hear an abridged Sherlock Holmes story and we will try to solve the mystery ourselves.

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

Stretch & Strong: Full body stretch with movements to strengthen 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 MARCH 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					March 1 3:15 Fun & Games (T)
March 3	March 4 10:15 Stretch & Strong 3:15 Fun and Games	March 5 10:15 Chair Yoga 1:30 Sleuthing with Sherlock	March 6 3:15 Stories and Games	March 7 3:15 Chair Yoga	March 8 3:15 Fun & Games
March 10	March 11 10:15 Stretch & Strong 3:15 Card Bingo	March 12 10:15 Chair Yoga 1:30 Museum Tour	March 13 3:15 Stories and Games	March 14 3:15 Chair Yoga	March 15 3:15 Fun & Games
March 17	March 18 10:15 Stretch & Strong 3:15 Fun and Games	March 19 10:15 Chair Yoga	March 20 3:15 Stories and Games	March 21 3:15 Chair Yoga	March 22 3:15 Fun and Games
March 24/31	March 25 10:15 Stretch & Strong 3:15 Jeopardy	March 26 10:15 Chair Yoga	March 27 3:15 Stories and Games	March 28 3:15 Chair Yoga	March 29 CLOSED NO PROGRAMS

Contact Information:

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



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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

Discover Dance with Nova Dance: Explore how Dance can inject energy and creativity into daily life.

Keep On Moving: Creative: 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!

Musical Trivia: How well do you know your music?

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.

Science for Seniors: Learn about different branches of science, such as physics, chemistry, biology and earth sciences through entertaining visual aids and captivating demonstrations.

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.

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.

Stories Behind the Songs: The songs will be sung and played on the guitar live with a lecture on the evolution of music.

Smithsonian: This program brings the magic of the Smithsonian Institution directly to your screen.

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.

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

Therapeutic Singing: Led by certified music therapist Bethany Horsley

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!

ZOOM MARCH 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><i>*Seated Exercise with Bands</i></p>					<p>March 1 10:00 Seated Exercise with Lower Body Mobility and Stretch 1:00 Mind Body Mood</p>
<p>March 3 12:30 Chair Exercise</p>	<p>March 4 10:15 Stretch & Strong 1:00 Power of Music 2:00 Tech Lab/Bingo</p>	<p>March 5 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Triva 2:00 Discover Dance</p>	<p>March 6 10:00 *Seated Exercise 11:00 Therapeutic Singing 1:00 ROM 4 You 2:00 Art Explorations</p>	<p>March 7 10:00 Keep on Moving 11:00 Active Brains 1:00 Music Circle 3:15 Chair Yoga</p>	<p>March 8 10:00 Seated Exercise with Lower Body Mobility and Stretch 1:00 Mind Body Mood</p>
<p>March 10 12:30 Chair Exercise</p>	<p>March 11 10:15 Stretch & Strong 1:00 Power of Music 3:15 Card Bingo</p>	<p>March 12 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Stories Behind the Songs 2:00 Discover Dance</p>	<p>March 13 10:00 *Seated Exercise 11:00 Therapeutic Singing 1:00 Smithsonian 2:00 Art Explorations</p>	<p>March 14 10:00 Keep on Moving 1:00 Music Circle 2:00 Wisdom of Folktales 3:15 Chair Yoga</p>	<p>March 15 10:00 Seated Exercise with Lower Body Mobility and Stretch 1:00 Mind Body Mood</p>
<p>March 17 12:30 Chair Exercise</p>	<p>March 18 10:15 Stretch & Strong 1:00 Power of Music 2:00 Tech Lab/Bingo</p>	<p>March 19 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Musical Trivia 2:00 Discover Dance</p>	<p>March 20 10:00 *Seated Exercise 11:00 Therapeutic Singing 2:00 Art Explorations</p>	<p>March 21 10:00 Keep on Moving 1:00 Science for Seniors 3:15 Chair Yoga</p>	<p>March 22 10:00 Seated Exercise with Lower Body Mobility and Stretch 1:00 Mind Body Mood</p>
<p>March 24 12:30 Chair Exercise</p>	<p>March 25 10:15 Stretch & Strong 11:00 Toronto Orchestra Symphony 1:00 Power of Music 3:15 Jeopardy</p>	<p>March 26 10:15 Chair Yoga 11:00 Story Telling Club 1:00 Triva 2:00 Discover Dance</p>	<p>March 27 10:00 *Seated Exercise 11:00 Therapeutic Singing 1:00 Travelogue 2:00 Art Explorations</p>	<p>March 28 10:00 Keep on Moving 11:00 Active Brains 2:00 Wisdom of Folktales 3:15 Chair Yoga</p>	<p>March 29 Closed No Programs</p>
<p>March 31 No Programs</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

