



TOWN OF AURORA

WITHOUT WALLS

DECEMBER 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:

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

Contact Information:

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

It is a Community Centre from the comfort of home!

ZOOM DECEMBER 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
December 1 12:30 Chair Exercise	December 2 10:15 Stretch & Strong	December 3 10:15 Chair Yoga	December 4 11:30 Sit, Stand & Balance	December 5 3:15 Chair Yoga	December 6
December 8 12:30 Chair Exercise	December 9 10:15 Stretch & Strong 3:15 Card Bingo	December 10 10:15 Chair Yoga	December 11 11:30 Sit, Stand & Balance	December 12 3:15 Chair Yoga	December 13
December 15 12:30 Chair Exercise	December 16 10:15 Stretch & Strong	December 17 10:15 Chair Yoga 3:15 Virtual Fun & Games	December 18 11:30 Sit, Stand & Balance	December 19 3:15 Chair Yoga	December 20
December 22 12:30 Chair Exercise	December 23 No Programs	December 24 10:15 Chair Yoga	December 25 No Programs	December 26 No Programs	December 27
December 29 No Programs	December 30 3:15 Jeopardy	December 31 10:15 Chair Yoga	January 1 No Programs	January 2 3:15 Chair Yoga	January 3



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

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!***

TELEPHONE DECEMBER 2024 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
December 1	December 2 10:15 Stretch & Strong 3:15 Fun & Games	December 3 10:15 Chair Yoga	December 4 3:15 Stories & Games	December 5 3:15 Chair Yoga	December 6 3:15 Fun & Games
December 8	December 9 10:15 Stretch & Strong 3:15 Card Bingo	December 10 10:15 Chair Yoga	December 11 3:15 Stories & Games	December 12 3:15 Chair Yoga	December 13 3:15 Fun & Games
December 15	December 16 10:15 Stretch & Strong 3:15 Fun & Games	December 17 10:15 Chair Yoga	December 18 No Programs	December 19 3:15 Chair Yoga	December 20 3:15 Fun & Games
December 22	December 23 No Programs	December 24 10:15 Chair Yoga	December 25 No Programs	December 26 No Programs	December 27 No Programs
December 29	December 30 3:15 Jeopardy	December 31 10:15 Chair Yoga	January 1 No Programs	January 2 3:15 Chair Yoga	January 3 3:15 Fun & Games

Contact Information:

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



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

