



TOWN OF AURORA

WITHOUT WALLS

JANUARY 2025

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!



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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!

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 friendly conversation

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



We are so excited to be partnering with DELIGHT. The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program promotes health and well-being for people living with dementia and care partners

Registration is required for this 8-week program Mondays and Thursdays 11:15 to 12:15

Each Session includes:

- 30 minutes of physical exercise
- Social connection
- Shared learning about healthy living and dementia, including strategies to support living well through physical activity, healthy eating, sleep, mental health and social support

Contact Information:

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

It is a Community Centre from the comfort of home!

TELEPHONE JANUARY 2025 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			January 1 Closed No Programs	January 2 3:15 Chair Yoga	January 3 3:15 Fun & Games
January 5	January 6 10:15 Stretch & Strong 3:15 Fun & Games	January 7 10:15 Chair Yoga 3:15 Coffee Chat	January 8 3:15 Stories & Games	January 9 3:15 Chair Yoga	January 10 3:15 Fun & Games
January 12	January 13 10:15 Stretch & Strong 3:15 Card Bingo	January 14 10:15 Chair Yoga	January 15 3:15 Stories & Games	January 16 3:15 Chair Yoga	January 17 3:15 Fun & Games
January 19	January 20 10:15 Stretch & Strong 3:15 Fun & Games	January 21 10:15 Chair Yoga 3:15 Coffee Chat	January 22 3:15 Stories & Games	January 23 3:15 Chair Yoga	January 24 3:15 Fun & Games
January 26	January 27 10:15 Stretch & Strong NEW 11:15 Delight *registration required 3:15 Jeopardy	January 28 10:15 Chair Yoga	January 29 3:15 Stories & Games	January 30 NEW 11:15 Delight *registration required 3:15 Chair Yoga	January 31 3:15 Fun & Games

Contact Information:

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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

***NEW* Sit & Strong:** Working on total body strength all from your chair, having fun along the way. Exercise band and weights optional

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 January 2025 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			January 1 Closed No Programs	January 2 3:15 Chair Yoga	January 3
January 5 12:30 Chair Exercise	January 6 10:15 Stretch & Strong	January 7 10:15 Chair Yoga	January 8 11:30 Sit, Stand & Balance	January 9 *NEW 10:15 Sit & Strong 3:15 Chair Yoga	January 10
January 12 12:30 Chair Exercise	January 13 10:15 Stretch & Strong 3:15 Card Bingo	January 14 10:15 Chair Yoga 3:15 Virtual Fun & Games	January 15 11:30 Sit, Stand & Balance	January 16 *NEW 10:15 Sit & Strong 3:15 Chair Yoga	January 17
January 19 12:30 Chair Exercise	January 20 10:15 Stretch & Strong	January 21 10:15 Chair Yoga	January 22 11:30 Sit, Stand & Balance	January 23 *NEW 10:15 Sit & Strong 3:15 Chair Yoga	January 24
January 26 12:30 Chair Exercise	January 27 10:15 Stretch & Strong 3:15 Jeopardy	January 28 10:15 Chair Yoga	January 29 11:30 Sit, Stand & Balance	January 30 *NEW 10:15 Sit & Strong 3:15 Chair Yoga	January 31



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

