



Without Walls (WOW):

- Completely free program.
- You do not need to be a member of The Aurora Seniors Centre
- Zoom & Teleconference program options
- Telephone programs are multi-person phone conversations
- Offered 6 days a week, 30-minute programs

It is a Community Centre from the comfort of home!

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

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

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

MONTHLY FEATURE Name that heartfelt tune: a Valentine's mix of love songs, breakup hits, and fun games that will make your heart sing

NEW Seated Yoga Stretch: Move slowly and purposefully through a series of fluid stretches designed to improve flexibility, enhance body awareness, and calm the mind.

Sit, Stand & Balance: Seated and standing exercises designed to strengthen and improve core, strength and balance.

NEW Sit & Stretch: A full-body, seated stretching program focused on improving flexibility, easing tension, and elongating major muscle groups to support mobility and comfort.

Strong & Fit: Focuses on a whole-body workout consisting of cardio, strength and stretching. Exercise bands are used (optional).

Stories & Games: Stories, Biographies, Celebration Days, Music and more.

Travel Destination: Embark on a journey exploring new destinations from the comfort of your home.

Virtual Fun & Games: Various trivia and quizzes

Walking Club Seminar: Join us weekly for an educational seminar. Each week, we'll cover a new topic related to physical and mental well-being, healthy living, and active aging. From expert insights to practical tips, our seminars are designed to educate and inspire.

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.

Contact Information:

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

FEBRUARY 2026 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
February 1 12:30 Chair Exercise (Z)	February 2 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	February 3 NEW 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z)	February 4 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	February 5 10:15 Sit & Strong (Z) 2:15 Coffee Chat(T) 3:15 Chair Yoga (Z/T)	February 6 3:15 Fun & Games (T)
February 8 12:30 Chair Exercise (Z)	February 9 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)	February 10 NEW 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z)	February 11 11:30 Sit, Stand & Balance (Z) 3:15 Travel Destination: Singapore	February 12 10:15 Sit & Strong (Z) 2:15 Name that heartfelt tune (Z) NEW 3:15 Seated Yoga Stretch (Z/T)	February 13 Fun & Games (T)
February 15 12:30 Chair Exercise (Z)	February 16 NO PROGRAMS HAPPY FAMILY DAY	February 17 NEW 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z) 3:15 Virtual Fun & Games (Z)	February 18 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	February 19 10:15 Sit & Strong (Z) NEW 3:15 Seated Yoga Stretch (Z/T)	February 20 3:15 Fun & Games (T)
February 22 12:30 Chair Exercise (Z)	February 23 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T)	February 24 NEW 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z)	February 25 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	February 26 10:15 Sit & Strong (Z) 2:15 Coffee Chat (T) NEW 3:15 Seated Yoga Stretch (Z/T)	February 27 3:15 Fun & Games (T)

This legend indicates how each WOW program will be available for this month!

T— offered through Teleconference

Z—offered through Zoom

Z/T—offered through both Zoom & Teleconference

Questions or to register:

email wow@aurora.ca or phone 365-500-3161