



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 FEATURES:

May Mayhem: Fast-paced games, big laughs, and perfectly coordinated chaos—live on Zoom

Name that Tune: From classic hits to crowd-favourites, Name That Tune on Zoom will keep you guessing, dancing and singing along

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

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



We are so excited to be partnering with DELIGHT **again**. The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program promotes health and well-being for people living with dementia/cognitive decline and their care partners. **Registration is required for this 8-week program Mondays and Wednesdays May 4th until June 29th**: 30 minutes of physical exercise, and 30 minutes of social connection, and shared learning about healthy living and dementia, including strategies to support living well through physical activity, healthy eating, sleep, mental health and social support (NOTE: 1 hour in duration) **REGISTRATION REQUIRED**

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 3342 or Email: wow@aurora.ca

MAY 2026 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					May 1 Fun & Games (T)
May 3 12:30 Chair Exercise (Z)	May 4 10:15 Strong & Fit (Z/T) 11:00 DELIGHT (T) Registration Required 3:15 Fun & Games (T)	May 5 12:15 Sit & Stretch (Z/T) 1:00 Walking Challenge Launch Seminar(Z)	May 6 11:30 Sit, Stand & Balance (Z) 11:00 DELIGHT (T) Registration Required 3:15 Short Stories & Games (T)	May 7 10:15 Sit & Strong (Z) 3:15 May Mayhem	May 8 Fun & Games (T)
May 10 12:30 Chair Exercise (Z)	May 11 10:15 Strong & Fit (Z/T) 11:00 DELIGHT (T) Registration Required 3:15 Card Bingo (Z/T)	May 12 12:15 Sit & Stretch (Z/T)	May 13 11:30 Sit, Stand & Balance (Z) 11:00 DELIGHT (T) Registration Required 3:15 Short Stories & Games (T)	May 14 10:15 Sit & Strong (Z) 2:15 Coffee Chat (T)	May 15 3:15 Fun & Games (T)
May 17 NO PROGAMS	May 18 NO PROGAMS Happy Victoria Day	May 19 12:15 Sit & Stretch (Z/T) 3:15 Virtual Fun & Games(Z)	May 20 11:30 Sit, Stand & Balance (Z) 11:00 DELIGHT (T) Registration Required 3:15 Canadian Travel Destination (T)	May 21 10:15 Sit & Strong (Z)	May 22 3:15 Fun & Games (T)
May 24 12:30 Chair Exercise (Z)	May 25 10:15 Strong & Fit (Z/T) 11:00 DELIGHT (T) Registration Required 3:15 Jeopardy (Z/T)	May 26 12:15 Sit & Stretch (Z/T)	May 27 11:30 Sit, Stand & Balance (Z) 11:00 DELIGHT (T) Registration Required 3:15 Short Stories & Games (T)	May 28 10:15 Sit & Strong (Z) 3:15 Name that Tune (Z)	May 29 3:15 Fun & Games (T)
May 31 12:30 Chair Exercise (Z)	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 365-500-3342				