



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:

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

Virtual Seniors Active Living Fair: Back by popular demand! Filled with interactive fun you can enjoy from the comfort of your own home. Fitness Demos, Interactive Seminars, Live Cooking presentation and MORE! Come for the entire day or part of the day! **Registration is required.**

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

Coming in August:

BINGO: Interested in playing BINGO on Zoom with us? Email wow@aurora.ca to register and receive your card—we would love to have you join the fun! Thursday August 13th & Tuesday August 25th

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

JULY 2026 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>			<p>July 1 NO PROGRAMS</p> <p>HAPPY CANADA DAY</p>	<p>July 2 10:15 Sit & Strong (Z)</p>	<p>July 3 3:15 Fun & Games (T)</p>
<p>July 5 12:30 Chair Exercise (Z)</p>	<p>July 6 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)</p>	<p>July 7 12:15 Sit & Stretch (Z/T)</p>	<p>July 8 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)</p>	<p>July 9 10:15 Sit & Strong (Z)</p>	<p>July 10 3:15 Fun & Games (T)</p>
<p>July 12 12:30 Chair Exercise (Z)</p>	<p>July 13 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)</p>	<p>July 14 12:15 Sit & Stretch (Z/T) 3:15 Coffee Chat (T)</p>	<p>July 15 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)</p>	<p>July 16 10:15 Sit & Strong (Z) 3:15 July Jollies</p>	<p>July 17 3:15 Fun & Games (T)</p>
<p>July 19 12:30 Chair Exercise (Z)</p>	<p>July 20 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)</p>	<p>July 21 12:15 Sit & Stretch (Z/T) 3:15 Virtual Fun & Games(Z)</p>	<p>July 22 11:30 Sit, Stand & Balance (Z) 3:15 Canadian Travel Destination (T)</p>	<p>July 23 10:15 Sit & Strong (Z)</p>	<p>July 24 3:15 Fun & Games (T)</p>
<p>July 26 12:30 Chair Exercise (Z)</p>	<p>July 27 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T)</p>	<p>July 28 9:00 a.m. – 3:45 p.m. Virtual Seniors Active Living Fair</p>	<p>July 29 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)</p>	<p>July 30 10:15 Sit & Strong (Z)</p>	<p>July 31 3:15 Fun & Games (T)</p>

Coming in August... BINGO!

**Feeling lucky? Join us for a fun-filled game of BINGO on Zoom!
 Email wow@aurora.ca to get your card and save your spot!
 BINGO Dates: Thursday August 13th & Tuesday August 25th**