

AUGUST 2026 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Aug 2 NO PROGRAMS	Aug 3 NO PROGRAMS	Aug 4 12:15 Sit & Stretch (Z/T) 3:15 Coffee Chat (T)	Aug 5 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Aug 6 10:15 Sit & Strong (Z) 3:15 Categories (Z)	Aug 7 3:15 Fun & Games (T)
Aug 9 12:30 Chair Exercise (Z)	Aug 10 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)	Aug 11 12:15 Sit & Stretch (Z/T)	Aug 12 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Aug 13 10:15 Sit & Strong (Z) 3:15 BINGO (Z)	Aug 14 3:15 Fun & Games (T)
Aug 16 12:30 Chair Exercise (Z)	Aug 17 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	Aug 18 12:15 Sit & Stretch (Z/T) 3:15 Virtual Fun & Games(Z)	Aug 19 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Aug 20 10:15 Sit & Strong (Z) 3:15 August Abundance (Z)	Aug 21 3:15 Fun & Games (T)
Aug 23 12:30 Chair Exercise (Z)	Aug 24 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	Aug 25 12:15 NO CLASS 3:15 BINGO (Z)	Aug 26 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Aug 27 10:15 Sit & Strong (Z) 3:15 Name That Tune (Z)	Aug 28 3:15 Fun & Games (T)
Aug 30 NO PROGRAMS	Aug 31 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T)	<u>This legend indicates how each WOW program will be available for this month!</u> 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			



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:

August Abundance: Fast-paced games, big laughs, and perfectly coordinated chaos—live on Zoom. Expect games, jokes, trivia, brainteasers and lots of shared laughs.

BINGO: Get ready to call BINGOOO. This month we have two dates for Bingo on Zoom, let us know if you would like to receive a card to play, cards can be reused for both, cards can be picked up or emailed.

Categories: Work as a team to provide quirky, one-of-a-kind answers for each category—creativity (and a little silliness) wins!

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

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