



TOWN OF AURORA

WITHOUT WALLS

OCTOBER 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!



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

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

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

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.



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 Tuesdays and Thursdays 11:00 a.m. -12:00 p.m.

September 16th – November 6th

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

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

OCTOBER 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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			October 1 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	October 2 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	October 3 3:15 Fun & Games (T)
October 5 12:30 Chair Exercise (Z)	October 6 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)	October 7 11:00 Chair Yoga (Z/T) NEW 1:00 DELIGHT (T) 2:00 Walking Club Seminar (Z)	October 8 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	October 9 10:15 Sit & Strong (Z) NEW 1:00 DELIGHT (T) 2:15 Coffee Chat (T) 3:15 Chair Yoga (Z/T)	October 10 3:15 Fun & Games (T)
October 12 NO PROGRAMS HAPPY THANKSGIVING	October 13 NO PROGRAMS HAPPY THANKSGIVING	October 14 11:00 Chair Yoga (Z/T) NEW 1:00 DELIGHT (T) 2:00 Walking Club Seminar (Z)	October 15 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	October 16 10:15 Sit & Strong (Z) NEW 1:00 DELIGHT (T) 3:15 Chair Yoga (Z/T)	October 17 3:15 Fun & Games (T)
October 19 12:30 Chair Exercise (Z)	October 20 10:15 Breathe & Stretch (Z/T) 3:15 Fun & Games (T)	October 21 11:00 Chair Yoga (Z/T) NEW 1:00 DELIGHT (T) 2:00 Walking Club Seminar (Z) 3:15 Virtual Fun & Games (Z)	October 22 11:30 Sit, Stand & Balance (Z) 3:15 Travel Destination: Kansas (T)	October 23 10:15 Sit & Strong (Z) NEW 1:00 DELIGHT (T) 3:15 Chair Yoga (Z/T)	October 24 3:15 Fun & Games (T)
October 26 12:30 Chair Exercise (Z)	October 27 10:15 Breathe & Stretch (Z/T) 3:15 Jeopardy (Z/T)	October 28 11:00 Chair Yoga (Z/T) NEW 1:00 DELIGHT (T) 2:00 Walking Club Seminar (Z)	October 29 3:15 Spooky Stories & Monster Mischief (T)	October 30 10:15 Sit & Strong (Z) 2:15 Coffee Chat (T) NEW 1:00 DELIGHT (T) 3:15 Chair Yoga (Z/T)	October 31 3:15 Haunted Halloween Fun & Games (T)

NOVEMBER 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
November 2 12:30 Chair Exercise (Z)	November 3 10:15 Breathe & Stretch (Z/T) 3:15 Card Bingo (Z/T)	November 4 11:00 Chair Yoga (Z/T) 1:00 DELIGHT (T) 2:00 Walking Club Seminar (Z)	November 5 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	November 6 10:15 Sit & Strong (Z) 1:00 DELIGHT (T) 3:15 Chair Yoga (Z/T)	November 7 3:15 Fun & Games (T)
November 9 12:30 Chair Exercise (Z)	November 10 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	November 11 11:00 Chair Yoga (Z/T) 1:00 DELIGHT (T) 2:00 Walking Club Seminar (Z)	November 12 11:30 Sit, Stand & Balance (Z) 3:15 Travel Destination: Turkey	November 13 10:15 Sit & Strong (Z) 1:00 DELIGHT (T) 2:15 Coffee Chat(T) 3:15 Chair Yoga (Z/T)	November 14 3:15 Fun & Games (T)
November 16 12:30 Chair Exercise (Z)	November 17 10:15 Breathe & Stretch (Z/T) 3:15 Jeopardy (Z/T)	November 18 11:00 Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z)	November 19 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	November 20 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	November 21 3:15 Fun & Games (T)
November 23 12:30 Chair Exercise (Z)	November 24 10:15 Breathe & Stretch (Z/T) 3:15 Fun & Games (T)	November 25 11:00 Chair Yoga (Z/T) (T) 2:00 Walking Club Seminar (Z) 3:15 Virtual Fun & Games (Z)	November 26 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	November 27 10:15 Sit & Strong (Z) (T) 2:15 Coffee Chat (T) 3:15 Chair Yoga (Z/T)	November 28 3:15 Fun & Games (T)
November 30 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 365-500-3161				

DECEMBER 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	December 1 10:15 Breathe & Stretch (Z/T) 3:15 Card Bingo (Z/T)	December 2 11:00 Chair Yoga (Z/T) 2:00 Walking Club Seminar(Z)	December 3 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	December 4 10:15 Sit & Strong (Z) 2:15 Coffee Chat(T) 3:15 Chair Yoga (Z/T)	December 5 3:15 Fun & Games (T)
December 7 12:30 Chair Exercise (Z)	December 8 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	December 9 11:00 Chair Yoga (Z/T) 2:00 Walking Club Seminar(Z)	December 10 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	December 11 10:15 Sit & Strong (Z) 2:15 Name that holiday tune (Z) 3:15 Chair Yoga (Z/T)	December 12 Fun & Games (T)
December 14 12:30 Chair Exercise (Z)	December 15 10:15 Breathe & Stretch (Z/T) 3:15 Fun & Games (T)	December 16 11:00 Chair Yoga (Z/T) 3:15 Silly Holiday Wear Virtual Fun & Games (Z)	December 17 11:30 Sit, Stand & Balance (Z) 3:15 Travel Destination: California	December 18 10:15 Sit & Strong (Z) 2:15 Coffee Chat(T) 3:15 Chair Yoga (Z/T)	December 19 3:15 Holiday Edition Fun & Games (T)
December 21 NO PROGRAMS	December 22 3:15 Jeopardy (Z/T)	December 23 NO PROGRAMS	December 24 NO PROGRAMS	December 25 NO PROGRAMS	December 26 NO PROGRAMS
December 28 NO PROGRAMS	December 29 10:15 Breathe & Stretch (Z/T) 3:15 Fun & Games	December 30 NO PROGRAMS	December 31 NO PROGRAMS	January 1 NO PROGRAMS Happy 2026!	January 2 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



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

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