



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 & Strong: Working on total body strength all from your chair, having fun along the way. Exercise band and weights optional

Stories & Games: Stories, Biographies, Travelogue, Celebration days, Music and more.

Stretch & Strong: Exercises to strengthen and stretch the entire body. Exercise band optional

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 3161 or Email: wow@aurora.ca

JUNE 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
June 1 12:30 Chair Exercise (Z)	June 2 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T)	June 3 10:00 Chair Yoga (Z/T)	June 4 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	June 5 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	June 6 3:15 Fun & Games (T)
June 8 12:30 Chair Exercise (Z)	June 9 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T)	June 10 10:00 Chair Yoga (Z/T) 3:15 Coffee Chat (T)	June 11 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	June 12 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	June 13 3:15 Fun & Games (T)
June 15 Chair Exercise (Z)	June 16 10:15 Stretch & Strong (Z/T) 3:15 Card Bingo (Z/T)	June 17 10:00 Chair Yoga (Z/T)	June 18 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	June 19 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	June 20 3:15 Fun & Games (T)
June 22 12:30 Chair Exercise (Z)	June 23 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T)	June 24 10:00 Chair Yoga (Z/T) 3:15 Virtual Fun & Games (Z)	June 25 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	June 26 3:15 Chair Yoga (Z/T)	June 27 3:15 Fun & Games (T)
June 29 12:30 Chair Exercise (Z)	June 30 10:15 Stretch & Strong (Z/T) 3:15 Jeopardy (Z/T)	<p><u>This legend indicates how each WOW program will be available for this month!</u></p> <p>T – offered through Teleconference Z – offered through Zoom Z/T – offered through both Zoom & Teleconference</p> <p>Questions or to register: email wow@aurora.ca or phone 365-500-3161</p>			