

JULY 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<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		July 1 HAPPY CANADA DAY NO CLASSES	July 2 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	July 3 NO CLASSES	July 4 3:15 Fun & Games (T)
July 6 12:30 Chair Exercise (Z)	July 7 10:15 Breathe & Stretch (Z/T) 3:15 Fun & Games (T)	July 8 3:15 Sit & Strong (Z/T)	July 9 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	July 10 NO CLASSES	July 11 3:15 Fun & Games (T)
July 13 12:30 Chair Exercise (Z)	July 14 10:15 Breathe & Stretch (Z/T) 3:15 Card Bingo (Z/T)	July 15 3:15 Sit & Strong (Z/T)	July 16 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	July 17 10:15 Sit & Strong (Z/T) 3:15 Coffee Chat (T)	July 18 3:15 Fun & Games (T)
July 20 12:30 Chair Exercise (Z)	July 21 10:15 Breathe & Stretch (Z/T) 3:15 Fun & Games (T)	July 22 3:15 Sit & Strong (Z/T)	July 23 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	July 24 10:15 Sit & Strong (Z/T) 3:15 Virtual Fun & Games (Z)	July 25 3:15 Fun & Games (T)
July 27 12:30 Chair Exercise (Z)	July 28 10:15 Breathe & Stretch (Z/T) 3:15 Jeopardy (Z/T)	July 29 3:15 Sit & Strong (Z/T)	July 30 3:15 Short Stories & Games (T)	July 31 10:15 Sit & Strong (Z/T) 3:15 Coffee Chat (T)	



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!

Breathe & Stretch: Emphasizing breathing for stress and relaxation while stretching the whole body.

Card Bingo: All you need is a standard deck of cards.

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.

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.

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