



**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 FEATURE Shamrock Shenanigans:** Feeling lucky? Looking for a wee bit of fun? Join us for this St. Patrick’s Day virtual fun & games call.

**Seated Yoga Stretch:** Move slowly and purposefully through a series of fluid stretches designed to improve flexibility, enhance body awareness, and calm the mind.

**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

**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.

**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](mailto:wow@aurora.ca)

# MARCH 2026 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 1</b> <b>12:30</b> Chair Exercise (Z)	<b>March 2</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Fun & Games (T)	<b>March 3</b> <b>12:15</b> Sit & Stretch (Z/T) <b>2:00</b> Walking Club Seminar(Z) <b>3:15</b> Virtual Fun & Games (Z)	<b>March 4</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>March 5</b> <b>10:15</b> Sit & Strong (Z) <b>3:15</b> Mindful Movement (Z/T)	<b>March 6</b> <b>3:15</b> Fun & Games (T)
<b>March 8</b> <b>12:30</b> Chair Exercise (Z)	<b>March 9</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Card Bingo (Z/T)	<b>March 10</b> <b>12:15</b> Sit & Stretch (Z/T) <b>2:00</b> Walking Club Seminar(Z)	<b>March 11</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>March 12</b> <b>10:15</b> Sit & Strong (Z) <b>2:15</b> Coffee Chat (T) <b>3:15</b> Mindful Movement (Z/T)	<b>March 13</b> Fun & Games (T)
<b>March 15</b> <b>12:30</b> Chair Exercise (Z)	<b>March 16</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Fun & Games (T)	<b>March 17</b> <b>12:15</b> Sit & Stretch (Z/T) <b>2:15</b> Shamrock Shenanigans (Z)	<b>March 18</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>March 19</b> <b>10:15</b> Sit & Strong (Z) <b>3:15</b> Mindful Movement (Z/T)	<b>March 20</b> <b>3:15</b> Fun & Games (T)
<b>March 22</b> <b>12:30</b> Chair Exercise (Z)	<b>March 23</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Fun & Games (T)	<b>March 24</b> <b>12:15</b> Sit & Stretch (Z/T) <b>2:00</b> Walking Club Seminar(Z)	<b>March 25</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Travel Destination: Alaska	<b>March 26</b> <b>10:15</b> Sit & Strong (Z) <b>2:15</b> Coffee Chat (T) <b>3:15</b> Mindful Movement (Z/T)	<b>March 27</b> <b>3:15</b> Fun & Games (T)
<b>March 29</b> <b>12:30</b> Chair Exercise (Z)	<b>March 30</b> <b>10:15</b> Strong & Fit (Z/T) <b>3:15</b> Jeopardy (Z/T)	<b>March 31</b> <b>12:15</b> Sit & Stretch (Z/T) <b>2:00</b> Walking Club Seminar(Z)	<b>April 1</b> <b>11:30</b> Sit, Stand & Balance (Z) <b>3:15</b> Short Stories & Games (T)	<b>April 2</b> <b>10:15</b> Sit & Strong (Z) <b>3:15</b> Mindful Movement (Z/T)	<b>April 3</b> NO PROGRAMS GOOD 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](mailto:wow@aurora.ca) or phone 365-500-3161