



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 April Antics: Ready for some April Fools fun and a bit of lighthearted tomfoolery? Join us for this 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 fullbody, 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 3342 or Email: wow@aurora.ca

APRIL 2026 WOW CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|--|
| | | | April 1 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | April 2 10:15 Sit & Strong (Z) 2:15 Coffee Chat (T) 3:15 Seated Yoga Stretch (Z/T) | April 3 NO PROGRAMS GOOD FRIDAY |
| April 5 NO PROGRAMS HAPPY EASTER | April 6 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T) | April 7 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z) 3:15 April Antics (Z) | April 8 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | April 9 10:15 Sit & Strong (Z) 3:15 Seated Yoga Stretch (Z/T) | April 10 Fun & Games (T) |
| April 12 12:30 Chair Exercise (Z) | April 13 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T) | April 14 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z) | April 15 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | April 16 10:15 Sit & Strong (Z) 3:15 Class Cancelled | April 17 3:15 Fun & Games (T) |
| April 19 12:30 Chair Exercise (Z) | April 20 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T) | April 21 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z) 3:15 Virtual Fun & Games | April 22 11:30 Sit, Stand & Balance (Z) 3:15 Canadian Travel Destination (T) | April 23 10:15 Sit & Strong (Z) 2:15 Coffee Chat (T) 3:15 Seated Yoga Stretch (Z/T) | April 24 3:15 Fun & Games (T) |
| April 26 12:30 Chair Exercise (Z) | April 27 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T) | April 28 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z) | April 29 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T) | April 30 10:15 Sit & Strong (Z) 3:15 Seated Yoga Stretch (Z/T) | May 1 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 365-500-3342