



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

Concussion Prevention Seminar: Join us to learn concussion prevention strategies and connect with others in this engaging, informative session.

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.

Striding out with Lucy: Learn about Exercises and movements to keep your walking stride long and avoid shuffling and tripping when you walk.

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.

Dec 2: Be better with Brandie

Dec 9: Moving Through the Holidays with Lucy

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

DECEMBER 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	December 1 10:15 Strong & Fit (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 Strong & Fit (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 Strong & Fit (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