



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.

Ministry of Transportation: Driving Safely into your Older Years Seminar

By attending this seminar, you will learn about: Trends and statistics for older drivers, Signs of aging or medications as it relates to driving ability, Testing requirements for those 80 years and older, Testing requirements for drivers 70 years and older convicted of a collision, Driving tips and review of some rules of the road.

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.

- March 3: ABCDE's of Diabetes
- March 10: Seniors Safety and Emergency Planning
- March 17: NO WALKING CLUB
- March 24: Dynamic Downsizer

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

MARCH 2026 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
March 1 12:30 Chair Exercise (Z)	March 2 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	March 3 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z) 3:15 Virtual Fun & Games (Z)	March 4 11:30 Sit, Stand & Balance (Z) 1:00 Ministry of Transportation Seminar 3:15 Short Stories & Games (T)	March 5 10:15 Sit & Strong (Z) 3:15 Seated Yoga Stretch (Z/T)	March 6 3:15 Fun & Games (T)
March 8 12:30 Chair Exercise (Z)	March 9 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)	March 10 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z)	March 11 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	March 12 10:15 Sit & Strong (Z) 2:15 Coffee Chat (T) 3:15 Seated Yoga Stretch (Z/T)	March 13 Fun & Games (T)
March 15 12:30 Chair Exercise (Z)	March 16 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	March 17 12:15 Sit & Stretch (Z/T) 2:15 Shamrock Shenanigans (Z)	March 18 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	March 19 10:15 Sit & Strong (Z) 3:15 Seated Yoga Stretch (Z/T)	March 20 3:15 Fun & Games (T)
March 22 12:30 Chair Exercise (Z)	March 23 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	March 24 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z)	March 25 11:30 Sit, Stand & Balance (Z) 3:15 Travel Destination: Alaska	March 26 10:15 Sit & Strong (Z) 3:15 Class Cancelled	March 27 3:15 Fun & Games (T)
March 29 12:30 Chair Exercise (Z)	March 30 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T)	March 31 12:15 Sit & Stretch (Z/T) 2:00 Walking Club Seminar(Z)	April 1 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	April 2 10:15 Sit & Strong (Z) 3:15 Seated Yoga Stretch (Z/T)	April 3 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 or phone 365-500-3342