

SEPTEMBER 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	September 1 NO CLASSES	September 2 11:00 Chair Yoga (Z/T)	September 3 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	September 4 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	September 5 3:15 Fun & Games (T)
September 7 12:30 Chair Exercise (Z)	September 8 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	September 9 11:00 Chair Yoga (Z/T) 1:15 Coffee Chat (T)	September 10 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	September 11 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	September 12 3:15 Fun & Games (T)
September 14 12:30 Chair Exercise (Z)	September 15 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)	September 16 11:00 Chair Yoga (Z/T) NEW 11:00 DELIGHT *registration required	September 17 11:30 Sit, Stand & Balance (Z) 3:15 Travel Destination: Sweden (T)	September 18 10:15 Sit & Strong (Z) NEW 11:00 DELIGHT *registration required 3:15 Chair Yoga (Z/T)	September 19 3:15 Fun & Games (T)
September 21 12:30 Chair Exercise (Z)	September 22 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	September 23 11:00 Chair Yoga (Z/T) NEW 11:00 (T) DELIGHT *registration required 3:15 Virtual Fun & Games (Z)	September 24 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	September 25 10:15 Sit & Strong (Z) NEW 11:00(T) DELIGHT *registration required 1:15 Coffee Chat(T) 3:15 Chair Yoga (Z/T)	September 26 3:15 Fun & Games (T)
September 28 12:30 Chair Exercise (Z)	September 29 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T)	September 30 11:00 Chair Yoga (Z/T) NEW 11:00 (T) DELIGHT *registration required	<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 Questions or to register: email wow@aurora.ca or phone 365-500-3161		

OCTOBER 2025 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			October 1 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	October 2 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	October 3 3:15 Fun & Games (T)
October 5 12:30 Chair Exercise (Z)	October 6 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)	October 7 11:00 Chair Yoga (Z/T)	October 8 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	October 9 10:15 Sit & Strong (Z) 1:15 Coffee Chat(T) 3:15 Chair Yoga (Z/T)	October 10 3:15 Fun & Games (T)
October 12 NO CLASSES HAPPY THANKSGIVING	October 13 NO CLASSES HAPPY THANKSGIVING	October 14 11:00 Chair Yoga (Z/T)	October 15 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	October 16 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	October 17 3:15 Fun & Games (T)
October 19 12:30 Chair Exercise (Z)	October 20 10:15 Breathe & Stretch (Z/T) 3:15 Fun & Games (T)	October 21 11:00 Chair Yoga (Z/T) 3:15 Virtual Fun & Games (Z)	October 22 11:30 Sit, Stand & Balance (Z) 3:15 Travel Destination: Kansas (T)	October 23 10:15 Sit & Strong (Z) 3:15 Chair Yoga (Z/T)	October 24 3:15 Fun & Games (T)
October 26 12:30 Chair Exercise (Z)	October 27 10:15 Breathe & Stretch (Z/T) 3:15 Jeopardy (Z/T)	October 28 11:00 Chair Yoga (Z/T)	October 29 3:15 Spooky Stories & Monster Mischief (T)	October 30 10:15 Sit & Strong (Z) 1:15 Coffee Chat(T) 3:15 Chair Yoga (Z/T)	October 31 Haunted Halloween 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



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

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.

Travel Destination: Embark on a journey exploring new destinations from the comfort of your home.

Virtual Fun & Games: Various trivia and quizzes



We are so excited to be partnering with DELIGHT. The Dementia Lifestyle Intervention for Getting Healthy Together (DELIGHT) program promotes health and well-being for people living with dementia and care partners

Registration is required for this 8-week program Tuesdays and Thursdays 11:00 a.m. -12:00 p.m.

September 16th – November 6th

Each Session includes:

- 30 minutes of physical exercise
- Social connection
- Shared learning about healthy living and dementia, including strategies to support living well through physical activity, healthy eating, sleep, mental health and social support

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