

MARCH 2025 WOW CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
March 2 12:30 Chair Exercise (Z)	March 3 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T)	March 4 10:00 *New Time Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Virtual Fun & Games (Z)	March 5 11:30 Sit, Stand & Balance (Z) 3:15 3:15 Short Stories & Games (T)	March 6 10:15 Sit & Strong (Z) Chair Yoga (Z/T)	March 7 3:15 Fun & Games (T)
March 9 12:30 Chair Exercise (Z)	March 10 10:15 Stretch & Strong (Z/T) 3:15 Card Bingo (Z/T)	March 11 10:00 *New Time Chair Yoga (Z/T) 3:15 Coffee Chat (T)	March 12 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	March 13 10:15 Sit & Strong (Z) Chair Yoga (Z/T)	March 14 3:15 Fun & Games (T)
March 16 Chair Exercise (Z)	March 17 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T)	March 18 10:00 *New Time Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Virtual Fun & Games (Z)	March 19 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	March 20 10:15 Sit & Strong (Z) Chair Yoga (Z/T)	March 21 3:15 Fun & Games (T)
March 23 12:30 Chair Exercise (Z)	March 24 10:15 Stretch & Strong (Z/T) 3:15 Fun & Games (T)	March 25 10:00 *New Time Chair Yoga (Z/T) 2:00 Walking Club Seminar (Z) 3:15 Coffee Chat (T)	March 26 3:15 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	March 27 10:15 Sit & Strong (Z) Chair Yoga (Z/T)	March 28 3:15 Fun & Games (T)
March 23 12:30 Chair Exercise (Z)	March 24 10:15 Stretch & Strong (Z/T) 3:15 Jeopardy (Z/T)	<p><u>This legend indicates how each WOW program will be available for this month!</u></p> <p>T— offered through Teleconference Z—offered through Zoom Z/T—offered through both Zoom & Teleconference</p> <p>Questions or to register: email wow@aurora.ca or phone 365-500-3161</p>			



TOWN OF AURORA

WITHOUT WALLS

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 & Strong: Working on total body strength all from your chair, having fun along the way. Exercise band and weights optional

Stories & Games: Stories, Biographies, Travelogue, Celebration days, Music and more.

Stretch & Strong: Exercises to strengthen and stretch the entire body. Exercise band optional

Virtual Fun & Games: Various trivia and quizzes

Walking Club Seminar: Different seminar weekly, please see walking club poster for monthly line up

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