

SEPTEMBER 2026 WOW CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<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		Sept 1 3:15 Coffee Chat (T)	Sept 2 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Sept 3 10:15 Sit & Strong (Z) 3:15 September Sillies (Z)	Sept 4 3:15 Fun & Games (T)
Sept 6 NO PROGRAMS	Sept 7 NO PROGRAMS	Sept 8 12:30 *NEW* Chair Yoga (Z/T)	Sept 9 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Sept 10 10:15 Sit & Strong (Z) 3:15 *NEW* Chair Yoga (Z/T)	Sept 11 3:15 Fun & Games (T)
Sept 13 12:30 Chair Exercise (Z)	Sept 14 10:15 Strong & Fit (Z/T) 3:15 Card Bingo (Z/T)	Sept 15 12:30 *NEW* Chair Yoga (Z/T) 3:15 Virtual Fun & Games(Z)	Sept 16 11:30 Sit, Stand & Balance (Z) 3:15 Canadian Travel Destination	Sept 17 10:15 Sit & Strong (Z) 3:15 *NEW* Chair Yoga (Z/T)	Sept 18 11:15 *NEW* Sit & Stretch (Z/T) 3:15 Fun & Games (T)
Sept 20 12:30 Chair Exercise (Z)	Sept 21 10:15 Strong & Fit (Z/T) 3:15 Fun & Games (T)	Sept 22 12:30 *NEW* Chair Yoga (Z/T) 3:15 Categories(Z)	Sept 23 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Sept 24 10:15 Sit & Strong (Z) 3:15 *NEW* Chair Yoga (Z/T)	Sept 25 11:15 *NEW* Sit & Stretch (Z/T) 3:15 Fun & Games (T)
Sept 27 12:30 Chair Exercise (Z)	Sept 28 10:15 Strong & Fit (Z/T) 3:15 Jeopardy (Z/T)	Sept 29 12:30 *NEW* Chair Yoga (Z/T) 2:00 *NEW* Walking Club Seminar	Sept 30 11:30 Sit, Stand & Balance (Z) 3:15 Short Stories & Games (T)	Questions or to register email wow@aurora.ca or phone 365-500-3342	



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 *NEW*: 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

MONTHLY FEATURES:

September Sillies: Fast-paced games, big laughs, and perfectly coordinated chaos—live on Zoom. Expect games, jokes, trivia, brainteasers and lots of shared laughter.

Categories: Work as a team to provide quirky, one-of-a-kind answers for each category—creativity (and a little silliness) wins!

Sit, Stand & Balance: Seated and standing exercises designed to strengthen and improve core, strength and balance.

Sit & Stretch *NEW*: A full body, 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 *NEW*: Sept 29 – Gillian – Welcome Back Walking Benefits

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